

### Trapped Emotion Flow Chart

**Ask:** Do You(I) have a trapped emotion we(I) can release now?

**Determine:**

- Correct Column
- Correct Row
- Correct Emotion

Do we need to know more about this emotion?

**Optional Questions**

- Ask when it occurred
- Ask whose emotion this was
- Ask where it is lodged

Release Trapped Emotion

**Ask:** "Did we release that Trapped Emotion?"

### Heart Wall Flow Chart

**Ask:** Do You(I) have a (Hidden) Heart-Wall?

**Ask:** Can we(I) release an Emotion from the Heart-Wall now?

**Psychic Trauma**  
2-4 emotions at the same time

**Optional Questions**

- Defensive Heart Energy
- Defensive Mind Energy

**Shielding**

Are you already shielded from negative energies?

"I'm placing a shield around you (me), it covers you completely, and is permanent. It will block all negative energies, but will allow positive energies in."

### The Body Emotions

Emotion Code Chart	Column A	Column B
<b>Row 1</b> Heart or Small Intestine	Abandonment Betrayal Forlorn Lost Love Unreceived	Effort Unreceived Heartache Insecurity Overjoy Vulnerability
<b>Row 2</b> Spleen or Stomach	Anxiety Despair Disgust Nervousness Worry	Failure Helplessness Hopelessness Lack of Control Low Self-Esteem
<b>Row 3</b> Lung or Colon	Crying Discouragement Rejection Sadness Sorrow	Confusion Defensiveness Grief Self-Abuse Stubbornness
<b>Row 4</b> Liver or Gall Bladder	Anger Bitterness Guilt Hatred Resentment	Depression Frustration Indecisiveness Panic Taken for Granted
<b>Row 5</b> Kidneys or Bladder	Blaming Dread Fear Horror Peeved	Conflict Creative Insecurity Terror Unsupported Wishy Washy
<b>Row 6</b> Glands & Sexual Organs	Humiliation Jealousy Longing Lust Overwhelm	Pride Shame Shock Unworthy Worthless

Adapted from The Emotion Code™ Chart  
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