



THE EMOTION CODE

Many of us can relate to these unwanted feelings, or what's commonly known as "emotional baggage". This baggage can stand in the way of each of us living as the best version of ourselves. When negative energy becomes "trapped" in the personal energy field of the body, it can lead to physical and emotional symptoms such as:

- Chronic health conditions
- Sadness, anxiousness, worry or fear
- Inability to give or accept love in your relationships
- Bodily malfunction and disease

The Emotion Code® can help you get rid of negative emotional energy and release your emotional baggage for good!

DID YOU KNOW?

- Limiting childhood beliefs can manifest as physical and emotional conditions.

HAVE YOU EVER FELT LIKE:

- You're stuck?
- Being held back by your past?
- You're blocked in your relationships –unable to express love or true connection?
- You can't move on from a loss, divorce or past emotional trauma?
- You're struggling from the weight of something you can't quite identify?

CONTACT

- amy@thehealthyhypnotist.com
- www.amylynnwalsh.com
- 412.350.8976
- @highvibe.hypnocoach

What is the Emotion code®?

The Emotion Code® is an energy healing technique designed to identify and release "Trapped Emotions" or harmful energies from negative past events. Trapped emotions may cause feelings of depression, anxiety and may also block people from love, happiness or the ability to connect with others. Emotions are made of energy and can exert an influence on the physical body – they may cause discomfort and potential disease. Releasing trapped emotions can create the ideal conditions for the body to heal, so physical and emotional difficulties may disappear or become much more manageable. The Emotion Code® may help you:

- Get relief from physical conditions
- Possibly alleviate the root cause of your chronic pain
- Heal your own energy, past energy, and future energy
- Welcome more love and connection into your life
- Enjoy more abundance and prosperity
- Remove unwanted negative emotions along with their physical symptoms



THE EMOTION CODE

History

Created by Dr. Bradley Nelson (D.C., ret) after more than 20 years as a holistic chiropractor and teacher, he discovered that his patients' aches and pains were often more than physical – they were emotional. He coined the phrase 'trapped emotions' to describe the negative emotional energy that

What to expect from my session?

The Emotion Code® is a completely painless and non-invasive process. Your practitioner will use muscle testing (a form of biofeedback) to tap into the knowledge stored in your subconscious mind. This process is used to identify any trapped emotions that may affect your physical or emotional wellbeing. These emotional energies will be released, using magnetic energy and the principles of ancient Chinese medicine.

- All sessions can be done in person or virtually
- Appropriate therapy for all ages – including children and animals!
- Schedule directly on www.amylynnwalsh.com

What now?

Do you suspect you have a trapped emotion? Your Certified Emotion Code Practitioner, Amy Lynn Walsh, CECP, CHT, has been trained to help you identify and release potential trapped emotions in a 4-step process designed to clear the way for your body's natural recovery ability to take over.

- **UNCOVER** how trapped emotions might be keeping you stuck
- **IDENTIFY** which emotions are have been trapped, and for how long
- **RELEASE** those potentially harmful energies and restore balance to your life
- **EMPOWER** you to live your life to the fullest

MEET YOUR PRACTITIONER

- Amy Lynn Walsh is a Rapid Transformational Therapist (RTT), Hypnotherapist (CHT), Emotion Code Practitioner (CECP) and Mindset coach that helps individuals overcome their anxiety and self-sabotaging behaviors. Amy is passionate about empowering her clients to embrace their brilliance, own their authentic gifts and to show up boldly and authentically themselves.
- Amy's unique approach to healing both the limiting beliefs of the mind, along with the energetic blocks around the heart is her recipe for true and lasting change.
- She was the recipient of the 2021 Influential Leadership award and has served her community through live speaking engagements, virtual workshops, radio, podcasts, as a panel speaker for virtual summits and has been featured in the Post Gazette.