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emotion code chart of emotions the emotion code chart of Jun 10 2023 the emotion code chart consists of 60 emotions divided into two columns and six rows start by asking yourself or your subject is this trapped emotion in column a perform the muscle test and if the muscle being tested weakens the answer is no

five things you should know to use the emotion code correctly May 09 2023 five things you should know to use the emotion code correctly dr bradley nelson trapped emotions are identified individually and released one at a time not in groups or bundles every trapped emotional energy is significant in your life each one has had an impact on you in some way or another

what is the emotion code chart and how does it work Apr 08 2023 the emotion code chart is a powerful tool that helps us to identify trapped emotions in emotion code training we are taught to use muscle testing also referred to as applied kinesiology to help identify the trapped emotions within the body

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