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Dr. Bradley Nelson, chiropractor, “invented” the Emotion Code and published the book in 2007.
Based on Chinese Medicine. <https://drbradleynelson.com/>

Getting started with the Emotion Code:

1. Learn Self-Muscle Testing:

<https://discoverhealing.com/muscle-testing/intro-course-access/> Muscle Testing Course

2. Listen to or read the Emotion Code Book <https://a.co/d/03LdtsiM>

Emotion Code Audiobook <https://youtu.be/ixW497NMcLE>

3. Do you have a Heart Wall? Did you have childhood trauma? Do you have chronic ailments which seem emotional in nature?

4. Or... simply begin removing trapped emotions around chronic ailments. Limit yourself to 10 per session, 1x per week, in the beginning. Once you become confident in muscle testing you can ask yourself how many trapped emotions it is safe to remove per session as well as how many days for processing. Everyone is different.

Other literature: The Body Code book, The Heart Code book <https://discoverhealing.com> – The Heart Code is the newest book, currently being promoted.

I am certified in the Emotion Code, Body Code and Belief Code and can help you if you would like a session(s).

The **Emotion Code** is a comprehensive system designed to identify and release trapped emotions throughout the entire body, while the **Heart Code** is described as a specialized extension of the Emotion Code that focuses specifically on the heart level. The Heart Code targets the "**Heart Wall**," a protective barrier of trapped emotions (such as fear, grief, and sadness) that forms around the heart to shield it from deep emotional pain but can prevent individuals from fully giving and receiving love. While the Emotion Code addresses 60 different emotions stored in various tissues and organs, the Heart Code dives deeper into the profound emotional wounds often stored specifically in the heart energy field.

- Scope:** The Emotion Code covers emotional imbalances across the whole body, whereas the Heart Code concentrates exclusively on the heart's energy field.
- Target:** The Emotion Code releases individual trapped emotions; the Heart Code specifically aims to dissolve the layered "Heart Wall" formed by these trapped emotions.
- Origin:** Both modalities are part of the same family of energy healing tools created by Dr. Bradley Nelson, with **the Heart Code serving as a focused application of the Emotion Code principles.**

The Heart Code is not a separate, standalone system but rather a specialized approach within the Emotion Code framework that takes the healing work to the heart, where the most profound emotional wounds are often stored.



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Other Energy Healing Methods that have many free elements & are easy to learn:

Qi Gong –

Master Chin Yi Lin of Spring Forest Qi Gong on Youtube (he gives away so many ways to heal that work - free)

Robert Peng – The Master Key – Qi Gong DVD set – not free, but well worth it – and/or the book.

> Don't wear fake nails or nail polish as this will block your natural energy which heals. Also the chemicals in the nailpolish are absorbed into you nail bed and into your energy field. Very bad.

Grand Master David Harris – <https://www.youtube.com/@GMofShunTao> – this is an old channel with a wealth of free energy healing info – including dowsing & Qi Gong healing and so much more. His new channel - <https://grandmasterdavid.com/>

And if you want to find your own way – try Dowsing... which will lead you to your own way...

Dowsing: join the **Millehighdowers.org** for \$47 annually for classes in dowsing.

Letter to Robin pdf shows you how to learn dowsing. You can get this free on their website.

Then you have to practice. There are many videos and helpful books as well as local monthly meetings.

Youtube – Raymon Grace is a great dowser to get started with online. But there are many. You can use dowsing for anything – including health, wealth, and healing the earth.

<https://www.youtube.com/@raymongrace7699>

Pranic Healing by Choa Kok Sui – He teaches the entire method in the book

Essential Reiki by Diane Stein - you can be attuned on youtube or just DIY

Basic Psychic Development by John Friedlander and Gloria Hemsher – they teach the entire method from the Berkeley Psychic Institute (The Boulder Psychic Institute, Psychic Horizons and the Denver Psychic Institute) in this book, and a few others, which can, with practice, lead to energy healing.

Donna Eden <https://edenmethod.com/>:

Daily Energy Routine - <https://www.youtube.com/watch?v=xyHp8uUqgS8>

Meridian Tracing - <https://youtu.be/VTP4NMsv4MQ?si=MuaHiU1Usm1KiPIe>

I use these 2 daily and I have her book – Energy Healing. So far, that's all I need.

Donna's work comes from **Touch 4 Health**, which is still around and has online and in-person courses, as well as a book. <https://www.touch4health.com/> <https://www.etchforhealth.com/>