

## **How The Emotion Code, The Body Code, and The Belief Code May Help**

The Emotion Code, Body Code, and Belief Code are tools that simply and easily locate trapped energies, imbalances, and faulty beliefs within the body, and then help release them. Our premise is that by restoring balance to the energies in your body, we can help create a state where your natural healing abilities can emerge. Our bodies know what we need physically and emotionally. We simply use the Emotion Code, Body Code, and Belief Code to tap into that inner knowledge – empowering the body to thrive.

### **What I use – the Emotion Code, the Body Code, or the Belief Code?**

For issues that may be rooted in trapped emotions, the Emotion Code is a perfect tool! Many issues have root causes from imbalances of some variety. One of the most common types of imbalances is emotional. Trapped emotions show up quite frequently when practitioners test clients for imbalances and these have been seen to cause a wide range of issues, both emotional and physical. Trapped emotions are discovered and addressed with the Emotion Code.

The Body Code builds on the Emotion Code, expanding on the types of imbalance it can address. The Body Code is designed as a very simple way to ask the subconscious mind what underlying imbalances there may be, including trapped emotions, but also extends to other imbalances such as those from pathogens, nutritional deficiencies, toxicity, structural imbalances, circuitry imbalances (such as chakras or acupuncture meridians), and more.

The Belief Code is designed to remove negative belief systems in the subconscious mind with this groundbreaking new form of energy healing. A belief is a subjective view held by the subconscious mind that something is true or false, right or wrong, and is the filter through which life is viewed and experienced. Belief systems may be made of negative programs, limiting beliefs, faulty core beliefs, broadcast messages, images, trapped emotions, and more.

By using muscle testing, your subconscious mind is asked yes or no questions to determine what may be holding you back from aligning with your highest self or achieving your goals. The Belief Code is our third level of certification, meaning Belief Code Practitioners are also Body Code and Emotion Code certified.

We often see amazing results when using the Emotion Code alone. However, if your imbalances stem from something other than an emotional energetic imbalance, I want to work with the Body Code or the Belief Code.

### **What cautions should you take when using the Emotion Code, the Body Code, or the Belief Code?**

It's important to know that the Emotion Code, Body Code, and Belief Code are never meant to treat disease. They are used to remove the underlying imbalances of issues, allowing the body to be in the best place to heal itself. We recommend discussing any medical issues or changes in treatment plans with a medical professional. We acknowledge that the medical community treats diseases. Energy healing removes imbalances, and many clients experience improvements in their physical and mental state after these imbalances have been cleared up!

# The Belief Code

The Belief Code, developed by Dr. Bradley Nelson, is a groundbreaking form of energy healing that focuses on unearthing unwanted subconscious beliefs to free your mind, body, and spirit. It builds upon foundational concepts taught in the Emotion Code® and the Body Code™, taking energy healing to a deeper level. Here are some key points about the Belief Code: Purpose: The Belief Code aims to remove negative belief systems stored in the subconscious mind. Process: During a Belief Code session, practitioners work to identify and release incongruent beliefs that may be holding you back. Benefits: By addressing these beliefs, you can experience greater emotional and physical balance, leading to a healthier and happier life. Certification programs are available for those interested in becoming Belief Code practitioners.

The Belief Code is the third level of the Discover Healing certification levels. It expands on The Emotion Code (Level 1) and The Body Code (Level 2) to facilitate even more profound energetic shifts.

Let's dive into what it's all about: What is a Belief System? A belief system consists of a series of belief statements that our subconscious mind has accepted as our subjective truth. Throughout our lives, everything we see, hear, and experience is automatically categorized, linked, and filed within our subconscious minds. These beliefs and associated energetic imbalances tend to be circular, reinforcing each other. For example: A belief creates or activates a Trapped Emotion. A Trapped Emotion strengthens a belief. A belief creates an Emotional Reverberation. An Emotional Reverberation strengthens a belief. Belief System Structure Think of a Belief System like a tree: Leaves and branches: Represent your thought patterns (negative programs). Trunk: Symbolizes underlying limiting beliefs. Roots: Originate from faulty core beliefs formed before age 7. Soil: Consists of observed or absorbed beliefs that encouraged the formation of the Belief System.

There are 5 different types of Belief Systems: Basic, Split, Parallel, Tangled and Partial An example of a Tangled Belief System is as follows: A Tangled Belief System occurs when two seeds (beliefs) intertwine and grow together. Their roots become intertwined, strengthening the trunk and branches. For instance, if you want to release procrastination tendencies, your subconscious mind might reveal a Tangled Belief System like this: Belief System: Tangled Negative Program > Passion > Choices > "I hate everything" The Belief Code allows energy healing practitioners to tap into the subconscious mind, identify unwanted beliefs, reverse negative thought patterns, and create space for empowering beliefs<sup>123</sup>.

During a Belief Code Session, as with The Emotion Code and The Body Code, practitioners use Muscle testing to help gain contact with the client to get the correct answers in order to release the trapped emotions, imbalances or limiting beliefs with the help of the Belief Code app. Muscle testing is designed to tap into the subconscious mind to answer questions about physical, mental, and emotional well-being. It's a non-invasive method designed to determine the potential underlying causes of ailments and discomfort – from nutritional needs to Trapped Emotions, to Belief Systems that no longer serve us. Sessions are conducted online via Skype, WhatsApp, Teams or Zoom. To book a session with Janet, please visit: <https://www.janetthornton.co.uk/the-belief-code.html>

Further information regarding The Emotion Code, The Body Code and The Belief Code can be found at <https://discoverhealing.com/the-belief-code/>