Unlocking Emotional Healing Techniques with Linda Smiley Transcript

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Personal Healing Journey

I have been interested in holistic health and healing my entire life and just, you know, things kind of esoteric, but I think it was really kind of my own healing journey that I kind of went on just to kind of improve my life, release the stress and you know, kind of those mystery illnesses, those aches and pains that, you know, nobody could figure out what they were.

Emotion Code and Stored Emotions

And when I kind of started going down this path and found emotion code and body code, it was really eye opening for me to see that, you know, some of these illnesses or dis-ease could be stock emotional energies that were like old, you know, unprocessed emotions that can cause these different illnesses or, you know, disease.

Subconscious Conditioning and Early Life Patterns

we're definitely a stressed out society and the mind is so powerful that I agree that many times what's going on physically is actually related to our emotions exactly yeah it's it's that subconscious mind of ours that you know really if I mean, the theory is within the first seven years of our lives, that's kind of where we're conditioned, you know, by our caregivers, our parents, and, you know, our body just thinks certain things are true when, you know, we may consciously not believe that, but subconsciously, our minds are fighting to seek out that truth or that validation.

So that's kind of the fight too.