

## *Free Yourself!*

This chapter is to inspire you to move forward. It's about a modality that could change your life. Life is so much bigger and more interesting when you see it from a higher perspective without being bogged down in emotional challenges that have tarnished your world.

The Emotional Walls we build

*"You've probably heard it said that time heals all wounds, but this is not necessarily true. You may think you have let go of all your emotional pain from prior relationships, and maybe you've had therapy to deal with it. It may seem like it's all behind you now, but your body can literally be inhabited by the invisible energies of old emotions. These are wounds that time alone cannot and will not heal. They can cause you to act and feel differently in your current relationships and may even cause you to sabotage them. When a trapped emotion is released, a burden is literally lifted. In fact, people often experience a feeling of lightness upon the release of a trapped emotion"*

*DR Brad [www.healerslibrary.com](http://www.healerslibrary.com)*

My name is Zazeh Morfittis and my passion in life is helping people with the mind body spirit connection. As leaders, parents and caretakers living in this volatile and uncertain world, we can no longer rely on our brilliant minds and work ethic to get the job done.

In my younger years and up to my early 20s, I had many spiritual experiences which scared the hell out of me. I was told that I should leave things alone and to basically pretend that nothing happened! So consciously I pushed this deep inside and basically 'forgot' about it.

From that point on, my journey was predominately working in the background and I succeeded to be a masterful 'operations' guru in the corporate world.

At 51, I decided to make a total career change and ventured back into re-educating myself in the wellness arena. First as a wellness coach, then a weight management coach, a personal trainer and much more. Somehow though, I still did not feel I had found my true niche. In all of this, I never gave up (tenacity and staying power are two of my gifts). Then one day I was given a beautiful little puppy. I called him Theodore and he is my BOY!! Mind you, this was my first ever dog and at the ripe age of 55! I instinctively knew that this little boy came from a bad place. Through my search in looking for a holistic solution I came across The Emotion Code and The Body Code. I was immediately drawn to this modality and knew this was me and this is what I wanted to do. Within that same week I started to study this truly amazing modality. So, my Energy Healing story began.

Working with energy changed my life! The outcomes I have had and see daily, have been nothing short of amazing. Predominantly I work with women, children and animals, however I must say, when I work with a family unit the results are wonderful. When you see the changes experienced as a family unit, it's truly an awesome sight.

This Chapter will predominantly be about the energy healing aspect of what I do, however I would also like to clarify, there are so many different modalities that we need to work together with to get maximum and ultimate results for a beautiful life.

To understand the concept of what I do, I have broken it up into specific areas and hope I can explain these with simplicity.

### **So, what is energy?**

Everything is made up of light energy but like the air we breathe and like electricity, we cannot see it.

Heart transplant survivors quite often take on board the donors thoughts, tastes and patterns. A soldier who has lost a limb can quite often still feel the energy of that limb. A mother's 'intuition' that something has happened to a loved one. This is energy!

Our thoughts, our emotions and our whole 'being' are energy. So why do we see and feel things differently? Simply, it's the different frequencies of what we see and feel that gives us the illusion of substance and the depth of that substance.

### **Energy Healing**

Before my personal experiences with energy healing, I quite often heard the words 'Energy Healer' being thrown around and wondered what it really meant.

The modalities that encompass this title are numerous and each year more and more are being added to the ever-growing list. Some modalities touch the surface of our body, others the physical body and some dig deep into the subconscious.

Energy healing is a broad term for any therapy that stimulates the energy flow in or around the human body to restore balance and thereby enabling the physical body to heal itself. It's basically a therapy that clears blocks and interferences from the Biofield.

The Biofield is the energy field surrounding your body that contains information for helping all the systems of your body allowing it to communicate efficiently throughout all aspects of the body thus allowing your body to work like a well-oiled machine. The energy within the Biofield needs to 'flow' without disruption or interruptions and reach every organ, gland, vessel, cell within the body. If this energy is disrupted in any way, then Dis-Ease of the body is likely. There are 6 primary areas that could be affected (more on this further along).

We live in a fast-paced world that in some ways has created its own nightmare. Humanity is somewhat its own enemy. I guess if we look at the hard-core truth we are a product of our environment and a product of our doing.

Most people are 'stressed' even before they wake up! The subconscious is surfacing with that chit chatter in your head that you had before you were taken into sleep.

And yet another day; no breakfast, running late, sitting in traffic, waiting for a cancelled train, everything going at a faster pace than your body can really cope with. Experiencing the stresses of life; and all of this, even before you have arrived at work!

Daily negativity, stress, work and family commitments, and everyday emotional ups and downs play complete havoc within and around your body.

As a leader, your biofield working in synergy, will enhance your emotional essence and others will be non-consciously drawn to, and inspired by that energy.

When the energy within your body is NOT flowing, your body instigates the process of internal inflammation; and this encapsulates the meaning of “Dis-ease”.

Inflammation is a stress reaction and your body’s way of telling you that your energy is not flowing harmoniously. It’s a catch 22. And when inflammation hits, things are sure to go a little haywire! Your body and being is now telling you that something is not working in your life. It’s letting you know that you need to make a change or things will go wrong, and this does not only mean emotionally. It can also mean physically.

### **What Causes Imbalances/Disruptions in your Body and Biofield**

Trapped emotions are the most common cause of imbalance in the mind/body connection. On a higher level, other possible causes of imbalance within the body, include:

- Injuries
- Poor diet
- Stress
- Insufficient or poor sleep
- Disconnections and misalignments
- Pollution
- Toxic chemicals
- Pathogens
- Surgery
- Vaccinations
- Trauma
- Environmental toxins
- Toxic or lifeless foods
- Negative thought patterns

Underlying these imbalances are generally trapped emotions, and most often they have already compromised the mind/body. Emotions trapped in your body from negative past events are made of energy. Since our bodies are also made of energy, these trapped emotions can exert a profound influence on both our behaviour and on our physical tissues. Trapped emotions vibrate at a different rate than our bodies’ tissues, so over time, if not released, these conflicting vibrations cause imbalances, that in turn can cause emotional upset, mental turmoil, pain, and many other symptoms that we classify as disease.

I believe that nothing that has happened to you or will happen to you is by chance. I have heard this statement many times in the past but did not really grasp the true essence of its meaning.

Now, I truly ‘get it’! *There is a reason for everything that is going on in your life.*

### **Scenario/my thoughts:**

Why is it that someone can have an accident and come out unscathed while another can have major trauma?

**My thoughts:** If you have an accident and break a leg, there are underlying reasons why the leg broke. The broken leg reflects negative energies which have weakened the leg and reasons behind that might also be the metaphysical aspects of ‘breaking a leg’, ie not moving

forward, being stuck, not wanting to walk the path. The leg was already compromised prior to the accident and as it got weaker and weaker the ‘accident’ was the collateral.

Many argue this point, but I have not come across anyone that I have assessed or worked with where there has not been some underlying imbalance/metaphysical meaning!

So, disruption of the biofield WILL affect BOTH the physical and the emotionally body, and the stress reaction in your body WILL break down specific areas in your body.

### **What are trapped emotions?**

We are emotional beings, and our emotions are experienced in response to our environment. Emotions are a normal part of life. Living beings experience and interpret the world through their emotions. Emotions are felt, processed by the mind/body, and at some point, let go. Well, supposedly, and usually true for positive emotions that result in feeling good. However, emotions resulting from pain or distress can be so strong that they don’t get processed completely. When this happens, some remnant of the negative emotional energy becomes trapped in the body, an organ, gland, anywhere else in the body or in the field of energy surrounding the body.

The frequency (rate of vibration) of a trapped emotion is different from the frequency of the body part in which it is trapped. This conflicting frequency begins to distort the normal, healthy frequency of that body part. At some point in time, this distortion or imbalance of the tissues or energy field will cause symptoms such as uneasiness, emotional ups and downs, depression, and/or physical symptoms. Most often, people have no idea that what is causing these symptoms are in fact trapped emotions.

You’ve probably noticed people, maybe even yourself, get angry at the tiniest things ‘gone wrong.’ The intensity of the anger or other emotions is so great, that it is often bewildering to the people witnessing the outburst and even to yourself. Ah... and this is when trapped emotions will find a resting place.

If not released, these trapped emotions will cause imbalances that burden you and block you from leading a vibrant and rich life to your full potential. They can affect you physically just as much as mentally and emotionally, causing physical illnesses, emotional difficulties and self-sabotage.

*There are over 100 defined trapped emotions and each one is vibrating at a different rate.*

The awesome news is trapped emotions can be released! Yes, you CAN take your life back and enjoy better health, wellness and abundance whilst igniting and sustaining your leadership spark.

### **Why Do We Trap Emotions?**

I’ve often been asked why the body traps emotions in the first place. After all, if the body is created to heal itself, why would it trap emotions that can potentially harm the body, mind and spirit.

There are many reasons for this. One is age. For example, being too young to know how to cope with a situation, such as in cases of abuse. At any age, the situation could be so dire, that facing it and dealing with it at the time would be just too difficult and the pain too great. Another is that allowing the emotion to be experienced and expressed would cause embarrassment, or make the painful situation worse. And what about the inherited, prenatal and preconception emotions that have been carried forward into your current life. These all play a big part of where you are at.

When an emotion is trapped, it initially serves as a protection mechanism, a way to unconsciously look away from what has happened because the pain, fear, embarrassment, anger or shame would be too much to bear.

These protection mechanisms are necessary at the time. However, when the protection is no longer required, the emotions remain trapped and the body and the conscious mind do not recognise that they are there.

These unrecognised trapped emotions interfere with the healthy flow of life force energy in the body. Over time, the effects on the body and mind can range from knowing that something is not quite right, to huge emotional outbursts that seem extreme, to unexplainable changes in behaviour, or an ill physical body that doesn't seem to heal.

When these circumstances occur, behavioural issues can develop, relationships can suffer, and the mind/body can become ill. Expressing the 'true' self can become impossible and a sense of wellbeing or contentment becomes more and more elusive.

Your body also has an unusual protection mechanism that starts to build negative emotional walls. So, what is an emotional wall?

An emotional wall is a symbolic wall made up of negative trapped emotions by your subconscious. These emotions are formed like layers. Much like the layers of an onion; layer after layer after layer; Any organ, gland or body part can develop a wall. One of the most life affecting wall is what is called a Heart Wall.

### **What is a Heart Wall?**

A Heart Wall can block you in many ways. It can block your ability to give and receive love freely, it can create depression, anxiety and self-sabotage. It blocks your creative abilities, and could also block you from health, success and moving forward.

Clearing your Heart Wall is easy and can be life-changing! I have cleared hundreds of heart walls and truly believe this is the foundation to abundance.

**We all have emotional baggage! No one is excluded!**

### **The solution?**

#### ***An Emotion Code/Body Code Practitioner***

With a form of muscle-testing to determine negative emotions trapped in your body, and then release each trapped emotion ONE at a time. This is the simplest & fastest method of finding and releasing emotional baggage. This is 'The Emotion Code'.

**The Emotion Code** is a way of uncovering underlying negative emotions behind emotional or physical condition, and then clearing them energetically without needing to go into the drama or story. It's simple, clean, safe and effective!

Imagine as a leader, effectively being able to regulate emotion, remain calm under pressure and to respond rather than react. It will allow you to bring your best self to every interaction and people will naturally be drawn to your energy and high vibrating presence, giving you a distinct edge over the competition!

*Dr. Nelson continued using and developing his method, and realized that there were other causes of imbalances, other than The Emotion Code. These factors were more physical, although most often, influenced by negative trapped emotions. He added these additional factors to his method, and called this comprehensive system The Body Code.*

There are 6 primary areas in the Body Code and The Emotion Code component sits under the 'energies' area.

The primary areas in brief are:

- **Energies:** emotional, post-traumatic, mental, offensive, intolerances,
- **Toxicity:** heavy metals, EM spectrum, chemicals, microbial residue, dental
- **Circuits & Systems:** organs, glands, chakras, meridians, disconnections
- **Pathogens:** parasites, fungi, bacteria, viruses, mould
- **Misalignments:** skeleton, nerves, muscles, connective tissue, organs, glands, systems
- **Nutritional & Lifestyle:** food, herbs, nutrients, magnetic field, colour, outside needs, water

No two people are alike. Like every cell in our body that is different, and forever changing, you are an individual being and you will have your own specific combination that will be your 'make up'.

**As an Emotion Code and Body Code Practitioner, my life long skills and experiences within the health, wellness and fitness arena, I can surely use my passion to help you.**

## Negative vs Positive Stimuli Exercise

### A simple SWAY test,

In a standing position, feet shoulder width apart, comfortably balanced and hands to sides (free of distractions). Relax your body, close your eyes. Within seconds you will notice it's impossible to stand perfectly still. Your body will continually shift its position slightly in different directions. Your muscles will work to maintain posture as not under your conscious control.

*When you make a positive, true/congruent statement, within 10 seconds, your body should begin to sway forward, incongruent/untrue and your body should sway backwards.*

Don't force your body to sway either way, simply allow your body to sway on its own. You are giving your subconscious mind the opportunity to speak to you, and it must be done gently for result. It will become easier with practice.

State your name out loud "My name is XXXX." Your subconscious knows this is congruent/true and your body will begin to gently sway forward. Now try an untrue/incongruent statement. "My name is Bob" (not your own name) and your body will begin to sway backwards.

Your body is repelled by negative thoughts such as 'hatred': as well as incongruence and falsity. Now make other statements that you know are true/untrue and see what your body says. If it takes longer do not be discouraged. Practice will lead to a better response time.

*Keep your mind clear and not wandering with other thoughts while making statements.*

**Ref: Dr Brad Nelson**

***Note: This method should only be used for your health and wellbeing. It is not designed to ask if you have cancer or any disease that has not been assessed or diagnosed by medical specialist, nor is it to be used for any personal gain.***

## Summary

This chapter is to inspire you to move forward. It's about a modality that can change your life as well as lift the lid on your leadership presence.

Life is so much bigger and more interesting when you see it from a higher perspective without being bogged down in emotional challenges and power games that have tarnished your world.

It's about treating the cause of the symptoms created by your body that can stop you from living a full life of happiness and great health with self-expression and an abundance of energy.

Symptoms of feeling like being stuck in a rut, blocked or not moving forward to suffering anxiety, depression, panic attacks, phobias and having physical pain or disease.

This modality is a non-invasive, pain free and safe method that requires very little time and effort on your part. A modality that is powerful and effective that will give you real results, and change your life, allowing you to make a bigger difference to ALL around you.