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MULTI-DIMENSIONAL HEALTH

THE BODY CODE FOR PETS: AN ENERGY MEDICINE SYSTEM FOR THEIR EXPERIENCING MORE HEALTH AND WELL-BEING

BY MARK A. HERNANDEZ

THE BODY CODE is a holistic healing system in which the practitioner uses The Body Code Mind Maps (sets of electronic charts), directed questions, applied kinesiology (muscle testing), and intuition to identify and release energetic imbalances and blockages, that are locking into place, the health or well-being issues of a client, which can be a person or an animal (dogs, cats, horses, elephants, iguanas and more). The health/well-being issue of the animal can be physical, mental, or spiritual in nature and often is causing significant pain and/or disruption in the everyday life of the pet-parent and/or the animal.

The Body Code is the invention and creation of Dr. Bradley Nelson. Dr. Nelson is a holistic chiropractor and medical intuitive. In over twenty-years in a brick and mortar practice, he noticed that he would, at times, need to make the same chiropractic adjustment on his human patients over and over again. In 2007, he received a divine download of information about the importance of identifying and releasing the emotional baggage—negative trapped emotions—of his patients so that he would resolve their complaints once and for all. In the same year he wrote and published the *The Emotion Code*, a book that teaches people how to identify and release their emotional baggage. Dr. Nelson estimates that up to 85 percent of people's issues are connected to unresolved emotional issues, either recently, a long time ago, or inherited at the moment of conception. He also popularized the notion of The Heart Wall—layers of negative trapped emotions that the subconscious mind places around a broken heart to protect it from further damage. Dr. Nelson estimates that 92 percent of all humans have a Heart Wall. Applying The Emotion Code to help animals was an unplanned discovery. As Dr. Nelson recounts in *The Emotion Code*, one of his clients at the time called and asked if he could help her horse, which was experiencing an issue with frequent urination. The client had already taken the horse to three different veterinarians, and all said that they could find nothing

"wrong" with the horse. The client asked Dr. Nelson to do an Emotion Code consultation at the stable and Dr. Nelson did so. During the consultation, Dr. Nelson's wife, Jean, encouraged him to test and see if the horse had trapped emotions in the kidneys, and indeed, the horse had a trapped emotion of "conflict" with another horse. After Dr. Nelson released this trapped emotion, and most likely others, the horse no longer had the frequent urination issue!

For other stories about Dr. Nelson's use of The Emotion Code for animals, read "The Emotion Code and Animals" in the second edition of The Emotion Code (pages 255-275).

While *The Emotion Code* represented a significant breakthrough to help his clients and their animals with health and well-being issues, Dr. Nelson recognized that other energetic imbalances were locking their issues into place. In 2009, he received a second divine download with more information, and in 2010, he released *The Body Code System*. *The Body Code* includes everything in The Emotion Code and is even more comprehensive to include a total of six major categories of imbalances.



These categories include:

- 1) Pathogens (virus, mold, bacteria, fungi);
- 2) Misalignments (organs, glands, chakras, and more);
- 3) Nutrition and Lifestyle (imbalances such as dehydration and spiritual malnutrition);
- 4) Energies (including offensive energies such as curses, entities and saboteur energies);
- 5) Circuits & Systems (organs, glands chakras, meridians); and
- 6) Toxins (everyday household cleaners, Wi-Fi, cell phone radiation, heavy metals and more).

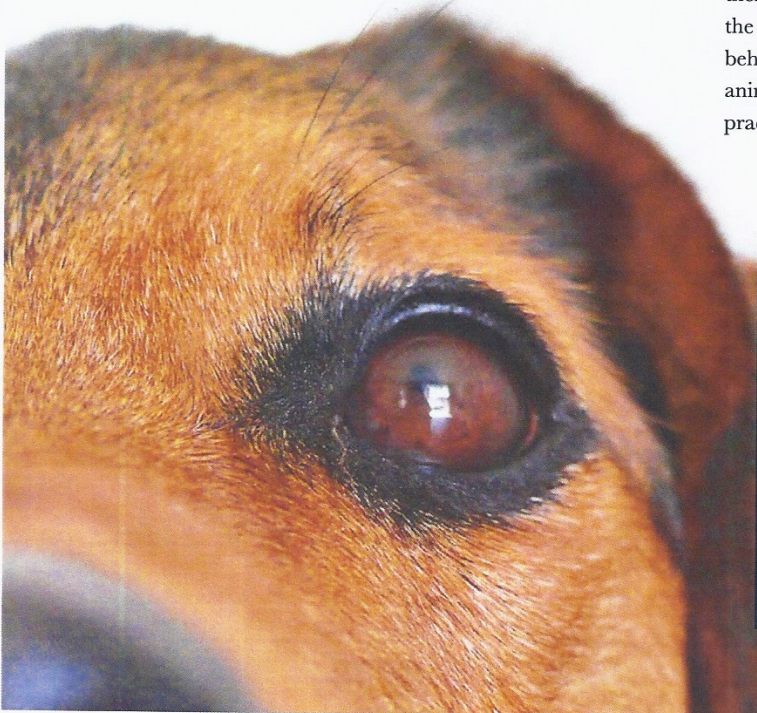
Just as in *The Emotion Code*, the practitioner uses muscle testing, directed questions, as well as *The Body Code* Mind Maps to identify and release the non-beneficial energies that are locking into place a health or well-being challenge. At times, changes show up immediately, and in other instances, over time. Both Emotion Code and Body Code sessions can be conducted in person or at a distance by phone or video technology.

Typically a pet-parent comes to a session with one or several concerns about the pet. These pet-parents frequently book a consultation because of a change in behavior: for example, issues with improper elimination (peeing and pooing in the house); separation anxiety; inappropriate barking, and more. The practitioner makes a list of these concerns and asks the pet-parent to rate the severity of each issue. For example a "10" means that the issue is of the highest severity, "0" means that the issue is "no issue." The goal is to release the severity of each issue so that the pet experiences more balance and the pet-parent more equanimity.

With this information, the practitioner then tests to assure that the pet is "energetically testable," that is, the pet is properly hydrated and that the spine is aligned. The practitioner then asks for help from Source/God/or however people prefer to see a supreme force in the universe. The practitioner then asks the energy body to show the "priority issue" and then uses *The Body Code* as a framework to identify and release the root causes for the pet's issue(s). The practitioner then releases each imbalance.

In the original protocol created by Dr. Nelson, the practitioner, using himself/herself as a proxy for the animal, would release the energetic imbalance by swiping a magnet—three times for most imbalances, ten times for an inherited trapped emotion—over the Governing Meridian. The Governing Meridian starts at the top of the lip and goes all the way down the spine of the client. It is like the Grand Central Station of the energetic system for both people and animals. The practitioner continues to identify and release energetic imbalances until the body of the animal will let the practitioner know that either they are completely "done" with the issue *OR* done for that session, as the body will release what is ready to be released in any given session. At the end of the round, the practitioner and pet-parent will observe the pet and note any shifts/changes in demeanor.

The Body Code, for animals, is especially useful for getting at the root causes for changes in the pet's behavior, and at times, in specific situations in which the pet-parent has already taken the pet to the vet to address a health issue, and the vet says they can find nothing medically "wrong" with the pet. It is not intended or implied to be a substitute for professional veterinary advice, diagnosis, or treatment. People should consult with their vet if their pet has an illness or they have any concerns whatsoever with the health of their pet. If your pet is experiencing changes in behavior that are disrupting your life or the well-being of other animals, consider scheduling a Body Code session with a certified practitioner.



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For further information about Mark and his work, visit his website www.PeopleAndPetsEnergetics.com or his Facebook page - [People And Pets Energetics](#).