Guest Introduction and Emotion Code Overview

I am so excited to have our next guest on. His name is Doctor Bradley Nelson. He's the founder of the or the creator of the Emotion Code, which is a an amazing book that I read several months ago.

And my good friend Tony Robbins wrote the Forward for your book, Brad, which was really cool too. And I think he flew you down and he and sage went through some work with you so that was awesome.

It's always good when I know, you know he endorses something. So that's one of the reasons why I wanted to have you on the Global Energy Healing Summit.

So I was so impressed with the book. I really love some of the concepts you brought up. They were brought up in ways that I hadn't really thought of things before.

How how blocked emotions, trapped emotions are creating a lot of the stress and illnesses that we have in life. So I can't wait to dig in and, and, and let all these people that might not know of the emotion code and you've got the body code.

Also, I can't wait to have them learn more about your work and be able to take advantage of what you can offer them. So welcome to the Global Energy Healing Summit.

It really is an honor to have you on board. Well thank you, Tom. It's, it's exciting to be here. I appreciate the opportunity. Yeah. And so tell us about your journey.

You were a doctor of chiropractic. You were treating patients and helping lots and lots of people. How did the emotion code come to be created by you?

Like, what was the. You know, how does that all work out? Well, during all the years that I was in practice, I was, like most doctors, I think most, most practitioners and people who care for other people, I was kind of obsessed with really, with really helping my patients and getting to the roots of their problems, and I, I wasn't interested in mandating them.

I wanted to actually fix them. And, so as time went on, I learned everything that I could from every place that I could. And, every kind of healing modality that I could learn, both ancient and modern.

And, and I started to study the energy in the energy field of the body and some of the ancient science about, about, the Chinese medicine, the five element theory and so on.

And, what I found was that, there was ancient knowledge about the the organs and the glands of the body, and, and that they produce the emotions that we experience. And, and I learned a, I learned a very simple, very kind of a primitive method, of working with the emotions.

When I was first in practice, but didn't get much out of it. But as time went on and I experimented more and more, some things kind of came to light for me, and I started to realize that, emotional baggage is a huge component of our mental and physical and emotional health.

Right? And creates a lot of our symptoms, mental, physical, mentally, physically and emotionally. So, to give you an idea, one of the first people that I saw that, that had a trapped emotion where it was, where a a big shift happened, a woman, had come in to see me.

I'd seen her before, but it had been 6 or 8 months. She thought she's having a heart attack. And, she had crushing

chest pain, difficulty breathing. The left side of her face was totally numb.

Her left arm was totally numb. It looked like a heart attack. Yeah. And, I told my staff we might need an ambulance, but let me just check a really quick.

And so I did, and I found, through muscle testing, which is how we tap into the. It's one method of tapping into the subconscious that she had a trapped emotion.

And, I dug a little deeper and found out that this emotion was grief and that it had become trapped in her body, three years before.

How Trapped Emotions Affect Health

And when I arrived at that, she burst into tears and she said, I can't believe that's affecting me. Still, I thought I dealt with all that, and I said, what in the world happened?

And she said that, three years before, her husband had been having an affair and she found out about it and confronted him with the evidence, and the whole thing blew up.

And she was really deeply in love with him when I was very, very betrayed. But that marriage ended as she spent about a year in therapy dealing with the aftermath and had recently gotten remarried.

So as far as she was concerned, that ex-husband was just her ex. And it was history. But as far as her body was concerned, it was like that had just happened.

So the energy you see of the grief that she had experienced stuck with her. And so when we talk about emotional baggage, that's what we're talking about.

We're talking about that emotional energy that can stay with us. Well, I release that, energy from her, which just took a few seconds. Within about three seconds, the feeling came back into her arm and into her face.

The chest pain was gone, the difficulty breathing was gone. And, she left my office about ten minutes later, feeling totally fine. Yeah. And I remember after she left, I sat down at my desk and I thought, when the world that I just witnessed has.

That is an amazing story. She she. Otherwise, she would have been on the way to the hospital and and literally by releasing the emotion, everything came back to to health, to normal and so many people.

I mean, that's one great, really acute, dynamic story, but so many people, I mean, everybody is walking around with trapped emotions and not even being aware.

One of the things that I learned from your work is that sometimes we even have emotions that have been passed on from, ancestors that we didn't even happen with us.

You know, talk a little bit about, talk a little bit about that. Well, that's exactly right. Well, first of all, what a trapped emotion is, is a it's a ball of energy.

The human body is an energy field. And if you look at your hand, it looks pretty solid. But if you were to zoom in with a big enough microscope at about a million power magnification or more, eventually you'd be looking at a single individual atom.

And if you look inside the atom, there's really nothing in there. It's just empty space with some little infinitesimally tiny energies zipping around at the speed of light.

So our bodies are really made of pure energy. And, quantum physicists like Albert Einstein have been trying to help

us understand this for over 100 years now.

Well, science is finding now that, animals somehow passed down, traumatic memories. So, for example, if you're an elk and you're on the mountain somewhere and in a certain area, maybe in some particular meadow, a wolf pack almost takes you down and kills you, but you get away.

Well, you may have a trapped emotion of panic or fear from that event, right? Yeah. And, what will happen is the, the offspring that you have, the baby Elks, they science is finding now that up to 14 generations down the line, they will somehow have that memory.

And so in a case like this, they would avoid that area of the mountain. They wouldn't know why. Right. But they find this with mice and, and rats and so on.

Well, this is exactly what happens to us and, human beings. It's a very, very common thing. We, we see this all the time with people that are part of our make up, part of our personalities is from the emotional experiences that these ancestors went through.

Yeah, we've all got ancestors, and many of our ancestors lived through traumatic things. We Jewish. Maybe it was pogroms. If you're black, maybe your ancestors were slaves and so on.

And so, by finding and removing that emotional baggage, it can absolutely be life changing. For the person that is living in the present time, it's, it's my ancestors on my father's side were Irish.

And, having some of that emotional baggage removed from me helped me to break through financially because I think they were very poor. And, so there was a lot of emotional energy about that that was kind of blocking me.

And it can impact so many different things. Like pretty much guaranteed. One of your ancestors, all the people listening to this, one of your own sisters had heartbreak just like that lady.

You know, where where someone disappointed them or or cheated on them. Certainly one of our ancestors, if not many, had financial difficulties or or illnesses with, different illnesses.

So there's so much that can be done. And the interesting thing is, is you're not working. Your work is not about working on the conscious mind. It really is going down below where there's such immense wisdom that so many people don't know how to tap into.

And I love the way that your work is able to do that. Well. Right, exactly. Most modalities, that try to work with, with energy, for example, will we'll try to work with your conscious memories.

If you have some kind of an issue, for example, they'll try to approach it by asking you if you have conscious memories of that. Let me tell you a story to illustrate, how sometimes that's not enough.

I was at a conference once and, called, for a volunteer, and a woman came up out of the audience, young woman, about 20 years old. And, I asked her if you had any particular issues, and she couldn't think of any.

And so I did some muscle testing with her and found that she had a trapped emotion. The emotion was forlorn, which is kind of feeling all alone and hopeless and desolate and, and testing further, I found that this had occurred in the first year of her life.

I asked her if she had any idea about what this might have been, and she had no idea. Well, at the beginning of this event, I had happened to meet her as she was coming in, and she was there with her mother.

So look at the audience for her mother and her mother was as white as a ghost. And I said, hey, do you have any idea what this might have been about? And her mom was very embarrassed, but she said that she thought she did.

She'd never told her daughter about this, but she said that back in those days, she used to use cloth diapers. And one day, she accidentally pinned her daughter to her diaper.

Oh, and she didn't know about it and didn't discover it until she changed it the next time. And she was horrified to find that out. So here's this poor baby, and she's got this pin through her flesh, this safety pin, and she's in all this terrible pain, probably for at least a couple of hours, maybe more.

And no one's helping her. So she's overwhelmed with this feeling of being forlorn. Yeah. That energy becomes trapped in her body. And, all of these years later, it's showing up at this event.

And so I went ahead and released that trapped emotion and releasing a trapped emotion. What we do is we just slide a magnet or fingertips, over the governing meridian, which goes from the, the upper lip down, the back to the channel.

Yeah. Just a few swipes. And that was it. It was released. And so she went back and sat down. Well, about ten days later, I get an email and it's it's from this girl's mother.

And she said, listen, she said, my daughter Jessica didn't tell you, but she's had a problem. I think it's for about the last 8 or 9 years. She said with her hip and her knee.

And, she's got pain and it has kind of gradually, slowly been getting worse. And it's kind of been affecting the way she walks. And she said, we've tried different things.

Nothing has ever helped it. But she said, since you release that trapped emotion, the pain has been completely gone. Not only that, she feels this new sense of lightness of being, that she's never felt before, and she's telling everybody about this.

She said, I waited ten days because I wanted to make sure this wasn't some kind of a fluke, but it's real. And so there's a great example. You see, and how the subconscious mind, which knows everything and remembers everything, yes.

And give answers where the conscious mind cannot. Right, right.

Inherited Emotions and Ancestral Healing

And when you clear these trapped emotions because as we mentioned before, they get passed on when you clearly and this is what I loved about your work too, because some of your work actually takes you back to ancestors were you're clearing in you, but you're clearing for them too.

And so it literally it cleans out the lineage, right? Is that right? Am I saying that right. Well, you know, it actually does. And, I'll tell you I'll tell you a story that, that some of your listeners or viewers might have a hard time believing.

But but I'll tell you anyway, I was at an event one time. I had about 300 people there, and I asked for someone in the audience who was really in pain, and a woman came hobbling up to the stage with a cane and, she had that.

She, she had this really bad hip pain for a year. And she'd been to different doctors. Nobody been able to figure it out. But it was bad enough that, she had to lift her leg by hand to get in and out of her car.

Yeah. And so, I tested her, and her pain level was a nine out of ten. And so I found an imbalance and fixed it. That took her to a for the next thing that I found was, an inherited, trapped emotion of fear that she'd gotten from her father.

Now the subconscious mind knows this stuff consciously. We know very little. But the subconscious mind gave the answer that she got it from her father at conception. He'd gotten from his father.

He got it from his father, and it went back in the father's line. 12 generations. Wow. So when I released this, the pain was completely gone, and, she was dancing around on the stage.

I actually ran into her a year afterwards, and she said it still hadn't come back. It was at another event of mine. But the interesting thing about this was, when the event was over, one of the things that we do when we're at a live event and we find an inherited emotion, the direct line ancestors, the spirits of those people, actually show up.

I mean, not that I can see them, but I can test for them. So, you know, on the person's arm. Sure. If they're there and they always seem to show up and they always are there on the stage, they're never floating around in the air or sitting in the audience.

They're always right there on the stage. So I did that with her before I released this emotion, and all those ancestors were there on the stage. Which sounds weird, but anyway, I think they're still alive.

They just don't have bodies, and they're about to have something released from them, too. You see? Wow. So, anyway, when this was over, I went back, to our, our booth at this event, and I was sitting there with some of our staff members, and, a woman comes up and she said, listen, she said I was sitting in the audience with you with this last, lecture that you did and said, I just want you to know something.

She said, I I'm one of those people that has that ability to see spirits, and I've seen them all my life. I said, it's kind of been a blessing and it's kind of been a curse.

But she said, I just wanted you to know that when you were talking up there on the stage about those ancestors, those grandfathers of hers, that I could see them, they were all there.

But she said there was something else going on that I don't know that you're aware of, she said. What I saw was surrounding the stage. About 200 spirits of this woman's yet to be born descendants were there rejoicing that they weren't going to have to take off this woman's crippling emotional baggage.

So I thought, oh, okay. That's interesting. Yeah, that that's so inspirational. When we work on ourselves and we heal ourselves, we release trapped emotions our children don't have and our grandchildren, our great grandchildren don't have that burden of carrying the stuff that that we gave to them.

So I love I love that aspect of your work. That is so cool. Hey, talk to us about trapped emotions. Like how does an emotion get trapped and where do they get trapped?

Well, typically, first of all, if you think about the body is an energy field when you're feeling an intense emotion, like, let's say you're feeling an emotion of anger or grief or resentment for grief or sorry, I said grief already.

Grief, resentment. There's lots of different emotions that we that we experience. Right. But let's say that you're feeling an intense emotion. Maybe it's hatred or panic or frustration, whatever it might be on a quantum level, what's happening is you're feeling a certain frequency, a certain vibration, because everything's frequency.

Everything is vibration. And if that emotion is powerful enough, the energy of that emotion may become trapped in the body. So let's say, for example, that, well, to give you an idea, there was a guy that came interview many, many years ago who, had really serious low back pain.

It was a nine on a 0 to 10 scale. If you're a ten, you go to the ER. Yeah, it was a nine. And I tested him and found that he had a trap. Emotion. The emotion was anger.

And testing further found that this had occurred 20 years before. That's when the energy had gotten stuck in his body. Right. And he remembered, he said yes, it was a work situation.

He'd been falsely accused of something. And he was very angry, very upset about it. So, I release that emotion and the pain went from a nine to a zero that fast.

It was gone. He couldn't believe it. It was like a miracle. He keeps bending over and walking around, blaming my pain, going, yeah. And I was grateful that it worked so well. Right.

Well, how did that work? Well, now think about this. When you have a trapped emotion, it's a ball of energy, okay? And what we believe is about the size of a baseball, about the size of a softball.

And what these things do wherever they lodge in the body and they can lodge anywhere. What they do is they create this distortion of the normal energy field of the body.

Okay. When you distort the energy field, you're distorting ultimately the tissues, you're interfering with the chemical reactions, interfering with the blood flow, the lymph flow, the flow of, acupuncture energy and so on.

Right. So when we release a trapped emotion and that distorting force is no longer there, suddenly pain disappears. And 90% of all the physical pain that people have is actually due to emotional baggage, believe it or not, what percentage would you just say percent.

Not 90%. You said 90%. And we see it all the time, over and over and over. You know, every week I do live events where we'll have people from all over the world and, I don't even like to talk to them unless, I mean to do it, to do an example, unless they're at least a seven on a 0 to 10 scale and usually within five minutes or ten at the most, I can get them usually completely out of pain.

Or we can get the pain greatly reduced. Yeah. So anyway, here's this guy. He's completely pain free now, instantly. And, what happened was a couple of days later, he came back into me and here's what he said.

He said, Doctor Nelson said, I still can't believe my pain is gone. That was really amazing. But he said I had another problem when I came in here that I didn't tell you about.

He said, for as long as I can remember, I basically been what you call a rage aholic. And he said, I'm always yelling at my wife and my kids. They're going to watch the road rage and anger management several times hasn't really helped me.

I'm just really tightly wound. But, he says, since you release that trapped emotion of anger for me, I feel really different things that used to set me off.

Don't set me off now, I feel kind of relaxed and kind of peaceful.

How Trapped Emotions Create Pain and Disease

I don't remember feeling this way. Maybe for a long, long time. How did you do that? And at the time I said, well, I don't really know, but what we believe now, you see, is that when you have a trapped emotion in his case, he had this ball of energy, literally, a ball of anger in his low back.

Right. So what was going on is that when a situation would come along in his life where you might tend to feel the emotion of anger, he would feel it much more easily, much more readily than he otherwise would have.

Because why? Because literally part of his body was feeling that anger, emotion, that vibration, 24 over seven. See, so that's how this works. If you can imagine in your own life, you know, what have you been through?

You've been through many breakups. Were you abused? Did your parents get divorced? Did you get divorced? Maybe more than once. I mean, what have you been through?

What emotional baggage do you have and what is it doing to you right now? Because this emotional baggage will interfere with your ability to really create the life that you want, especially if that emotional energy has gotten clustered around your heart.

Yeah. And talk about, heart wall. I know that's part of your work, a big, big part of your work. And you kind of identified this, this concept of a heart wall.

What is a heart wall? Well, so let me go back to the 1960s, when doctors first started doing heart transplants. Do you remember those days? Yeah, I was born in 1961, so I remember a little bit, though.

Okay. Yeah, well, you were pretty young, but anyway, it didn't take too long before these heart transplant patients would sometimes come back to the doctor and relate strange things.

They would say things like my taste in music. That's totally changed. I love classical music. Now, in certain passages I keep listening to or they say my tastes in food or sports or whatever had totally changed.

Sometimes they would say that they had memories of being in places now where they know they had never actually visited. Sometimes they would say their handwriting. It totally changed.

And in every case, when these people were taken, and connected to the family of the heart donor, they would find out, oh, yes, that's our son's handwriting that you have.

How weird is that? Or they'd say, you know, our daughter loves Rome. She went there every year, and you have memories of being there. But you say you've never, ever visited there.

How strange is that? So their whole books written about this is called Cellular Memory. Right? Well, we now know that the heart is another brain. Really?

It, it's got gray matter and white matter in it. And, there's a little brain in the heart, we say. And in fact, when scientists were looking at the brain in the heart and looking at the communication between the two, they found that, they were expecting to see most of the communication going from the brain to the heart.

And it was just the opposite. The vast majority of those communications were going from the heart to the brain, telling the scientists that the brain that's in our heads, apparently is obeying the messages sent by the brain that's in our hearts.

Right. Well, if you've ever felt like your heart was going to break. Oh, I've had that feeling a couple times in my life. You feel that physical sensation like there's an elephant sitting on your chest.

Did you ever feel that time. You know I absolutely yeah. Most of us as human beings feel that at some point or another somebody died or we're going through a breakup or whatever's going on.

And, those physical sensations, are where the word heartbreak, and also heartache, that's where those come from, see, because it's a real physical sensation.

And the reason why that's happening is because your heart is under assault in that moment. And so the subconscious mind will put up a wall around the heart.

And that wall we have found is made of layers of your emotional baggage. One of the first people that I saw after this was this was actually shown to us.

It was a remarkable story. That's actually in the emotion. Good book. I didn't discover this. I never would have thought of it. I don't have this kind of an imagination to think that people can put up a wall.

It's like an invisible forcefield to protect their heart. Well, it actually kind of makes sense when you think about it, but I never thought of it. But anyway, not long after we discovered this, a woman came in to see me.

She was 38 years old. And she had neck pain. That was pretty bad. And she'd seen a couple doctors for that had been able to help her. So as I was talking with her, she told me that she was, a nurse, and, she hadn't dated in

eight years, and she was never going to date again.

And she was an attractive person. And I thought, well, gee, that's kind of odd. And I said, why? Why do you feel that way? Why are you single? She was she said she was determined to die.

Single. She was dead serious about it. And I thought, gee, that's interesting. And she said that eight years before, she was really deeply in love with this guy who dumped her and broke her heart.

Right. So I tested her and found she had this heart wall phenomenon going on. There were three emotions, three layers of emotional energy, three trapped emotions making up this wall around her heart.

And they all had to do with the breakup from eight years before. So I cleared those three trapped emotions. All of a sudden, the heart wall was gone, and all of a sudden guess what else was gone?

Her neck pain completely gone. It's, She left the office feeling totally fine, and she didn't come back for three months. When she walked back into the office three months later, I remembered her immediately and I said, hey, I haven't seen you for a while.

You look great. How are you doing? She said, you know, she said, my neck has been fine since I was here. But she said, you clear that heart wall for me and that really works.

She said. About two weeks after I was here, I found out my childhood sweetheart has been living right around the corner from me for almost eight years, and we're dating and we're in love, and I think he's going to ask me to marry him.

That's a nice shift, right? From celibacy to, almost engaged. That is awesome. What a great story. And it's interesting too. So the heart, the heart wall, right.

The trapped are the shielding emotions around the heart. But she was feeling pain in the neck, so sometimes it's not always the place you're feeling pain where the emotions trapped.

Well, right. Exactly. Neck pain. Shoulder tightness. Sometimes chest pain can result from having a heart wall. Okay. A lot of the time when you have pain in a particular area, a trapped emotion will probably be right in that area.

But you never know. Things in the body, sometimes are referred. Sometimes you'll feel pain from a trapped emotion in a certain area, like, for example, if you have a trapped emotion, your gallbladder in balancing it, you're probably going to have right knee pain at some point.

You got a trapped emotion. There's an imbalance in your adrenal glands. You're probably gonna have pain in the left knee. If you got a trapped emotion affecting the liver, you're probably gonna have pain in between your shoulder blades and so on.

So, So, anyway, in the emotion coding in the body code, we explain all of these connections, and that's really interesting. Yeah, that is amazing. So what types of illnesses are most likely to be caused by by trapped emotions.

You just listed a couple. But but people that are suffering from different illnesses, it'd be kind of cool to, to know that the, the emotion code can work.

What are some that that you see quite a bit of success with? Well, depression. Depression, every, every case of depression, if it's serious, there's always a heart wall there.

In our experience. And we've been doing this for 33 years now. In fact, the most serious cases of depression that I've seen personally, where people were having to decide every day if they were going to live another day or take their life that day.

Wow. I've seen people like that turn around in a matter of days by having the heart wall removed. Autistic children who will not look you in the eye when that heart wall is taken down.

That's often the first thing they will do is they will make eye contact. Really amazing. Anxiety. Panic attacks, phobias. Phobias are usually pretty simple, you know, usually 1 or 2 trapped emotions, sometimes three.

Phobias of all kinds. Eating disorders, self-sabotage of all kinds. Yeah. But we've also found, though, that in every disease process, that we have seen, every named disease, there is always emotional baggage present.

That's my experience over these three decades. Right. So, that's a good question that people often ask me. Well, are there certain diseases? Well, the bottom line is that, I think every disease process has an emotional component.

Yeah. You know, sometimes the emotional energy is the biggest component of all. Yeah. For example, a lady came into me one time many years ago, and, she was 72 years old.

And the first thing that showed up with her was that, she had a trapped emotion that needed to be released. And so, these trapped emotions can lodge anywhere in the body.

So I figured out what the emotion was. The emotion was, the emotion was sadness. And, and then I traced it back. It had occurred earlier than ten years, 20 years, three years.

And it actually occurred, believe it or not, in 1963. And so I thought, gee, 1963 sadness. Gee, maybe that was about the JFK assassination, right?

Heart Wall and Emotional Protection

So I verbalized that question to her and at the same time that I'm getting an answer from her subconscious mind through muscle testing that, yes, that's exactly what this was.

What? That's what created this. At the same moment, she's breaking down, weeping, and she tells me that JFK's assassination affected her so deeply. And then when JFK junior died in the plane crash, it was like it'd all come back all over again.

And, for about a week, she couldn't work or do anything. Yeah, she was just crying all day long. So I thought about that, and I thought, you know, there's a great example of how a trapped emotion can make you feel a particular emotion in a more enhanced way than normal.

Right. And so then I thought, gee, I wonder where this thing is, Ben. This ball of imbalanced energy, this sadness about JFK, where has this been all of her life?

And so you can ask this. And in the emotion good book, we teach you how to do this. It's really simple. So, it turned out it was not on the right side of her body was on the left side of the body, not in the abdominal area of the leg.

It was actually in the, in the, the left breast. And when I arrived at that, all of a sudden, she and I looked at each other like a couple of owls because she'd had that breast removed for years before. So and so this is the kind of thing that happens to us.

We we have these emotional experiences, and we're so used to just shrugging it off and moving on. But then our bodies, carry these energies with us if they're powerful enough or if we if maybe we have learned to stuff those emotions as they as they want to express, we just bury them.

That will also create trapped emotions. So yeah, we all have them. And getting rid of them I think is really the most about the most important thing you can do for your health.

And, let me let me say one other thing that is, for all of your, for all your viewers who are interested in creating maybe a better life or a better business or more success or whatever it is, the best ideas that you'll ever have are not up here in your head.

They're in your heart, you see. And when you take away that wall. Yeah, all of a sudden that creativity can start to flow where maybe it has never flowed as well before.

It's really interesting. That's beautiful. That's beautiful. And the work is so powerful. Powerful because it is using your your strongest part of your mind, which is that subconscious I call it your super conscious.

But it when I, when I went through the work that you do and we actually my son and I went to one of your one of your coaches or what do you call them, practitioners.

Practitioners. Yeah. One of your practitioners. And, and then I did the work just from the book and, and it's so cool because like, yeah, your, your subconscious, you're super conscious is coming up with information that consciously, you never would have thought of, like you mentioned earlier, like if you didn't know 1963, she was probably a younger person.

I didn't know that that was trap. But your superconscious knew it all well. And so you're able to tap into that, that incredibly wise part of yourself to get answers that elude most people their entire lives.

They just suffer and suffer and suffer needlessly because they don't know how to use the emotion code. So I'm just so happy that you created this and that you've been able to share it with so many people now.

Yeah. Go ahead Brad. Oh, I was just going to say that that is the beautiful thing about it, that people can learn how to do this themselves. Yeah. And we've also got, almost 8000 practitioners that we've certified in 80 countries around the world that you can find, at our website at Discover healing.com.

And that's what I want to ask you to. So the website is Discover healing.com. Yep. Discover healing.com. And what are resources they can find there if they know.

Obviously they can buy the book. And the book is great because it really does. It's not one of these things that's just a teaser. It really does show you how to do the work, which was very, very generous of you when you wrote that.

What other resources do they have to be able to, go beyond the book if they want to? Well, there's lots of information on the site, lots of, lots of webinars that we've taught.

Topic specific webinars, for example, things about neck pain and headaches and back pain. Things you can watch where you get more information. There are there's a we have a course there on muscle testing.

Okay. Okay. And that's how we get the information from the subconscious mind. There's information there about the body code as well, which is kind of the next level up from the emotion code, right?

There are videos and things that you can watch and, and a community, forum that you can connect with as well. Beautiful. Discover healing.com. Talk about muscle testing.

Well, how does muscle testing give us these answers? You know, maybe you talk talk a little bit about that connection that it has to the wisdom within us.

Because some people know about it. Some people might just be learning about muscle testing. But if you can just kind of talk about that for a minute or two, right?

Well, if you think about the subconscious mind, it is the vast bulk of our intelligence, the conscious mind is, is, in a way, just kind of along for the ride and, to get in the way sometimes.

Yeah. Or to get in the way. Exactly. Right. You're subconscious mind is so intelligent that, we really have not even wrapped our minds yet around how intelligent it actually is.

But the subconscious mind can. Take, for example, the sandwich you had at lunchtime today. It could take that sandwich and make that into new cardiac muscle cells or, new blood cells and so on.

Every single cell in the body, it has been, it's been said that, each cell is in in complexity. It's equivalent to an aircraft carrier with thousands of people working at their individual jobs and, jets with their engines spooled up, ready to take off on the ramp.

That's a single cell. There's 37 trillion of those in our body. And the subconscious mind, I believe, knows, the whole history of every single cell down to the quantum level.

Muscle Testing and Using the Subconscious Mind

And, and even beyond that. So everything you've ever done, every face you've ever seen in the crowd, everything you've ever eaten or tasted or touched or smell, the whole history of your health or diseases long made in the subconscious mind.

And so all the work that we do with the emotion code and the body code, it's all about asking the subconscious mind, the source itself, what's really going on, what's really needed.

Now, if you think about it in Western medicine, how do they get answers? Well, usually what they do is they'll they'll run tests. But a lot of the time tests are negative.

You know, if I had a nickel for every time a patient came to me that said every test it run was negative, right? I'll probably go to lunch somewhere pretty nice. Yeah.

But that's Western medicine, which is great at acute problems. Right. But, a lot of the time what happens is if you've got some kind of an issue Western medicine will give you, they'll recommend some kind of a drug.

Try that and see if that works. That doesn't try a different drug. Meanwhile, those drugs are toxic to the liver and kidneys and so on. So we use muscle testing.

It's one way, a really simple, easy, inexpensive way to tap into this internal computer that is so intelligent and so, so we use different methods of testing.

We use, a method called the ring and ring test looks like this. I like the method, that I think it was at the very beginning. It's just the sway test. The sway test?

Swaying forward or swaying backwards? Yeah, I can walk you. I can walk your viewers through that one really quick. They can try that. Yeah, that'll be great.

Okay, so and the other thing I found too, before you get into it is like because in the beginning your conscious mind is getting in the way a little bit like, okay, is this accurate? Is this true?

The more you do it, the more sensitive and the more the the the subconscious. Can you feel a more direct truth or connection that that will come forward?

So it, Doctor Brad is going to walk us through this, but with repetition and just kind of trusting and kind of allowing things to happen, you'll get better and better at it.

And it might be great right away, but for me, I just found it was just becoming so much easier the more that I did it. Yeah, that's a great point. It does get easier the more you do it.

So, think about this. If you put a plant in a pot near a window in your house and you keep giving it water, eventually you'll notice the plants growing toward the light coming in from the window.

Yeah. They've done studies, and they found that a plant will actually grow away from noxious sounds coming out of a speaker in a room. So the human body has this same ability if we're holding, if we're standing or maybe sitting on the edge of our chair, that also works.

But usually standing works best if you're standing and you're totally relaxed and you're holding thoughts of truth or positivity or congruency, your body will tend to sway forward within about three to 10s.

If you're holding thoughts of negativity or falsehood or incongruence, your body will tend to sway backwards within about three to 10s. And that's, your inner computer, your subconscious mind trying to move you either forward or backward, either toward truth, positivity, or congruency, or backward away from falsehood, negativity or incongruence.

So here we go. Let's try this so you can if you can't stand up, you can sit on the edge of your chair. And this can also work if you can stand, go ahead and stand up.

Drop your hands down to your sides, close your eyes and take a breath. Let it out. There you go. And I'd like you to think about something. We'll start with something negative.

Let's start with the word war. Now, if you think about that word war, you know, we've heard that word pretty much almost every day of our lives. There's war that's been going on on this planet since day one.

But what I'd like you to imagine for a moment is imagine that you're trying to describe to someone else what really goes on. Maybe somebody that's been living in a cave their whole lives.

They don't know what war is, or somebody from another planet. What are people doing to other people in war? What are men doing to other men? Young men usually what's happening to villages or what's happening to cities?

What's happening to families? Think of all the tears that have been shed on this planet over all the wars that have been fought since day one. Now, the moment your subconscious mind, if you hold on to those thoughts about war.

At a certain point here, after a few seconds, your subconscious mind will connect with what you are consciously thinking about, and you'll start to sway backward.

Your subconscious mind will try to move you away from that thought of war. Could you feel yourself going back on that one? As soon as I said the word war, I was like, back on my heels.

Yeah, I didn't even need the full description. Brad. Yeah. All right. Well, you've been doing it a little bit, so yeah, you get more sensitized. So, so close your eyes again and hands down by your sides.

Just relax. And we're going to try something a little more positive. Now I'd like you to think about unconditional love. Imagine being surrounded with unconditional love.

What would that feel like? Imagine being a being of unconditional love. Imagine that your ability to love others unconditionally is so great that the love that you have, the love that fills your heart for all being, for all of creation, is so big that your heart can't even contain that love.

That love expands out from your heart and it fills the galaxy. What would it feel like to be that kind of being, to be that kind of a person? Now, if you hold that thought for very long, within a few seconds, your subconscious mind will connect with what you're consciously thinking about, and you're going to start to sway forward.

And I know a lot of your viewers were right on their tiptoes with that one. I was I was over my skis there. Brad. Yeah, exactly. That's awesome. Well, this has been incredibly insightful, and I'm just so grateful to have you on as

a guest.

Brad. Final thoughts what's what's 1 or 2 things you'd like everybody to remember from the message that you shared with them today? Well, first of all, just to tie up, to tie a knot on that last little episode, what you can do with the sway test? Yes.

You can ask questions or hold a question in your mind. You'll tend to sway forward for yes, backward for no. So you can find trapped emotions and release them that way.

And you have to to do that though, you also two have to not have any expectation, right? Like, no, I want it to be yes, I want it to be yes. You know, you just have to totally, like almost be vulnerable and and just be open to whatever the answer is and know that, you know, whatever it is, it's fine.

You can release something, you can work on it. It's not always going to be, yeah, you know, I'm positive or so that was really important for me to do too.

You can't try to control the process. No, that's exactly right. You've got to let go and be okay with whatever answer the subconscious mind wants to give you.

So, in the emotion code, we've got all these different methods of, muscle testing this way. Test is an easy one. There's more, self-test methods. We teach you how to test other people directly by holding.

Having them hold out their arm. And their arm will be strong for yes and weak for no. And so. Well, just in closing. I would say that, we're living in this, in a wonderful time.

It's the best of times. In the worst of times. To paraphrase, somebody back then, but, but there's this new technology that, that can enable you to tap into your own subconscious mind and to start healing yourself, to start healing your life and healing your loved ones as well.

And, the beauty of this is that you can learn how to do this yourself. And, it also works at a distance. So our practitioners around the world, they work with other people, most of them, through or in other countries and so on.

And yet, many of their lives will be changed from the work that they're doing. So, my advice is to be open minded. Take a look at this. Because, it's been said many, many times that energy medicine is the future of medicine.

And what you're seeing here is really what we believe is the one of the most advanced methods of energy healing that is available so far. Yeah. Now it is amazing.

It's it's been, remarkable whenever I've used it. And thank you so much for for bringing it out to all of us. And thank you again for being part of our Global Energy Healing Summit.

So this discovery, healing.com is the website. Yeah. Please go visit Doctor Brad site. Read the book. You will love the book. It will give you a lot of answers to things that you probably didn't have answers to before.

Brad, thank you so much. Yeah, there it is. The emotion code. Yeah. Thank you so much for being on our on our summit. And, look forward to getting to know you too, even beyond the summit.

Thank you so much. Great. Hey. Thank you. Take care. Bye bye.