How Releasing Hidden Emotional Blocks Can Change Your Love Life with Dr. Bradley Nelson Transcript

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Introduction to the Heart Code

Hey friends, I'm your host Dr. Elizabeth Samanity, intuitive psychiatrist, and you're listening to Stepping Into Soul Power. Friends, time and time again, we go through some things and sometimes we hit hard times and it really cuts into the depths of our soul, the depth of heart.

Our next guest has done some revolutionary work, author of the body code, emotion code. And now the heart code is here to help us understand how to heal some of our wounds, those wounds that are weighing on our heart.

Dr. Bradley Nelson, welcome to the show. Well, thank you, Dr Elizabeth for having me on your show, great to be here. For our viewers who are new to The Heart Code, can you tell us a little bit about the heart wall, what it is and why it's so important.

Well, all ancient civilizations had fascinating beliefs about the Heart. They believed that the heart was the seed of the soul and the source of love and creativity and romance.

And these societies believed at the Heart was far more important than what we have tended to believe in the modern era.

Ancient Views of the Heart

They believe that The Heart Was really the core of our being. I think that they got those ideas anciently from the kinds of things that we notice today still because nature never changes.

For example, If, uh, if someone is really hurting you, or you're going through a breakup or a divorce, you really deep in grief, You'll feel it here, right?

You feel like your heart's going to break and, they felt that kind of thing anciently. So they knew there was something going on here with the heart when you would feel deeply hurt.

But by the same token, I think that they also observed the, same thing we observed today, where, for example, Oh, you know, my wife recently showed me a video and it was one of those America's Got Talent or Britain's got talent where someone comes out to sing and they don't look like they're going to be very good, but all of a sudden what's coming out of them is just unbelievable.

And wow, You feel it here, right? And the camera pans around the audience and everybody's, got a hand or two over their heart and there's a tear in their eye, Well, the ancients preserved those things too, see?

And so they knew that the heart was very, very special. Well in the West, we've never really given any credence to those old ideas. In the world that we live in, generally speaking, when we talk about the Heart, it's on Valentine's Day.

And if you're lucky, somebody gives you a heart-shaped box of chocolates, right? Hopefully the chocolates aren't the ones filled with the nasty toothpaste filling.

They're actually good. Anyway. So, um, back in, really back, in the seventies, when they started doing heart transplants on a more regular basis, they starting to notice something really strange that some people would come back after having their heart transplant and they would report strange things that their taste in food or music or sports had completely changed 180 degrees oftentimes.

And they would often have memories of being in places that they never in their life had ever visited. And when these people were connected with the family of the heart donors.

They would inevitably find out things like, well, yes, our son was a baseball player and now you love baseball and his heart now is beating in your chest.

So maybe that's why. That's really weird.

Heart Transplants and Cellular Memory

Or they'd find things out like yes. Our daughter loved Rome. It was her favorite city in the world. She'd visit every year. And now, you have memories of being in Rome and you've never been there in you whole life.

Her memories? How crazy is that? So there are whole books written about this. This is called Cellular Memory. Yes. Well, what we have found is that when people feel like their heart's going to break, the subconscious mind will put up a wall around the heart to try to protect it.

And that wall is made of pure energy. Everything is energy, right? You know, The chair that I'm sitting on, this desk, uh, that earth, sun, moon, stars, everything is all ultimately just made up of energy and so the Subconscious Mind will build a made of layers of emotional baggage, and it's called a heart wall.

And when that wall is put up, then it makes it harder for people to fall in love, harder to really achieve the things that they're capable of achieving, because the best ideas you'll ever have will not come from this brain, they'll come form this in your heart.

There's a brain in you heart, that's another crazy thing that most people don't know about. But it was over a hundred years ago, they discovered that the heart has a whole bunch of gray matter and white matter in it, just like the brain, 40,000 neurites in the Heart.

And they call it the little brain in The Heart, and they didn't pay much attention until 1991, when a study was published that was really beginning to show that this brain and the Hart is a totally separate brain from the Brain that's in And that the vast bulk of the communications between heart and brain are traveling not from the brain to the heart, but from heart to brain, indicating the brains that are in our heads are obeying the messages being sent by the braines that in are hearts, right?

Yes. So really amazing. One of first experiences that I had with this was a woman. came in to see me and she had neck pain. It was about a nine on a zero to 10 scale.

It had been going on for a while. She'd seen a couple of other doctors for it. They hadn't been able to help her. And so she came into my office and as I was talking with her, she told me that she was a nurse.

she 38 years old and she had not dated in eight years and was never going to date ever again. I said, gee, that's no, I mean she's going die single. Wow.

Why do you feel that way?

What the Heart Wall Is

What happened to you? She said that eight She was really deeply in love with this guy that dumped her and broke her heart. And that was it. She never going to date again.

So I tested her. I found that when she was going through that heartbreak, her subconscious mind had built a wall around her, an invisible energy wall.

That wall was made of three layers of emotional energy that had gotten trapped in her body during the breakup

eight years before. Now remember she came in to see me for neck pain.

Pretty bad too. Nine on the zero to 10 scale. When I cleared the last of those three emotions, suddenly the neck, pain went from a nine to a zero instantaneously.

Right? Oh wow. She was so thrilled. That's why she'd come into the office. And so, you know, she left the officer about 10 minutes later and, uh, was, so excited that her neck.

Pain was gone. that's what she had come in for. Well, she didn't come back for three months. When she walked back into my office, I remembered her immediately because our story was so unusual, right?

She was never going to date again and so on. And so I saw her in my hallway and I said, Hey, how are you? What's going on? And she said you know, She said my neck pain has been fine.

My neck has fine since I was here. Hasn't came back. She just said 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. Oh, wow. We're dating and we're in love. And I think he's going to ask me to marry him.

Right. I just thought two weeks. Wow. Yeah. Two weeks, yeah. So this is one of the most amazing and most profound things about the heart wall is that you see when we fall in We don't do it with this brain.

It happens with his brain, right? And it's an amazing thing. This is not at all unusual. One of the hardest things about writing this book was sorting through all the different testimonials from people all over the world about all of crazy things that have happened since their heart wall was taken down.

And remember that about nine out of 10 people have put up a wall like this. So they're going through life in this handicapped way. They don' even know it, they have no idea, but one of my One of my favorite stories was from one of our practitioners not long ago.

And maybe a few months ago, she said that she worked on this woman, this elderly woman who was in her eighties in a nursing home. This woman had been single her whole entire life, never really been in love or had a long-term relationship.

A Neck Pain Case Study

A week after her heart wall was removed, reports back that's she's fallen in-love with this other guy who is in the nursing-home too, some other guys in his eight.

down the hall, right? Let me tell you another story. One of our practitioners told us this story that her sister had been divorced for about nine years and she'd never had any emotion work done or anything, but finally she called her one day.

She said, listen, sis. You know how to do this emotion code thing. And she said, I, um, tired of being alone. It's been nine years now and I'm not getting any younger and just need to something.

So she says, will you come over and work on me and see if I've got any emotional baggage? So the two of them spent the weekend together and sure enough, the sister, her divorced sister had a heart wall.

Her emotion-code practitioner sister was able to clear the emotions from her heartwall. Yeah. And that was on a weekend. Now, neither one of them told anybody what they were doing.

They just spent the weekend together. Guess what started happening on Monday? The phone started to ring. Who was calling? Well, guys that had known her.

four years before, because all of a sudden, see, the way that it works is when that wall was taken down and it's gone now, now that pure desire of hers, that peer essence of who she really is now radiates out into the universe.

Right. And so these guys all the sudden think of her. Oh, you know, I wonder how she's doing. I haven't talked to her in a long time. What's her number?

You know. That started happening on Monday. So energetically, it is changing things. Yeah. That's so beautiful. I mean, I feel like all the single people need to get your book and start working on their heart wall.

Let me tell you something. Every single person needs to, everybody needs this because nine out of 10 people to put up a wall, they don't even know it.

But if you're single and you are trying to find your soulmate and nine out of ten people have put up a wall that's blocking them from that, you know, need to do this.

It not only will help you to find love, but also when that wall is taken down, people's creative ideas begin to flow. The best creative idea that a person will ever have will actually not come from the brain in their head.

Those ideas will come to the heart. That's why, I mean, it's such great advice. You know, when you graduate from high school or college and somebody says, you should follow your heart, that's great advise, right?

But what if you got a heart wall? Well, as much more difficult then, see, So getting that wall taken down. In fact, I mean, we've got stories in this book of people who, there's one story in here of a lady I think that couldn't sell her house for like a year.

Love, Creativity, and Life Changes

Got her heart wall cleared and the next day, boom, the house sold. Amazing things happened. We got a testimonial one day from a woman in Italy and she said, for years, she says, my marriage ran badly.

And then she, said I got new husband. And I'm reading this, right? And then thinking, Oh, okay. She got a divorce and got remarried. No, no, she said, She said that she hired an emotion code practitioner in Budapest, Right?

In Hungary that worked on her husband long distance. Cause you know, that's how this works as well as live and in person. It works at a distance too, just as.

Well, and she says, now it's like I have a brand new husband. He's so loving and kind and caring. And she's said and I had a heart wall too and it totally changed my life as So it's an amazing thing, Elizabeth, but I never in my wildest dreams would have imagined that this actually goes on.

But we're beings of pure energy and the heart is the core of our being. And when we feel like our heart's going to break, that subconscious mind will build a wall.

Then we go through the rest of your life with this wall And we even hear people say things like that sometimes, right? You've probably heard somebody at some point say, you know, I have a bad situation as in I had to put up a wall.

Well, they probably really did see, but they just don't know it. Can you speak a little bit about like once someone has done some work on their heart wall, is there a maintenance routine?

Like how should people navigate the post work? Yeah. Well, you know, when the heart wall is taken down, it's a good idea to recheck it periodically. It's like anything else.

You know? If you get into a bad situation again, the subconscious mind might feel like, well, we need to protect our heart. And so it might put up another layer or something.

So, so yeah, that's good. Idea to just check periodically, right? you know, maybe check every month or every couple of months and just make sure that the heart wall stays gone.

And if the hard wall does get put up again, it's usually just one emotion or maybe two. So it is easy to clear it again. But in rare circumstances where a person keeps putting up the wall over and over, then there's something else going on.

There could be some other trapped emotion in some part of the body that's making the person feel unsafe or there could some kind of a belief system. or something, or maybe something in the body code.

But, you know, those are things that we don't see very often. I mean, for most people, if you take down that wall and, in that set, it is a good idea to check it periodically.

Okay. And are there, as you've navigated this and met with different types of people are, are circumstances where you're like, maybe someone should hold off on working on their heart wall?

When to Recheck or Wait

Well, yeah, that's a great question. If you are, if youre going through something traumatic right in that moment, like or let's say for example, you re in an abusive situation and there's nothing you can do about it at the moment.

if the heartwall gets taken down, your going to be able to feel more acutely what's going on. Sometimes what happens, for Someone very close to me was in a very abusive, mentally abusive relationship.

Her husband was mentally abused and she stayed for 22 years and none of us could figure out why she's stayed. But then when her heart wall was taken down, and she went back into the relationship after just, you know, being away for a week, got her Heartwell cleared, went, back within two weeks, filed for divorce.

Because now suddenly, instead of having that big buffer there that was preventing her from really feeling how bad things were, she was back in the, relationship.

Then suddenly she, she could really feel, see, we don't feel with this brain. We feel. This brain and so when there's a wall there, it does buffer you.

So if you, if your going through something that's really, really difficult right now, but it's going to end soon. You may want to wait. It just depends.

I mean, sometimes the subconscious mind is actually, once in a while, is not willing. The question that we always ask is, you know, do you have a heart wall?

We'll get a yes or a no answer from the body. And then the next question is can we release an emotion from your heartwall now? Once in awhile, the subconcious mind will say no.

But if we give the Subconscious a week to kind of think it over and we come back, The answer will almost always be yes. I see. So in the instances when the subconscious is like, no, give it some time and then come back to it.

Yeah. It just needs to think it over and kind of weigh the pros and cons. I'll usually give a week and we'll come and start working. Are there any modalities that lend really well to working with the heart?

Well, the heart code itself, of course, is really a subset of the emotion code. So in the Emotion Code book, we teach people. It is a modality, it's a method, right?

And it is its own method and getting rid of heart wall is subset.

Emotion Code, Body Code, and the Subconscious

And then there's the body code which includes the emotions code, and In the body code, people can learn how to find and get rid of all kinds of imbalances going on in the, including things like pathogens and toxins and addressing nutritional deficiencies and imbalanced between the.

energy field of the body and the physical body. And then the Heart Code is really just that subset of emotion that deals with getting rid of a heart wall.

You'll learn how to release trapped emotions in the heart code book as well. But the Emotion Code book goes into more about inherited trapped emotion and things like that.

What I love about this modality is that it's addressing the subconscious, things that we may not otherwise get at with traditional medication management.

Yeah, it's really interesting. The subconscious mind remembers everything. In fact, let me tell you a story. There was an event that I put on once somewhere.

And the very beginning of this event, It was just a couple of hours of workshop talk. I was standing at the door meeting people as they were coming in.

and I happened to meet this young woman who's about 21 years old who arrived with her mother. Later on, when I up speaking, I asked for a volunteer. This young women came up out of the audience.

And so I tested her. I asked her if she had any issues, and she said no. And I test her to see if had a trapped emotion. Her subconscious mind, the answer came back strong.

That was a yes answer. In the emotion code chart, we have 60 emotions. It's divided up into two columns and six rows. I found that the emotion was in column A and in row one, and the motion was forlorn.

Now, for lorn is feeling all alone and hopeless and desolate, kind of all rolled into one. So, the next question when we find the trapped emotion, when identify the emotions, next questions is, do we need to know more about this?

Because sometimes the subconscious mind wants us to delve a little deeper. And in this case, your subconscious might did. So I asked, okay, when did this happen to you?

This feeling, you know, was it earlier than age 10? Yes. It turned out it was in the first year of her life. And I thought, OK, well, she's not going to remember anything from the 1st year her of life, and I said, hey, do you remember about this?

And she said no. But remember, at the beginning of this thing, I had happened to meet her and her mom. So I looked out at the audience looking for her mom and her Mom is out there and she's as white as a ghost, right?

She's got her hands covering her mouth and nose and eyes are like saucers. And I said, Hey, do you have any idea what this might be about? And she was really embarrassed, but she said she thought maybe she did.

She said that during those years, she used to use cloth diapers.

Childhood Trauma and Inherited Emotion

And one day she accidentally safety pinned her daughter to her diaper and didn't know it until the next time she changed her and she put a pin through her daughters flesh.

And so here's this poor baby with this terrible pain. Nobody's helping. I'm sure she probably cried the whole entire time. Her mom must have been really overwhelmed.

So all these years later, right, 21 years, later I ask, okay, is that what this is about? Is that would created this? And

the answer coming from her subconscious mind is yes.

So I released the trapped emotion and she goes back and sits down and I finished my workshop and kind of forgot about it. 10 days later. I get an email from this girl's mom.

And she said, she says, listen, Dr. Nelson, my daughter has had a problem with her right hip and her knee since she was about eight years old. And, you know, they bother her and she just kind of lives with it.

So that's why she didn't tell you that she had problems. She just lives, but she tried taking her to different people. And it's been gradually beginning to affect the way she walks because it bothers her all the time.

But she said, the moment you release that trapped emotion of forlorn from her, from being pinned to her diaper at age one, that pain in her hip and her knee went away.

And she's walking completely normally now. I waited 10 days because I thought this was maybe a fluke, but she said, apparently, it's not coming back. And she says, not only that, my daughter is feeling this new sense of lightness of being that she's never felt before.

She's telling everybody about this, right? Now think about that. I mean, how in the world could you ever find something like that? She had no conscious memory of it.

Her mom did. By the way, her mom had never told her that that happened. So she felt so bad about it, she never ever told as an adult. And yet, boom, there it came out, right?

But it was also causing a physical effect for her. Now, think about this. The majority of the physical effects that we experience have an emotional underpinning like that.

And it can be something that happened in childhood. It can something in the womb. it could be even inherited. Some emotional trauma might have happened to an ancestor that might've passed down to you and you might now have trouble in your physical body.

You might be having a hard time with relationships and maybe a cause of that could Your eighth great-grandmother was, you know, left at the altar. You know what I mean?

Or maybe you have money issues because your great, great great grandfather was thrown into the poorhouse. I means, who knows, right? And if your ancestors, for example, in your case, if you're ancestors were enslaved, okay, Or, you know, if maybe people's if your ancestors were Jewish and they experienced the pogrom.

If you go back far enough in anybody's history, some probably really gnarly, traumatic things happened. And so those energies passed down the line. Right.

There was a book written. Not too long ago, a number of years ago about the grandchildren of Holocaust survivors, right? And documenting how different those people are from the normal population, that they're way more susceptible to stress and they have a lot more problems and it's like they experience an accelerated rate of aging and so on.

And the only explanation is what their grandparents went through.

Finding Practitioners and Getting the Book

Ancestral trauma is real, but I love that this is something that can be helpful to people that is accessible. I know our audience is going to want to connect with you.

How can they do that? Well, I'm an old retired doctor, right? So I traveled around the world and teach. I don't see anybody. However, we have certified now and trained probably almost 16,000 practitioners now in 108 countries

around world.

So the easiest thing to do is to visit a website. It's called discoverhealing.com. And you can see a whole map there of all of our people around the world.

The beautiful thing about this work is that it works at a distance just as well as it does live and in person. And it's astonishing, but it is absolutely true.

So most of these people work with other people in other countries. So you can look through that list and find somebody that can work with you and start getting rid of your heart wall.

You can also, of course, do the work yourself. If you want to buy a copy of the Heart Code book, it's available on Amazon and Barnes & Noble and Target and so on.

But if you go to my personal site at DrBradleyNelson.com And you use the code SOULPOWER. You can order your book there or order a few books, you know, for your friends.

And then you get special gifts. I think if you buy five books you'll get a free Heartwall session yourself from one of our practitioners. Oh, that's great.

That's a nice perk. Yeah, it's, a great perk! Wow. Well, Dr. Bradley Nelson, It was a pleasure to have you on the show. Thank you. Thank you, Dr. Elizabeth.

It's great to see you and thanks so much for having me on. If you haven't heard it yet today, I appreciate you. The soul in me honors the soul and you if you want to.

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