



## 1018: The Heart Code: Releasing Trapped Emotions and Breaking Down Heart Walls With Dr. Bradley Nelson

Child: Welcome to my mommy's podcast!

This podcast is brought to you by BIOptimizers and specifically their Berberine Breakthrough, which I'm excited to talk about today. It's a new year. We all of course, want more energy, better focus, and a lot for a lot of us, a stronger metabolism. But a lot of people rely on willpower for this, not rhythm.

And I feel like rituals help every time, as well as understanding a more root cause approach of what's happening in our metabolism. And that's where Berberine Breakthrough comes in. Because this is definitely not another stimulant crash and burn fix, which I am not a fan of, but it's built on two clinically researched ingredients Cinnulin PF™ and GlucoVantage® that help your body to use fuel efficiently, support healthy glucose metabolism, and keep energy steady all day long.

So this helps avoid carb crashes and afternoon fog, and it also helps with metabolism and just a more stable energy and glucose response throughout the day. So this one little change can build the 2026 you strong, focused, and energized. I'm a big fan of Berberine for a lot of reasons. I might do a whole episode on that soon, but right now during the New Year New You Event, you can get 45% off select products and ritual bundles, including Berberine Breakthrough by using the code wellnessmama15 at checkout.

So for a limited time, my code wellnessmama15 can get you up to 45% off on select products. I'm also a big fan of their Masszymes and their Magnesium Breakthrough as well. Really, I love all of their products. Head to [bioptimizers.com/wellnessmama](https://bioptimizers.com/wellnessmama) and make sure to use the code wellnessmama15 at checkout to save. That's [bioptimizers.com/wellnessmama](https://bioptimizers.com/wellnessmama) and the code wellnessmama15 to save.

Katie: Hello and welcome to the Wellness Mama Podcast. I'm Katie from [wellnessmama.com](https://wellnessmama.com), and this episode tackles a topic that is relevant to over 93% of people, so likely relevant for many of us, including I think for me, which is the topic of The Heart Code. Which past guest, Dr. Bradley Nelson, returns in this episode to go deeper on something he mentions in past episodes called heart walls and how these can really dramatically impact so many areas of our health, of our life, of our relationships.

He shares some really, really dramatic examples of just how much this can be true. And what to do about this. How do we release these trapped emotions? How do we release our heart walls? And what happens when we're able to do that? That creates so much more coherence. I also wanted to note that his work, you might have heard of before, The Emotion Code.

Has been really impactful for me. I've done this with my kids sometimes without them even knowing and noticed really interesting results with them. And he teaches you how to do it in

his books, which I will link to in the show notes, but he also offers a certification for this if you actually want to become a practitioner and learn how to help other people and create a business out of it in the process.

I will link to some resources along that as well. If that's something that interests you, it's something you can do virtually and from home. So I feel like it could be really beneficial for a lot of moms. So I will link to resources for that specifically in the show notes, especially special offers for that related to Wellness Mama listeners.

If you're not familiar, Dr. Bradley Nelson is a renowned holistic physician. And considered the world's foremost expert on natural methods of achieving wellness. And he's internationally recognized for the things we talk about today, including his work around the emotion code, the body code, and now the heart code, which like I said, specifically goes into art walls and trapped emotions.

And you'll hear some of his story today. And more importantly, he shares some immediately practical ways that you can start implementing these things in your life, as well as where to find the full system that you can access in his books. So without any further, wait, let's jump in. Dr. Bradley, welcome back. It is an absolute pleasure to have you here again.

Bradley: Hey Katie. It's really great to be back on your show. Thanks for having me on.

Katie: Well, thank you for being here. I know your work has been so impactful for me in the past. I'll link to our previous episodes we've done together as well as to your books. I know I've gotten lots of listener feedback that those episodes were very impactful for many people, and in this one I feel like we're gonna get to go even deeper and probably even more impactful for so, so many people listening. I'm deeply excited for your new work that is upcoming called The Heart Code. And I think this is gonna be a perfect springboard into getting to talk more about things like heart walls, which seemingly might be a really big piece for a lot of people. So, to start off broad, maybe walk us into a little bit of the premise of the Heart Code and what led to this book.

Bradley: Well, this has been a very interesting journey, of course for me. And if you've listened to the other episodes, you know that the emotion code is all about getting rid of emotional baggage. That book looks like this in English. There are versions on the wall behind me of, in other languages.

The publisher sends us six or eight copies in different languages. We never know what to do with them. So we decided to start taking one and framing 'em. So, anyway this work is going all over the world. What the emotion code is about, of course, is it's about how emotional energies can become stuck in the body. The fundamental premise is based on quantum

physics, and that is that these bodies of ours are literally made of nothing but energy. And so we are beings of pure energy. And when we're feeling a particular emotion, what's happening is we're feeling a particular vibration or frequency of energy because in quantum physics everything is energy, including emotions and so on. So what we have found is that there are three different circumstances that can create what we call a trapped emotion. Those circumstances are one if an emotion is coming up for you and you decide you don't wanna feel that emotion, and so you bury that emotion that will result in the formation of a trapped emotion, or in other words, this energy that is stuck in the body. Another circumstance is where an emotion is coming up for you and you decide, you know what, yeah, that's an appropriate emotion.

Not only that, you decide to really amplify that emotion. You become really upset. Then often when this happens, we're embarrassed later because we flew off the handle or whatever and we weren't really in control of things. That will also result in the formation of a trapped emotion, this emotional energy stuck in the body. The third circumstance is where something happens that's just overwhelming, that we can't really process. Sudden, someone maybe suddenly dies or your partner says that he or she doesn't love you anymore, or, you know, a child is injured or there's all kinds of things that happen to us. And those circumstances can be overwhelming.

And so that will result also in the formation of a trapped emotion. So during the years that I was in practice, what I found was that the single biggest common denominator for all of my patients, no matter how young or old they were, no matter what they were suffering from whether it was something physical or mental or emotional, they were dealing with emotional baggage. And I found that about 90% of all the physical pain that my patients had was actually being caused by emotional baggage, which was a crazy thing.

I mean, I was a solo Dr. I had my little office and as a former computer programmer, going back to the early 1980s, what began to dawn on me was that these patients all had within them a computer, really. The computer of the subconscious mind. That's the part of our intelligence that normally is not accessible to us. It's the part of our intelligence that's keeping the heart beating and creating millions of new cells every minute and so on. Trillions of chemical reactions every minute.

We can't really comprehend it. It's an intelligence that is at a level that's beyond our ability to understand. And I believe the reason for that is because it's a, it's divine. Because we are divine beings and we're here for divine reasons. Well so let's talk about the heart.

Sometimes what would happen with me is patients would come in and I would work on them and I'd get rid of all their emotional baggage. But there were times when I would come away feeling like there was something missing. There was something else going on with

that particular patient or that patient that I couldn't find, I couldn't address. And so what happened was it was in 1998. My wife and I were in Portland, Oregon, and we were at a conference on magnetic healing and I was one of the speakers at this conference. And the morning of this conference, my wife wakes me up early in the morning, which she never does. And she tells me that she's had a dream. And in her dream, she saw three symbols. And when she woke up, she knew that these three symbols had to do with some aspect of her health and wellbeing. So she asked me if I would help her to try to decipher what these symbols meant. And so I said that I would. And so we started trying to figure this out.

And in the process of doing this, I suddenly had one of the most remarkable experiences in my life. I can only describe this as a waking vision, where suddenly the room that we were in, this hotel room is no longer there. And instead I'm seeing this incredibly beautiful hardwood floor. Now I don't take drugs.

Not even caffeine, right? So this wasn't, this was something that was so wild. It was high def, 3D, lasted for several minutes. And it wasn't a scary thing at all. It was just suddenly there. And it was, but it was very strange. And I had this understanding, soon as this floor appeared before me, that my wife's heart was underneath this floor. And now I had absolutely no idea what was going on with this. I had no idea what this meant. I told my wife what I was seeing and understanding. She had no idea what it meant.

But the subconscious mind is a computer and you can ask questions and get answers. And all the work that I have been so privileged to bring into the world, the emotion code, the body code, and the belief code are really all about that one thing about accessing that internal computer. And so I had her hold out her arm parallel to the bed we were sitting in and I started asking her questions, questions directed to her subconscious mind, trying to figure out what in the world this was that we were seeing. What we found was that there was a wall around her heart. And remember in the vision that I understood her heart was underneath this floor when she was a child growing up, we figured all this out later, her father had put in hardwood floors.

She was there. She remembered him putting in these hardwood floors. And by the time she was about two years old. She felt like her heart was going to break at some point. Her dad was kind of a rageaholic. The whole family was always walking on eggshells. Nobody knew who dad was gonna blow up at next, or for what, for no reason.

I mean, it was just so unstable and so scary really. By age two, she began to feel like her heart was gonna break. And so her subconscious mind's response to that was to build a wall around her heart. And that wall was literally made of the energies of her emotional baggage, these trapped energies from these experiences that she'd been through. And so

we asked if we could remove these layers of emotional baggage and the subconscious mind, her subconscious mind answered yes. And with muscle testing, you know, if I were there with you, Katie, if I were to ask you to make a true statement, like if you were to say, my name is Katie. If you were to hold your arm parallel to the floor, if I were to press down on your arm, you'd be strong. Because that's a congruent statement.

If you were to say, my name is Jill or something like that, your arm would weaken because that's your subconscious mind's response to something that's not really true. So we started to release these emotions. It took us two weeks to get rid of all these layers of emotion that had been built up around her heart wall. And when the last emotion was removed, she had an amazing shift that happened. She had battled for a long time with depression and anxiety. She also felt like, it was a lot easier to feel negative emotions than feel positive emotions.

She had to, she really had to fight to feel positive emotions. She also felt like she never really belonged anywhere, even with girlfriends that she'd known for decades. When she was with them, she never really felt like she really belonged. She always felt like she was kind of the outsider, like she was kind of expendable, right? Kind of sad. Until that last emotion was released and suddenly her heart was open again, and now all of a sudden she feels like she belongs. And these these feelings of depression and anxiety and so on began to melt away.

So initially, I kind of thought that she might be the only person in the world that has this really strange phenomenon that I nicknamed the heart wall, right? But over time we realized that about 93% of people have put up a wall like this. Now you have to understand that the ancient societies, ancient civilizations without exception, all believed that the heart was the seed of the soul and the source of love and creativity and romance, and they believed the heart was the core of our being. And how did they get those ideas? Well, you know, they didn't have the kind of instrumentation that we have today, right?

They didn't have MRIs and CAT scans and all of that. But what they observed was that if a person was really feeling deeply hurt, or if a person was really deep in grief, what would happen is they would feel this physical sensation. Right. Katie, let me ask you, can you remember a time in your life when you felt that, like your heart was gonna break and it was a physical sensation? Okay. Me too.

Katie: Yeah, absolutely.

Bradley: Yeah, and most people have. Well when that's going on, because the heart we are beginning to realize is everything the ancients believed it to be, it is the source of love and creativity and romance and the core of our being. And really the seed of the soul. I think it's

the seed of the subconscious mind. Well, when your heart is feeling those feelings that we call heartache. Which can feel like there's an elephant sitting on your chest or like you can't breathe when you're really being hurt or you're deep in grief. What will happen is the subconscious mind will start to build a wall around that heart. It's a wall of energy. It's an invisible wall. You can't see it. But it's there and it's there to protect the heart.

It's kind of like moving your heart into a bunker. Because the bombs are falling. And so it's a good short term measure to try to protect the heart from being broken. But the problem is, when the bombs stop falling, when the bully moves away, for example, or when your divorce is finalized and you've moved on, yet your heart will remain in this bunker surrounded by these layers of negative energies, negative emotions that now have this adverse effect on you. What we have found is that people often will have chronic pain from a heart wall.

They might have pain up in this area of the back, up in the trapezius muscles in here, upper back. Sometimes actually people get chest pain. But even worse than that. What happens is when you have a heart wall, it interferes with your ability to give and receive love. It interferes with your ability to find your soulmate. We have many, many stories from all over the world. About people who have fallen in love when that heart wall is taken down. People who sometimes even at advanced ages.

In fact, just a few weeks ago, one of our practitioners told us about an elderly client of hers in a nursing home and in her eighties who had never been in a long-term relationship ever. And after having her heart wall cleared, now is in love with a guy a few doors down. So there's never an age limit. Right. But anyway, the heart is the most interesting organ in the body by far. The new book that's coming out in December, *The Heart Code*, is specifically about this phenomenon. It teaches you how to find, how to get rid of that heart wall. Now that information is also in *The Emotion Code*, but we knew when the emotion code came out that just having one chapter dedicated to this heart wall phenomenon was not enough, that we needed to write another book eventually.

And so that's exactly what we've done. So, you know, back in the 1960s, I remember very well. It was a long time before your time, Katie, but I remember very well as a kid when they did the first heart transplant and it was an amazing thing. Dr. Richard DeBakey, I believe in South Africa, did the first heart transplant.

It was really an incredible thing. And of course you know, it's a fairly routine thing now, but it wasn't back then. But even back in those days, as heart transplants began to become more routine, doctors began to notice some strange phenomena. They noticed that sometimes some people after their transplant would come back to the doctor and would report that

they now had a completely different taste for food or music or sports. And sometimes they would have memories of being in places that they never in their life had ever visited. And so this was perplexing. And when these people were connected with the family of the heart donor. They would inevitably find things like, well, yes, our son was a baseball player.

Now his heart's beating in you and now you love baseball. Isn't that weird? Or, yes, our daughter loved Chinese food and you've never liked it, but now you don't want anything else but that. And isn't that weird? Because now her heart is beating in your chest. Crazy things. I remember... And of course there are whole book's written about this, It's called Cellular Memory, right? But I remember when I was writing The Emotion Code book, there was a story that made the news. What had happened was this 30-year-old guy had died by suicide, shot himself in the head with a handgun, and his heart was given to a 58-year-old man who was on the heart waiting list and they got a match and so he got this heart.

Well, he found out about the story and so he started writing. He actually wrote to the widow of this man and she wrote back. So they exchanged letters for a couple of years back and forth and then they finally met in person. Now there's about a 30 year age gap between these two. But he later wrote, he said the moment I saw her, I could not take my eyes off of her. It was like I had known her all my life. And they ended up getting married.

And what made the news was that about eight years after they got married, he actually took his own life in the same way that her husband had done. So there are lots and lots of interesting stories about this.

There was a story about a 9-year-old girl who received a heart from another young girl who had been murdered. And as soon as she recovered from the surgery, she began having these recurring nightmares that she was being killed. By the same guy in every nightmare, same weapon in every nightmare. Her parents finally took her to the police, and the police were able to make composite drawings from her very detailed dreams. And her dreams were actually, she was seeing the murder of this other child. And her descriptions of the murderer and the murder weapon led to the arrest and conviction of the killer of the donor. Isn't that interesting?

So like I said, there are whole books written about this. We now know that if one person's feeling love or affection for another person, that their heartbeat can become measurable in the other person's brainwaves. Their heart rates can synchronize. So there's this whole communication going on between all of us all the time. When you fall in love. You don't fall in love with this brain. You fall in love with the brain that is in your heart. And we now know there is a brain in the heart. In the 1970s, doctors finally discovered that the heart is full of gray matter and white matter. In fact, they're, they say there are 40,000 dendrites, in the

heart, and dendrites of course are brain tissue. And so scientists looked at this to see what kind of communications were going on between the brain and the heart. Expecting that the vast majority of the communications will be traveling from the brain to the heart. What they found was just the exact opposite.

That the vast bulk of the communications are going from the heart to the brain, indicating that the brain that is in your head is obeying the messages that are being sent by the brain in your heart. And we now know about things like heart coherence. We know that when you are, when you're feeling positive emotion, when you're feeling feelings like gratitude and love, your heart rate will become more coherent. And a lot of other positive changes happen in the body and your blood chemistry and so on.

On the other hand, when you're feeling negative emotions, the heart rate becomes less coherent, and the hormones of aging and anxiety and immune suppression all go up. So it's very interesting we're, I like to say that we're living in the age of the heart. So, you know, when we, when this was shown to us really in this vision, and then afterward we began to realize what a common problem this is and how often people have issues because they've got a heart wall. We saw cases of depression. The worst cases of depression that I've seen in my life always had a heart wall.

We have found that children who are autistic will often not make eye contact. They always seem to have a heart wall, when that wall is taken down they often will suddenly make eye contact where they would not do it before. It's really interesting. In my practice during the last 10 years of about 18 years of practice, most of the patients by then that I was seeing had been told there was really no hope for them at all in Western medicine, that they would never get well, that their problem was incurable. And I found that by asking the subconscious mind what was really going on with them, what was really wrong, I was able to remove those blockages that were in the body's way of getting well and healing. And I found that all these people had a heart wall, all these chronically sick people. And sometimes just clearing the heart wall would result well, let me rephrase that.

I had an examination that I would do in all of these patients, and I would check all their acupuncture meridians, and I would check all of the chakras in the body. Those deep energy centers. I would check the balance of all the organs and the glands. And it was not unusual for these very, very sick people to find that all the organs and all the glands would be imbalanced and the chakras and meridians. Sometimes with these people I would just do one thing. I would just clear their heart wall.

And it might take me anywhere from one to three separate sessions working on them, which might take a week or maybe a little bit more. And then with these people sometimes I

would immediately redo their initial exam and I would inevitably find that 80% of all their organs and glands and chakras and meridians were all balanced now. That's how important the heart is. And so I think that the most important thing you can do for yourself is find out if you have a heart wall. And if you do, get rid of it. Get rid of those emotions that are wrapped around that heart, that are interfering with your ability to really create the life that you want and they can be interfering with your health. And interfering with your love life and the amount of romance that is in your life and everything else. It's very interesting.

Katie: This is so fascinating to me, and you've touched on it some. I feel like we're in an area where people are starting to wake up much more to the idea that emotions have a very real physical effect on us. And I feel like the missing piece still for a lot of people is still like, that's great to know and then what do I do about it?

How do I actually help resolve these emotions? And I, that's what I love about your work is you actually outline a very clear process of exactly how to do that. So of course, I'll link to your books and to this new book especially, which I know goes a lot deeper than we can cover in one podcast. But you've touched on some of the signs someone might have a heart wall. It sounds like it's a pretty good guess most of us do, but what would be a way someone could kind of like self-evaluate and know if that's what's going on with them.

Bradley: Well, the only way that you really can know if you have a heart wall is to ask your own subconscious mind or have someone else test your subconscious mind. And, so I'll explain how people can do that. First I think it's probably useful to think about... To think about computers, right?

And how computers operate. So for example, right here, I'm sitting at my laptop...

So I'm sitting at my laptop right now. And my laptop has a screen, right, where I can see things. I have a keyboard right where I can communicate. And so there's this communication that is facilitated. If I look at my phone, right, I've got a smartphone. It's got a touch screen interface. I can touch things and so that's how I communicate with it. But make no mistake, I mean this, you know, these phones are definitely computers, aren't they?

Well, when I was in practice and I was beginning to understand this whole idea that there is a subconscious mind within each person that is really a computer, it took me a while because it's unlike any computer that I had ever worked with. For example, the body has no keyboard. How do you communicate with the body? If there's a computer in there, how do we talk to it? How does it talk to us? There's no screen. It can't put up messages on a screen and say, Hey, I've got a problem in this area. No, no, no. There's nothing like that.

So our bodies are biological, organic computers. Bio computers, if you will. And what I found was that our bodies communicate to us that something is needing attention through the symptoms that we experience. And so for example let's say that you get migraine headaches all the time. Well, western medicine would look at the migraine headaches as being the problem. Okay?

And so to deal with that problem, they would give you drugs that would suppress the pain. You might not feel very good. There would be toxic side effects from the drug and so on, but you might be able to endure life. The problem is when the migraines, when the drug stops being taken, the migraines are still there. I remember once I had a patient that came in to see me that had had migraines for about 19 years and she had taken drugs, I know, for all of those years and seen multiple different doctors and they all said the same thing. You know, nothing's, nothing can ever be done.

These are permanent. You'll have these all your life. So, it was her very first visit and I found an imbalance going on in her body and corrected it. And suddenly, instantly the migraine was gone. Now this is a migraine that had been going on without any break for two weeks and suddenly it was just, boom, zero. And she was shocked and kind of amazed and gratified. And she came back into my office four or five days later. And she was visibly upset. And I at first thought she was upset with me, but she explained that it, no, it wasn't about me.

She said the migraine had not come back and she was feeling dramatically better. But what she was mad about was that she said those other doctors should have known that there was something else that could be an underlying cause of this problem, these migraines. She said, I'm mad because I've spent, I can't even tell you how much money on all these medications that have made me sick. And she said I, even worse than that, she said, I will never be able to get back the literal years of time that I've spent in a dark room with the windows, the window shades drawn just trying to deal with the pain. And she said, oh, that's time I'll never be able to get back. Now, think about that. So in a case like hers, okay. What was the symptom? Well, the symptom was the migraine headaches.

What was the real underlying cause? Well, it was the imbalance that I found. It happened to be a misalignment going on in her neck, just a misaligned bone in her neck, no big deal. But that was the underlying cause. And her migraines never did come back in the time that I knew her. And so if you think about it this is how the body works, okay? Western medicine is geared toward removing the symptoms, which sometimes can be really beneficial, and sometimes it's definitely needed. I mean, if you're really severely in pain, well by all means, you know, get some painkiller. But much of the time that's not really addressing the underlying problem. And so our bodies communicate to us this internal computer through

the symptoms that we experience. And maybe those symptoms are depression or anxiety or phobias or panic attacks or PTSD or eating disorders or self-sabotage or weight that you can't get rid of. Maybe it's worse. Maybe it's some kind of a disease that now you're diagnosed with.

So Western medicine is geared towards looking at things in a certain way. But what I found over all these years is that these bodies of ours are so intelligent. They will communicate to us through the symptoms that we experience no matter what those symptoms are.

Anything less than you living the life that you truly want, full of love and abundance and total health is symptomatic, ok, of something else. So, symptoms can be difficult to deal with. I mean, for example, if you're dealing with depression, that can be very difficult to deal with. Yet it is really just a symptom, I believe, in my experience of something else that's going on. And usually that's emotional baggage. So the heart wall, I wanna share a story with you. There was a woman many years ago now that brought her son in to see us. And if I, if I've told this story on one of the other interviews, you can stop me. I don't think I did.

But anyway, her son was nine years old and the problem began when she noticed that he was not handing in his homework if he did his homework and sometimes he wouldn't do his homework. And he had kind of a pasted on sort of a grin, you know, all the time, just kind of odd. She'd go into his room at night and he'd be on the floor sometimes, and she'd say, what are you doing on the floor? And he'd say, I don't deserve to be in a bed. And she thought, what? Why would he say that? What is going on? She paid a surprise visit to his school one day, only to find his teacher berating him for being pathetic because she couldn't get anything out of him. He'd be sitting there with this grin, you know, and I, and so his mom took him outta school and tried to homeschool him, and that wasn't working either. So she took him to see a psychiatrist and then a psychologist. And the outcome of that was that he was diagnosed as being clinically depressed nine years old.

But his mother was told that they couldn't really help him because he wouldn't admit that he was depressed. Well, you know, he is nine years old. And I think that he thought that he should be happy. And so he had this kind of a fake pasted on grin, more like a grimace almost. It was just the strangest thing. And so his mother didn't know what to do, but she heard about the heart wall. So she brought him in to see my wife and I, and we tested him and found he did have a heart wall.

And so what, in his case what we found was that there were, I think, three different trapped emotions, three different layers of energy wrapped around his heart. And I don't remember exactly what the emotions were, but they had to do with tragic things that had happened in his family and in his extended family. And so remember he's nine years old when we're working on him. Well, we cleared those emotions and then the emotion that had, that was

the innermost emotion that had actually started this whole thing was from a very tragic thing that had happened in his family.

They were at a lake. It was a family reunion and so a lot of their extended, you know, family cousins were there and his best friend was this other little boy. The two of them were five years old at the time, and his sister was the designated babysitter for him and this little cousin, this little best friend of his. Well they were out on this dock at the end of this dock at this lake, and there was no adult supervision around. And his big sister is trying to teach this little cousin of theirs how to swim and it doesn't go well. In fact, it ends in tragedy. He disappears under the dock and they panicked. And it takes about 45 minutes or so, the divers retrieve his body and they're both there when this little cousin is pulled out of the water and you can't even imagine how traumatic that would be, for the two of them, but especially the sister, the absolutely crushing guilt that was emanating out of her body became absorbed into his body.

He had just lost his best friend, and this had happened on his sister's watch. It was just so unbelievably horrific that his heart was gonna break. And so his subconscious mind made, immediately made a wall of energy from her emotion of guilt that formed around his heart to keep his heart from breaking, and that's what was going on, on an invisible quantum level, if you will. That was the last emotion that we found with him, and we released that trapped emotion and then the muscle testing indicated there was no more heart wall, and so his mom took him home.

Now, this whole process maybe took half an hour, probably more like 20 minutes. His mom took him home and for the next couple of days, he's just lying around. Kind of lethargic. And she was thinking, well, it doesn't look like that really worked either. She didn't know what to do. But we know that when people have emotional energy released, they'll often be kind of lethargic for a day or so, or they may cry unexpectedly or you know, have vivid dreams, things like that.

It's called processing. So he was processing for a couple of days. And then on the morning of the third day after we worked on him, he got himself up early and got his backpack ready and got everything ready to go to school and he came downstairs and he said to his mom, mom, I can go back to school now. I'm a happy Pappy. That's a drug quote actually. And he did go back to school and all of his learning disabilities were gone. And he went into the program for advanced kids because he was doing so well. And she told us that if she had not been open to something so different that she believed he would not have survived. And I think she's absolutely right. I mean, you look at the suicide rate for teenagers, he was only nine and he was so severely depressed.

And so you know, you think about that 20 minutes, maybe half an hour that we spent all those years ago, that boy now is 36 and he has I think he's got three kids of his own now. He's totally fine. And so, you know, you think about, you think about my wife and I will never regret that little time that we spent with him, right? Because that saved his life. And if you think about the people in your family, think about yourself, think about the things that you have been through, do you think you may have put up a wall like this around the heart? 93% of people statistically have put up a wall like this, and it's interfering with their ability to really create the life they're capable of.

It's a, it's an amazing thing and that's why I think you can see why we wanted to write this book to really call attention again to this phenomenon. Because it is just so life changing and it doesn't have to be, it's not a difficult thing really to get rid of this wall. In fact, people can do it themselves. I remember... Or you can have someone work on you. We've got, we've certified over 1500 people now, or sorry, 15,000 people now in about 108 countries around the world who are highly trained. And one of my favorite testimonials is from a lady named Ro Luca in Italy.

We've got thousands and thousands of these stories, but this lady wrote in and she said she said for years my marriage ran badly and then I got a new husband. And so I'm reading this as it came in a number of years ago, and I'm thinking, oh, okay, she got a divorce. She got, you know, found a different guy. No, no, no. She said I've found a practitioner of the Emotion Code in Budapest and had him work on my husband at a distance and clear his heart wall and she said, now it's like I got a brand new husband. He's so loving and kind and all of this, really fun.

It also works with animals. And so in the Heart Code book actually, we have chapters. Chapter seven is about health and how it can help your health if you get rid of your heart wall. Chapter Eight's all about abundance and where people have been able to create abundance by getting that wall removed.

Stories of freedom and renewal, love stories and animal stories. So these are all separate chapters in this book, the Heart Code. So yeah, it's been, it's really been an amazing journey for me and it's a very humbling thing and very gratifying thing to see all these people all over the world whose lives have been changed. And my wife and I are so blessed to be able to travel the world. We have friends all over the place, all over the world, really. We were in Japan earlier this year. We'll be in Poland doing a seminar very soon. We leave tomorrow for that. And you know, human beings are the same all over.

We all have a heart, right? The vast majority of us have a wall that's been put up around that heart, and I believe there's a whole new world coming, a world that's gonna be dominated

by love. And getting rid of that, getting rid of the walls around our hearts and our other emotional baggage helps us individually to rise to a higher level of vibration and happiness and joy. But as humanity goes, the more individuals that we raise the more human humanity itself arises to another level of frequency and vibration. And that's what's really exciting also to me, is that this is, this is part of changing the world and transforming things. It has to happen.

Katie: I love that. And you already sort of addressed one of my next questions, which was going into the childhood side of this and how these can develop early. I know even from just learning the emotion code from our podcast and then reading the book as follow up. I was able to use that for a couple of my children at different times and noticed an effect and they had no idea I had even done it.

So it really was interesting and profound to kind of witness that. And also just a good reminder, like you said, based on the three ways these can form, that can happen in very early childhood. And so it's not something we just have to wait and process as an adult. And I'm curious if you ever get, you mentioned that you ask permission to remove the heart walls from the person.

I love that everything in it, of course, is consent based. Do you ever get a no. And what happens when you get a no?

Bradley: Occasionally we'll ask the subconscious mind of a person, you know, can we release a heart, can we start releasing trapped emotions from your heart wall now? Sometimes the answer is no. But the interesting thing is if we remember the heart wall's put up as a defensive mechanism. And so if a person is in a situation where maybe there's abuse going on, maybe verbal abuse, mental abuse, whatever they're in a bad marriage, say, then sometimes the subconscious mind will need a little bit of time to think about and weigh the pros and cons of having that defense mechanism up.

And sometimes people have just had it for so long, the subconscious needs to kind of think about it. In my experience, every time that the subconscious mind says, no, you can't release anything from this wall. When we come back, you know, we give it 3, 4, 5 days, maybe a week. You come back like a week later and you ask again. In every case that I've seen, the subconscious mind then will have had time to kind of weigh the pros and cons. And it always comes out in favor of, yes, let's get rid of it. Yeah, it's not good. It was useful to have in the beginning, but yeah, we don't want it anymore. And sometimes...

Katie: And it sounds like there's so many...

Bradley: Well, I was just gonna say that...

Katie: Oh, go ahead.

Bradley: Sometimes, for example, my own sister was in a marriage that was, she was married to a guy that was really mentally abusive to her, and none of us could figure out why she stayed. And finally she'd gone through like these little separation things and finally on one of those we were able to work on her and remove her heart wall. And when that was gone and she went back into the relationship, now suddenly her heart was open and she was really able to feel the level of venom coming out of her husband. And so within two weeks she filed for divorce. It was the best thing that I think she ever did. Honestly. Kind of a sad situation. So sometimes you clear the heart wall, I think most of the time things improve, but sometimes relationships end because they rightfully should end because of what's going on, you know?

Katie: Yeah. Well, such good points. And it sounds like, I mean, you've given already so many examples of life changing ways that this impacts people's lives almost instantly or instantly. And I know that there are a lot more stories in the book that go even into all the realms, like you just mentioned, all the chapters.

I would guess a lot of people listening are very curious how they can start. Doing this work, and I'll course link to not just all of your books, but all of your online work so people can find that. But can you maybe give us a little bit of a roadmap if someone is really resonating with what you're saying or thinking like, I'm definitely part of this 93% of people who have a heart wall, what are good first steps, next steps? Where do they begin if they're ready to go right now?

Bradley: Yeah, absolutely. Well what you can do right now is you can get yourself a copy of The Emotion Code book. And you can learn the process yourself. The book is not, it's not difficult. You know, we've had the kids as young as 11 read the book and have great success with friends, for example. So that's one thing that you can do. And of course, the emotion code book talks all about the heart wall. It's all in there. The Heart Code book, we are taking pre-orders for this book. And so what I would recommend for you to do is go to [drbradleynelson.com](http://drbradleynelson.com). That's D-R-B-R-A-D-L-E-Y-N-E-L-S-O-N .com.

And if you go there, that's my personal site. And right now on that personal site, we're just talking about The Heart Code book. Now here's what happens. Okay? You can pre-order books there. If you order 10 books, you'll get a free heart wall session from one of our practitioners. Okay. In addition to that, you've just knocked out 10 people on your Christmas list.

The book comes out December 2nd. Okay. And then also you will get, as soon as it's available, you'll also get the digital version of the whole entire book as soon as it is

available from the publisher, which should be just in the next few weeks and maybe even sooner. And if you wanna buy more books than that and help us to achieve this goal, our goal is to open 100 million hearts around the world. And we think if we can hit that goal, and it's inevitable it's coming, but if we can hit that goal it's gonna be a tipping point to shift the whole world into a new state of consciousness.

And we're expecting this book to be on the New York Times bestseller list this fall. And so gee, you know, you can do your Christmas shopping early and get a session and yeah it's a, it's a great thing. So that's at [drbradleynelson.com](http://drbradleynelson.com). Now, you can also, if you want, you can go to [discoverhealing.com](http://discoverhealing.com). [Discoverhealing.com](http://discoverhealing.com). That's our main website, and if you go there you'll see a link for our practitioners and it'll bring up a Google map that many of our practitioners are on around the world. Now, one of the fascinating things about this, okay is that it is done live and in person, but it's also done at a distance.

And so you can go through that map and you may find that the person that you're drawn to, that you resonate with is not even on the same continent as you. And that's perfectly okay because this is quantum physics. And quantum physics is not bound by the traditional things that we're bound by. For distance, for one. You don't have to be there. And so you can sign up with someone and they can work on you if you want, and get rid of your heart wall for you. So by the way, one of the other things that people don't know about this, I think a lot is that this does also work with animals.

Releasing trapped emotions also works with animals. In fact, it's a great proof of working with animals. In fact we just are completing just now a study that was done. The first of its kind really. Where we have proven in this study that the emotion code work done at a distance, works better than drugs on mice. Okay? Mice who have, who have been, you know, traumatized in some way or the other, that, where drugs are used, we found that this actually works better. And that's work that was done at a distance. So it's showing not only that this works but also that it works better than drugs and also that it works at vast distances. So very interesting stuff. Welcome to the 21st century, by the way, Katie, here we are.

Katie: So fascinating and I will link to all of that in the show notes. I love that you're doing that where people can support the book and get a session with one of these practitioners. I'll make sure that's linked as well. And I know you also certified, like you said, certified practitioners, which I think is a really cool potential avenue for, like, I've mentioned this to my teenagers that are getting older.

Like this is the thing they could learn while still in high school for stay-at-home moms. Like there's so much potential to really help people with that. So I'll link to the certification as well. But yeah, I'm so excited I got to have you on. I hope that your book launch does phenomenal that you reach that goal of helping unlock that many hearts.

Like I said, I've seen the value of this personally in my own life with my kids. I think it's so wonderful and impactful what you're doing, and I'm so grateful to you for your time today. Any parting words for any of the, especially moms listening or that, any thoughts you wanna leave us with today?

Bradley: Well yeah, as a grandfather, I would give you some grandfatherly advice. My wife and I celebrated our 44th wedding anniversary last week or the week before, well, I guess two weeks ago. And we've raised seven kids together and adopted another. So we have eight and we've got seven grandkids. My advice to you is that you need to learn how to do this yourself because it can be such a tremendous help for you raising your kids. They're gonna be going through emotional things here and there and everywhere, and you're gonna be given a tool with this. And it won't cost you anything more than the book itself, right?

To learn how to do it. And it'll be a tool that you'll have for life. And also, you know, if you decide you wanna become a certified practitioner, it gives you a way to make a living and not be bound to someone else's schedule. You can work your own hours whenever you want. You can have clientele that span the globe and you can be free to travel.

And it's something that you can do while you're raising your kids. That's happening to a lot of women all over the world. Remember, we've certified over 15,000 people in 108 countries now. So it's a very exciting way to make a living and help people and make a difference in the world and help us to transform the earth.

So, thanks Katie for having me on.

Katie: I love it. Well, I'm so grateful for your time. Thank you so much for being here, and thanks as always to all of you for listening, for sharing your most valuable resources, your time, your energy and your attention with us today. We're both so grateful that you did, and I hope that you will join me again on the next episode of The Wellness Mama Podcast.