Unlocking Healing Energy: The Body and Emotion Code Transcript

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Show Introduction and Guest Welcome

Welcome to Energize and Revitalize with Dr. Amy. I'm Dr Amy Cooper-Smith, a doctorate prepared nurse practitioner, and this show is about empowering you to live a radiant, healthy and balanced life.

Linda Smiley from Life Force Healing. Linda is a certified emotion coach and body code practitioner and a human design guide. She is devoted to helping others reconnect with their inner truth and life force energy so they can create lasting positive change in their lives.

Lynda specializes in supporting individuals, navigating mystery illnesses, emotional overwhelm, and high stress environments. Her mission is to empower others to heal holistically and live more with peace, alignment, and purpose.

Welcome and thank you so much for being here today. Thank you for having me. I'm very excited to be speaking with you today This is such an interesting topic.

What led you in your journey to work with this type of healing? 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 my own healing journey that I kind want on just to kind improve my life, release the stress and kind of those mystery illnesses, those aches and pains that nobody could figure out what they were.

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

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.

Healing Journey and Emotion Code Basics

Exactly, yeah. 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 by our caregivers, our parents, and our body just thinks certain things are true when we may consciously not believe that, but subconsciously our minds are fighting to seek out that truth or that validation.

So that is kind the fight too, The different energy healing techniques like emotion code and body code can come into play and help you kind of identify what those stock energies are and being able to release them.

So what is emotion code? So it is it isn't it's an energy healing technique It's a way of speaking with your subconscious mind and it by using muscle testing which is the applied kinesiology and It is a method of Speaking with Your Body and your Subconscious by your muscles response So the theory is is if your muscle is going to hold strong to you know a positive idea, that's going to be something that can be good for you.

But if your muscle goes weak to whether it's something you speak, the wording, it could be food or supplements as well, you can muscle test that to see if it is going be receptive to your body.

So it really great too if you suffer from allergies or different food allergies, It's a way that I can kind of tap into your energy field. I do all my sessions remotely, so I'm able to use my body as a surrogate.

So I am muscle testing using myself, but it's within your field to ask these yes or no questions as we kind go through an application and it is just asking what is this stuck emotional energy and then once we actually identify it,

We can even, a lot of times people will resonate with that emotion, you know, they're like, oh, I thought I've dealt with, that you've been through talk therapy, but a lotta times, yeah, You know you go through, talk, therapy.

You may be talking it, But it's also, it could be stuck within your body. So it's just really identifying that emotional energy and then we may even need to know more.

We can identify even back to what age you may have, you know, stock this emotional and I think that helps people to kind of put parts and pieces together to help release it.

And the crazy thing is, I think what a lot of people don't realize is you can absorb emotional energies from others, especially if you experience the same event or even just like DNA or genetics.

When you inherit, you're like, oh, that's inherited within my family. What's the with emotional energy? You can pass along that emotional frequency. It's same frequency with one person.

You know, it's just passing on genetics, and you are passing that on emotional So it's a way to where we can, you know, not only help yourself, but anybody else who carries that same frequency and releasing it for everyone.

So there's so much here. Let's go back for a second. I have an allergy to a food that can be from a trapped emotion. Potentially, yes. So with the emotion and code and body code, it's a technique devised by Dr.

Bradley Nelson. He is a retired chiropractor. And his theory is that anything can cause anything, especially when we're working with a mind and, you know, there's so many more studies and everything that are evolving and things that But our minds, you know, can really kind of seek out to validate that truth of anything.

So it's almost like an idea allergy as well. That's a thing. And emotion code and body code, where your body can develop a physical allergy to anything, and it may even, just because of that subconscious programming or whatever you may have taught yourself to think.

I mean, an example would be If you don't like your partner's perfume you become allergic to your marriage. Oh, wow. So my husband's wearing something I don't like the smell of it.

It's going to make me allergic to him or just the idea of the two of us? So it could be that. I mean, it just all depends on the different factors that come into play with your husband.

If you're upset with him and you are negatively associating that smell with, yes, that could negative, you know, kind of energy or something that, your subconscious could connect to that making it as like a faulty thing.

So where we can kind go in and, is there an emotion tied to, that let's release it.

How Remote Muscle Testing Works

And then it's just like releasing that emotional energy. The same with allergies too. If you are having a reaction, like for me, for instance, I react to gluten.

now it's not so severe where you know my throat or anything swelling shut but I do notice some like inflammation and swelling usually my joints will ache or I have like information in my eyes so that's something too where I've been kind of working with myself because I can use this on myself as well to do kind what's called an allergy reset which I know a lot of like acupuncturists and chiropractors will do what is called NAET and it is a way of kind clearing out that vibrational energy from your body, you know, whatever you're reacting to.

So it's like doing that allergy reset to restart your bodies natural healing process or detoxification really to detox that, quote unquote, allergy from you body so that your bodys eliminating it properly.

And usually there's lots of things that go into play and This is like along the lines of Chinese medicine where if you

are having allergies, it's most likely a sluggish liver because our liver is detoxing.

So it is kind of going down that route to finding that root cause along with that emotional energy is there different items too that you can do or methods throughout the day or throughout week to help support your liver, to support releasing these emotions so you aren't taking them in and holding them you know throughout the day or weeks, months, years within your body and that you're able to process them.

So you mentioned that you work remotely. So how does that work? And we did a session that we'll talk about a little bit. But tell our listeners how that works.

It's the concept of everything is energy. And really, I tell everyone too, for it to work the best for you, you have to have that open mind. Going into it, understanding that when you turn a light switch on, the light turns on.

You don't really necessarily understand how works but it but its energy and it's the same with when I'm working remote I usually do like like a teams or zoom session where you know I am able to see you but also connecting into your energy.

And I like to describe that to people as I only do that too whenever I have your permission. And it's like sending that intentional prayer. Sending that person love and gratitude.

We pray for others for healing and for different miracles or just for good outcomes. So it is pretty much the same concept. It is sending love, gratitude and attention to connect into that persons energy.

So I just use a muscle testing technique that's called the ringing ring method. So it's, you know, once I'm connecting into that person and actually picking up that, my body is acting as if I am Dr.

Amy. Like a conduit? Yes. Okay, yeah. Surrogate is what we call it in Emotion Code and Body Code. And you can even do it person. A lot of times the surrogates testing is used with children.

If they're squiggling around, it's hard to use their arm to muscle test. So what you could do too is you have that person holding their You know, the parent holding the child's hand and then the parents, you know it's that connection that energy connection through the pair and using the parental muscle test as well.

So it is kind of the same theory, but as far as you're just remote or just not in person. It's just kind sending that prayer connecting into their energy field and once I'm I'm not Linda anymore, I getting that no, that I am you, connected into your energy field, then I can go through my little application and ask the yes and no questions and then we can identify is this stuck emotional energy or in body code it could be even more, it's even into depth where it can be, is it a pathogen, a toxin, do you have a misalignment, you know, this mis-alignment physical, something that is structural, or is it like a meridian, something energetic within your body that's off?

I mean, it could even be an organ. Our organs get shifted and moved around so much too within our body. A lot of people are like, what? My stomach's misaligned?

It sounds so weird to us, but at the same time, yeah. You know, all that stuff is moving around. We're moving, we're eating food, and you know things get shift.

And when we are realigning them too, It's not like it's, oh my god, my stomach has moved from down here way up into my head. You know, it's like these little tiny micromillimeters, you know.

But it is electric, electricity, energy. It can really throw those little micrometers, can throw things off. So you mentioned emotion code and body code.

Do you use them together or do you have to decide based on what the person is telling you which route to go? I can muscle test to what is best. We can ask your body, hey, is it more of strictly the emotion code where we just need to take those emotional layers off.

A lot of times I tell people when you're first starting out, especially if you've done no type of energy work, we would probably start with more the emotional code because the body code It has the EmotionCode component into it.

It's just diving a little bit deeper. So it's diving into, you know, hey, is this an allergy? Or is a misalignment? Is this a toxin that we came in contact with?

Body Code, Alignment, and Releasing Trapped Emotions

And then is there an associated imbalance to this? Usually that associated balance for either that meridian being mis-aligned or your organ being miss-a-lined is that emotional energy.

So then that's kind of where the emotion code comes into play with the body code because then we're not only just releasing those emotional energies, we are actually pinpointing where in your body too that that emotional energy is really throwing your system out of whack in you body.

So I booked a session with you and you said pick three things that are bothering you. We came up with some things and then you took the first one and what do you do from there?

I just kind of go through, I ask my yes and no questions, you know, say, okay. I don't even remember what your issues were that we worked on. But if somebody wants help with sleeping, that would be wanting to say, hey, what can we decode and release with the body code that will help improve this sleep?

Or even what's the root cause of you not being able to sleep. So then it's just asking those yes or no questions as I go through my application online.

And then once we get kind of to that pinpoint area, then we're going to kind of go down that rabbit hole okay well hey this is a misalignment and I mean it could be your nervous system that's even something you know that may come up within your parasympathetic nervous or your sympathetic nervous.

Okay well there's something going on here is there something even more is that associated imbalance where it's that stuck emotional energy. So then, we are releasing that emotional And then, you know, realigning whatever was misaligned.

So we kind of like going into the rabbit hole and then coming back out and releasing that energy. the misalignment. How do you get things to be back in alignment?

So we just by sending that that intention of releasing it so it's again like that prayer and then I use I like to use a magnet and a selenite wand and it swiping the Governing Meridian which is one of your main meridians energy meridian's in your body that runs from the top of And it's over your head, clear down the back of your spine.

So it just using that intention and, you know, concentrating, hey, is this disgust, let's release that trapped emotion of disgus. It's actually just doing those energetic swipes, releasing it, and then kind of asking that question, did we release it?

Yes. Okay. Is there anything else in your body that's stuck that, is related to this as well. And can we release that too? So it's pretty much as simple as that.

You really don't have to do anything. I love simple. We're going to have you hold that thought. we're gonna pause for a break from our sponsor. you're listening to energize and revitalize with Dr.

Amy. Don't go anywhere. Welcome back to Energize And Revitalize With Dr Amy, I'm Dr, Amy Cooper Smith, and I am joined by my guest today, Linda Smiley.

who is a body code and emotion code practitioner. And before the break, we were talking about different ways that you can use these techniques to help people clear different energies to enhance their well-being.

So you mentioned that sometimes people can come to you because they're not sleeping well. What other conditions can you treat with this method? Oh, I mean, pretty much anything.

I've worked with day traders on money blocks. Yeah, cancer patients, individuals with autoimmune diseases, or even individuals who have like those mystery, like aches, pains.

Like I had somebody with foot pain that she had had for, it was months, six to eight months. Been to all kinds of different doctors. telling her, you know, they can't find anything.

And when I worked with her we were able to release that and it's been almost a year now and she's like, nothing has, it hasn't come back. So I mean it could be anything physical or even mental.

You know if you're like stressors with work or relationships it can be that as well. So, so the person with the foot pain now was that so it didn't have a physical cause that could be identified.

So you release the emotional blockage now with that related to maybe inflammation being caused by the Emotional Blockage or it's just a mystery. Honestly, I can't even remember what all the details were.

I mean, it might have been inflammation, because there is, in body code, there's what's called recovery interference.

Conditions, Recovery Interference, and Generational Blocks

So that's, you know, kind of where the recovery process is interrupted, and then we're able to kind go in, like I'm able go into your energy and kind reboot your system will say a good example for that, I would think would be when people had COVID and they couldn't get their taste back or their sense of smell back.

So that's perfect example of recovery interference. You know, they're testing negative, but they are, it's the energy of COVID is still lingering around.

And so I was able to help people there to where we were able go in and release that energy and then they can get there taste and smell and just removing it.

And now that's really interesting, something I hadn't thought about. But with COVID, there was so much, the physical things that we dealt with, but then there's the fear and that emotional and what is this virus and why are the long-term sequela of this?

So I can imagine that that was manifesting in many different ways for people. I still see people to this day with long COVID that work together with different things.

Well, it's good that you have the service too that was remote so that during that time when we couldn't be face to face. So that's pretty neat. Very amazing.

Earlier you mentioned generational blocks. That was something, kind of a new concept to me actually, like how can you inherit emotion or emotional blocks?

I mean, it's energy. It's just like anything else that we pick up. And even when you're in womb, when your mother's carrying you, you can absorb things that way too from your mom.

In womb that's actually a category and emotion code. Is this something that you absorbed from you mother during pregnancy? So something that you inherited, which if it is, I mean, so many people have inherited different things from their parents, and it can be emotional energy.

So it's just really interesting that we release it for you. We're releasing it everybody who carries that same frequency. That was something I did think about during my pregnancies.

If I was upset emotionally about something, then I would try really hard to not keep that negative energy, because I do, I think even in the medical community, we do know that how we're feeling emotionally does affect the child in womb.

Yeah, Say, you know, where we would have different emotions come up and it would be in womb, it'd be absorbed from their mother and they would like, wow, yeah, I was always told stories about the pregnancy or different things that happened.

So they're like wow how did you that? And I get that response a lot from people. How did know that. I'm like I don't. It's your subconscious speaking to me.

Its you who knows that and its ultimately you whose healing. Im just kind of guiding you and showing you the areas that need to be healed. It's your body telling you.

You mentioned that you work with children as well. What kinds of things are you working on with with kids? I recently worked with a toddler on breastfeeding.

She's getting close to a little over two now, and your mom was like, OK, I'm ready. So it was trying to kind of get her to wean off with breast feeding and then also having kind issues with sleeping in bed with mom and dad, those different kinds of fears.

A bunch of different things with children, too. Food reactions or allergies. Gluten different things that that do come up. So it's just I think with that too It's great because not only you're helping the child.

You're hoping the parents to absolutely And then when we met before, you mentioned that you can work on pets. Oh, yes. I love working with the animals.

The results in the pets you see so much quicker, and I think it's just because they don't let their subconscious get in their way. They're not blocking you, right?

They just really respond to it very well. Um, I work with my dog almost daily. Actually, before I came here I worked with him because he has separation anxiety.

So I've had him for about four years and when I first got him, he wouldn't even go out back in my screen room. He was afraid of the loud noises or different cars and stuff driving by.

So after kind of working with him and releasing different stock energies, He's completely different. And he's so much more calm. he acts different, so I just love working people's different animals.

I worked with somebody's pet recently that she was only two years old, was recently fixed, but was having nighttime incontinence. And ever since I worked with her, she's not having any issues at all.

So it's been wonderful. Oh, that's so great. We all love her. Our furry friends. Yeah, or even behavioral, you know, if they're ripping things up or tearing up your house while you're gone or potting on your floor when you are gone.

We have one of those. It works. You work with them. So how many sessions would it take? Let's say, like, my dog's peeing when we go out. It really depends.

Children, Pets, and Human Design

It could be one, it could several. If they keep getting triggered, which I find that with my dog, there's certain things I keep, like stubbornness is one.

I have to keep releasing from him. But sometimes it can take time. Sometimes it just switches, you know, and they're good. And I think it's just like with humans.

They're all different. Just depends on how deep the trauma is to you know if there's if they keep getting triggered if that's something that we need to release or is it just you kind of the one and done I think if their younger it's easier you're releasing all that where my dog is a senior dog I adopted him you when he was older so I thinks it takes a little bit more you kind of dig off those layers.

Like with people too. Yeah, exactly. Just more life experience, the more trauma and stress and everything that you're going to take on. So another thing you do, and I want to call it the personality test, but that's not it.

But you set the human design chart. How do you determine that or how do make one of those? So human I like to call it a mixture between Myers-Briggs and kind of like the astrological component, so you have to have your birth date, time and place.

If you don't have the time, I know of some ways that we can go about getting it or we could even muscle test to kind to get it close to the times that you were born, but it's actually a system devised on helping you make decisions in life based off of your profile type and design.

But it's really unique because you actually get a visual graphic and it will give you the representation of what's best for you, excuse me, for either your body or your, your mind and it's all a system that I can even use too when I have your chart.

When we do like an emotion coder body code system by looking at your charge, I see where your openness is or when we say openness or undefined areas in human design.

It's areas where you can be conditioned by others. So it is areas were you don't have set consistent energy within yourself and within your design, So you're going to pick it up either from others or from just like the solar system, what's going on in the transits and everything surrounding the earth.

So it's a really unique system to empower you for one, because I feel like we have all been raised to be manifestors. We're told to go out there and get go-getters.

And when you sit down and you learn your human design, that it's not necessarily true. We can all manifest, but there's different profiles and types. And by knowing your profile and type, and when like the best days for you, or how you should be manifesting.

Like for example, so I'm a generator, I am a non-emotional 2-4 generator. So those are like my profile numbers, which would be kind of like your sun and your moon sign.

So it's like, your personality, how people, you know, present yourself, what people see in you, but then also your subconscious nature, that's your design side.

You can really use your human design as a generator. For me, it is like my sacral authority. That's actually what I feel to when I'm muscle testing. It's really that body response of yes or no.

Sometimes I'll even feel hold toward things or I make these little noises. A lot of generators and manifesting generators will make the mm's and ah's.

No, I'm not quite sure, you know, we make those little generator noises. So it's really tuning in and listening to that body response versus the mind, with your monkey mind and what's going on.

It's more of just really what you're feeling and your body is and really listening those emotions and making your decisions based off your bodies response and not what your mind is telling you, which is hard.

That's interesting.

Where to Find Linda and Closing Remarks

We can take these things that we were born with and we can understand ourselves better and how we interact with the world. Right. And where we may be potentially, you know, trapping these emotions or energies within our body based off of our design as well.

This is all fascinating. So how can our listeners learn more about you and the things you can offer? So I am on social media, Facebook, and Instagram.

It's Life Force Healing Linda, or you check out my website, which is LF Healing and I have all my services listed on there, or YouTube, you know, checking out some, I had different sessions posted, another podcast that I've done, and just, different ways of how you can use the emotion code, body code and human design to grow and learn more about yourself and work with others.

And I also do workshops as well, like for the human designs, so. Do you have any coming up? I don't have anything, like coming up soon. So if anybody's interested in booking a workshop, I'm looking for people to collaborate for workshops as well.

And you would leave with your own personal human design chart in that workshop. Well, good. I want to thank you for being here today. Thank you so much for having me.

Really enjoyed speaking with you and love to be able to talk and get the word out there so people are able have different options with healing. And thanks to our listeners for tuning in to Energize and Revitalize with Dr.

Amy. If there are topics you would like to hear more about, please send an email to radiantpodcasts2025 at gmail.com. Check out past episodes on Amethyst Wellness YouTube.

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I'll be back next Saturday morning at 730. with more expert insights and practical strategies to help you live your healthiest, most energized life. Until then, stay healthy and here's to your best life!