### The Body Emotions

<table>
<thead>
<tr>
<th>Emotion Code Chart</th>
<th>Column A</th>
<th>Column B</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Row 1</strong>&lt;br&gt;Heart or Small Intestine</td>
<td>Abandonment&lt;br&gt;Betrayal&lt;br&gt;Forlorn&lt;br&gt;Lost&lt;br&gt;Love Unreceived</td>
<td>Effort Unreceived&lt;br&gt;Heartache&lt;br&gt;Insecurity&lt;br&gt;Overjoy&lt;br&gt;Vulnerability</td>
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<tr>
<td><strong>Row 2</strong>&lt;br&gt;Spleen or Stomach</td>
<td>Anxiety&lt;br&gt;Despair&lt;br&gt;Disgust&lt;br&gt;Nervousness&lt;br&gt;Worry</td>
<td>Failure&lt;br&gt;Helplessness&lt;br&gt;Hopelessness&lt;br&gt;Lack of Control&lt;br&gt;Low Self-Esteem</td>
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<td><strong>Row 3</strong>&lt;br&gt;Lung or Colon</td>
<td>Crying&lt;br&gt;Discouragement&lt;br&gt;Rejection&lt;br&gt;Sadness&lt;br&gt;Sorrow</td>
<td>Confusion&lt;br&gt;Defensiveness&lt;br&gt;Grief&lt;br&gt;Self-Abuse&lt;br&gt;Stubbornness</td>
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<tr>
<td><strong>Row 4</strong>&lt;br&gt;Liver or Gall Bladder</td>
<td>Anger&lt;br&gt;Bitterness&lt;br&gt;Guilt&lt;br&gt;Hatred&lt;br&gt;Resentment</td>
<td>Depression&lt;br&gt;Frustration&lt;br&gt;Indecisiveness&lt;br&gt;Panic&lt;br&gt;Taken for Granted</td>
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<tr>
<td><strong>Row 5</strong>&lt;br&gt;Kidneys or Bladder</td>
<td>Blaming&lt;br&gt;Dread&lt;br&gt;Fear&lt;br&gt;Horror&lt;br&gt;Peeved</td>
<td>Conflict&lt;br&gt;Creative Insecurity&lt;br&gt;Terror&lt;br&gt;Unsupported&lt;br&gt;Wishy Washy</td>
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<tr>
<td><strong>Row 6</strong>&lt;br&gt;Glands &amp; Sexual Organs</td>
<td>Humiliation&lt;br&gt;Jealousy&lt;br&gt;Longing&lt;br&gt;Lust&lt;br&gt;Overwhelm</td>
<td>Pride&lt;br&gt;Shame&lt;br&gt;Shock&lt;br&gt;Unworthy&lt;br&gt;Worthless</td>
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</table>

**Emotion Code Chart**

- Ask: Do you(I) have a trapped emotion we(I) can release now?

**Determine:**
- Correct Column
- Correct Row
- Correct Emotion

**Optional Questions**
- Ask when it occurred
- Ask whose emotion this was
- Ask where it is lodged

**Release Trapped Emotion**

- Ask: “Did we release that Trapped Emotion?”

**Heart Wall Flow Chart**

- Ask: Do you(I) have a (Hidden) Heart-Wall?

- Ask: Can we(I) release an Emotion from the Heart-Wall now?

**Psychic Trauma**

2-4 emotions at the same time

**Optional Questions**
- Defensive Heart Energy
- Defensive Mind Energy

**Shielding**

Are you already shielded from negative energies?

“I’m placing a shield around you (me), it covers you completely, and is permanent. It will block all negative energies, but will allow positive energies in.”

Adapted from The Emotion Code ™ Chart
By Dr. Bradley Nelson