

Emotional Recovery After Stroke - Dr. Bradley Nelson

Dr. Bradley Nelson is the author of the book the emotion code and shares some useful insights about how emotional baggage interferes with stroke recovery.

Website

Instagram:

Dr. Bradley Nelson

Discover Healing

Highlights:

02:01 Introduction

03:47 The Importance of Emotional Recovery

05:28 Dr. Bradley Nelson

14:37 Trapped Emotions

21:19 Emotional Energy

29:02 The Heart Brain

35:19 The Heart Wall

50:17 Hopelessness

58:23 Inherited Emotion

1:09:16 Discoverhealing.com

1:16:13 Open Your Mind

Transcription:

Dr. Bradley Nelson 0:00

When you have a stroke, and you go through all of that emotional energy, all those ups, and downs, the grief, the sadness, betrayal, depression, all of those energies can also become trapped in the body.

Dr. Bradley Nelson 0:15

And one of the fascinating things that we found about this Bill, is that when you develop a trapped emotion, that trapped emotion is more likely to go into an area and lodge in an area where there is some kind of preexisting weakness or injury.

Dr. Bradley Nelson 0:32

So it's very likely for most people, most of the time what happens is when they have a stroke, and they are experiencing all those emotions, those emotional energies will tend to lodge more often than not in that area where the stroke occurred, thereby distorting that energy field in that area even more than it already is, and making it more difficult to recover.

Intro 1:04

This is the recovery after stroke podcast, with Bill Gasiamis, helping you navigate recovery after stroke.

Bill Gasiamis 1:17

Hello, and welcome to another episode of the recovery after stroke podcast. Recently, Spotify released a new feature, which allows you to now write your favorite show in the same way the apple podcast app allows it.

Bill Gasiamis 1:30

So if you think the show deserves it, I'd love it if you left us a five-star review. This will help the show rank better on search engines and help newly diagnosed stroke survivors find the show easier, and it could make a massive difference in their recovery.

Bill Gasiamis 1:45

So go to your favorite podcast app, whether it's the apple podcast app, or Spotify or any of the other podcast apps, and share what the podcast means for you. It will really make a huge difference to how other people find the show.

Introduction - Dr. Bradley Nelson



Bill Gasiamis 2:01

And hopefully, it'll help support them on their stroke recovery. Now, this is episode 191. And my guest today is Dr. Bradley Nelson, who started his career as a chiropractor, and in 2007 published the book *The Emotion Code*, which has the foreword written by Tony Robbins.

Bill Gasiamis 2:19

In our conversation, amongst other things, we discussed how emotional baggage from the past is getting in the way of your stroke recovery, and how dealing with negative emotions can improve your life and support your recovery. Dr. Bradley Nelson, welcome to the podcast.

Dr. Bradley Nelson 2:37

Well, thank you, Bill. It's great to be here.

Bill Gasiamis 2:39

Just to give you a bit of background on me, I'm a stroke survivor. My first episode with a hemorrhagic stroke was in February of 2012. I had another one in March of 2012. And then I had another one in November of 2014. I had brain surgery, I had to learn how to walk again, I had to get my memory back, I had a whole bunch of things that I had to go through, it's very common for a lot of stroke survivors.

Bill Gasiamis 3:05

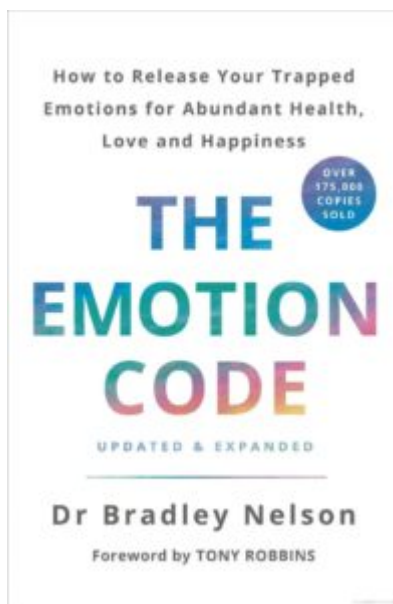
But somewhere, I got lucky. And I found that one of the things that improved my recovery more than anything was connecting with my heart. And probably for the

first time in my 37 years, I actually found there was a heart in my chest like I felt it for the first time I noticed it was there.

Bill Gasiamis 3:31

I didn't know what I was feeling or noticing. And it was very strange to me. Now, there is evidence that I had been warm and loving and caring and all those things to my family and to my wife and to my children.

The Importance of Emotional Recovery



Bill Gasiamis 3:47

But I didn't really know what I was doing. I wasn't consciously aware that I was doing that. And 10 years on from that first incident. And about 200 podcasts later, we're fast approaching 200 I think I've concluded that the one major thing missing in stroke recovery is the emotional recovery.

Bill Gasiamis 4:15

And I'll tell you why I say that. I say that because when we have a stroke and people discover that some of our limbs don't work properly, they immediately put us into physical recovery.

Bill Gasiamis 4:29

If you're lucky, you'll get somebody come to your ward and have a bit of a counseling session with you and kind of go through the little mental recovery, the beginnings of a mental recovery.

Bill Gasiamis 4:44

But nobody comes in to talk to you ever. And do you ever get any suggestion that there's an emotional recovery that needs to occur? And when I asked nearly 5000 people that follow me on instagram about which part when I give them the choice, psychological, emotional, physical.

Bill Gasiamis 5:09

When we give them the choice about which part of themselves, they're neglecting in their recovery, very often, they come back and say, the emotional. Now you know why I needed to reach out to you. Tell me a little bit about what you do?

Dr. Bradley Nelson



Dr. Bradley Nelson 5:28

Well, I practice as a holistic chiropractic physician for about 20 years in one form or another. And what I found was that all my patients had something in common, no matter how old or how young, they were, whether they were male or female, whether they were suffering from mental issues, emotional issues, depression, anxiety, phobias, panic attacks, PTSD, eating disorders.

Dr. Bradley Nelson 6:01

Or whether they were dealing with some kind of a named disease process, or whether they were dealing with some kind of physical pain. What I found was, they all had something in common.

Dr. Bradley Nelson 6:17

And what that thing was that they had in common was what I came to call their

emotional baggage. And it took me a long time to figure this out. But I spent a lot of years trying to understand how our bodies really work, and what's really going on with our bodies.

Dr. Bradley Nelson 6:38

And I actually, made it a matter of prayer, really, every person that came in to see me, before I would go to work with them, I would just take a moment. And it was a momentary pause, really, nobody ever knew that I was doing this, it was a totally private, totally personal habit.

Dr. Bradley Nelson 6:57

But I would ask for help from, you know, the higher power. And, you know, we all have different names for the higher power, if we believe in a higher power, we all believe different things, that's fine.

Dr. Bradley Nelson 7:07

But I mean, I found that answers came, you know, sometimes suddenly, sometimes in a huge download of information that was rare, usually, the information would just kind of gradually come little bit by little bit, you know, over the years.

Dr. Bradley Nelson 7:23

So what I came to understand, and having a stroke and suffering from the after-effects of a stroke is such a concrete such a physical thing, the emotional side of it, to understand the emotional side of it, you have to step away from the physical a little bit for a moment.

Dr. Bradley Nelson 7:50

And you have to start to understand a little bit about what our bodies really are made of, and what they're really made of his energy. I mean, if you look at your hand, your hand looks pretty solid.

Dr. Bradley Nelson 8:02

But if you were to magnify your hand with a big enough microscope, if you magnified about 850,000 times, under a microscope, you might be looking at a strand of DNA. And that looks nothing like your hands, but it is your hands still.

Dr. Bradley Nelson 8:16

And if you were to continue to zoom in somewhere over a million power

magnification, you might be looking face to face with a single individual atom. And if you look inside that atom is so there's really nothing in there, it's just empty space, it's just pure energy, with some other little energies that are zipping around at the speed of light.

Dr. Bradley Nelson 8:37

And that's really what we are, we're beings of pure energy. And so you know, quantum physicists like Albert Einstein have been trying to tell us this and trying to help us understand these ideas, these abstract concepts of what our reality really is, for over 100 years now.

Dr. Bradley Nelson 9:00

But what I found was that when my patients would go through some kind of an intense emotional experience, oftentimes, they would end up with emotional energy that was trapped in their body, and that's really what our emotional baggage really, actually is.

Dr. Bradley Nelson 9:23

And so, I developed a way to find and remove this emotional baggage, and that's what the Emotion Code actually is. And by finding and removing that emotional baggage, all kinds of things improve. And there are a couple of reasons for that.

Dr. Bradley Nelson 9:44

One reason is because when you have a trapped emotion, that emotional energy is like a ball of pure energy, if you can imagine and again, what we're talking about here, is we're talking about the body in terms of quantum physics now this is the science of the new age, the new millennium.

Dr. Bradley Nelson 10:10

I mean, many people, many scientists and prominent doctors have said for the last 30 years, the future of healing, the future of medicine is energy, its energy medicine is energy healing. And, they're, they're absolutely right. Because to understand what our bodies really are, gives us the basis to really work with our bodies and help our bodies in these ways that can be very profound, really.

Bill Gasiamis 10:38

I was gonna interrupt it for a moment and said, one of the most interesting things that I've done is I've been to a functional medicine doctor who did a finger prick, got some blood, and put it under a microscope while I was there in the room with

them.

Bill Gasiamis 11:02

And I got to see how my blood behaves differently every time I went there, and how quickly the cells were moving around differently every time I went there, and one of the things that was quite interesting was how I could see the impact of my habits in that particular morning on the way to that appointment.

Bill Gasiamis 11:23

Impacted the way my blood looked and the way it behaved. And one of the classics was being dehydrated the night before and not having enough water in the morning and getting there and seeing the cells being very sluggish.

Bill Gasiamis 11:37

And then being consciously aware of that, after I'd seen that video, and then making sure that I did a good job the next time I went and drank plenty of water, to see how my blood would behave differently.

Bill Gasiamis 11:51

And then, like that, you get a clearer vision of how we're impacting our own well being or our own blood at this stage, let's not take it to the deeper level because I wasn't that progressed with my awareness yet. And that gives a sense of power that gives a sense of this is interesting information. I wonder what I could do with it.

Dr. Bradley Nelson 12:18

Right? Absolutely. Well, you know, we're on the verge of stepping into a whole new era of how we are going to be taking care of ourselves. And the way that the emotion code works, essentially, well, let me share a story with you.

Dr. Bradley Nelson 12:39

Actually, let me read you a story that came from someone in the UK. She said, I just want to give a huge thank you to Dr. Bradley Nelson and share this story. My father has gone from about to die, or survive as a cabbage after having a major stroke to back to normal.

Dr. Bradley Nelson 13:02

She said I worked back to back along with many other fellow Body Code and Emotion Code practitioners. Those are people that have been trained in the work

that we do to save my Father, I prayed that if he didn't return as a man, then we let him go.

Dr. Bradley Nelson 13:15

This was the hardest thing to do. Yet he walks talks and even wanting to get a train to go to a family funeral. I'm amazed. This happens all the time. I never failed to be amazed. I'm eternally grateful and so blessed to have met you and train with you this remarkable life saving and life changing energy practice works, its energy, and energy is where it's at, it's the future.

Dr. Bradley Nelson 13:35

He is not only recovering quickly, but he's gone from not believing in my work to being a believer. She's one of our practitioners. Actually, her name is Beth Foley, as have the rest of my family.

Dr. Bradley Nelson 13:46

Thank you, Dr. Brad, and everyone who supports you and all the fellow practitioners, I do believe in miracles. Now, think about this, what happens, these physical bodies of ours are also really energy.

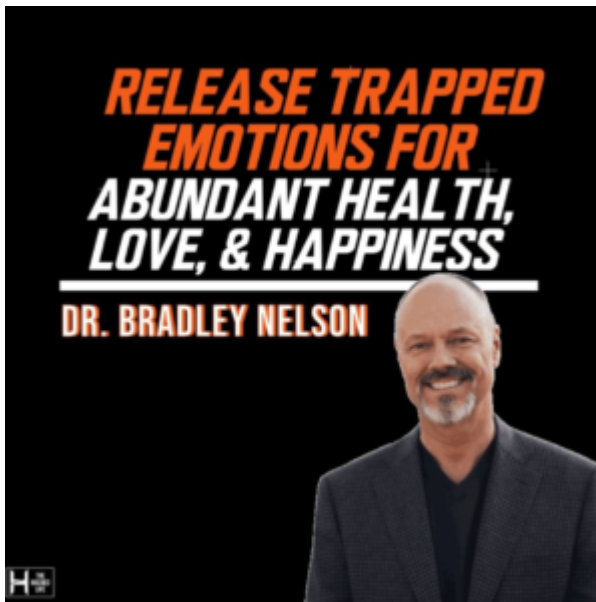
Dr. Bradley Nelson 14:01

In fact, some quantum physicists recently, just to make a point, said recently that if you could take all the empty space of everyone's body on Earth, you could actually fit all 7.8 billion people in the world into a box the size of a sugar cube.

Dr. Bradley Nelson 14:20

Because these bodies of ours really are energy fields. And so this physical state that we're in is really it's more of a force field than anything else. Well, let me share some stories with you.

Trapped Emotions - Dr. Bradley Nelson



Dr. Bradley Nelson 14:37

One that comes to mind just to help illustrate how this stuff works. This man came in to see me many years ago. His back pain was a nine on a zero to 10 scale. And I tested him using the Emotion Code and found that he had a trapped emotion and the emotion was anger.

Dr. Bradley Nelson 14:58

Now the subconscious mind knows these answers, the conscious mind knows very little. But the subconscious mind is that part of us that's digesting our food and keeping our blood cells multiplying, and so on and doing all of those things automatically.

Dr. Bradley Nelson 15:15

And so we have a way to tap into that in the Emotion Code. And so I found that this emotion, this trapped emotion, this ball of energy, literally a ball of anger, if you can imagine that was causing this guy's pain.

Dr. Bradley Nelson 15:33

And it had actually gotten stuck in his body about 20 years before. And when I arrived, that he immediately spoke up, and he said, well, I know what that's about. And he told me that it was a work situation, he'd been falsely accused of something at work.

Dr. Bradley Nelson 15:50

And he was really upset, very angry about it, that energy became trapped in his body. Ultimately, he was able to get all of that resolved. But nevertheless, he still

had this energy in his body.

Dr. Bradley Nelson 16:03

Now, 20 years later, that emotional extreme that he went through, was manifesting as physical pain for him and severe on a zero to 10 scale, he was a nine. So just one point away one step away from going into the hospital, you know, anyway, so I released that trapped emotion of anger from him, and the pain went from a nine to a zero instantly.

Dr. Bradley Nelson 16:29

Now what you need to understand, that there's more to this story. But the reason why that happened is because you see, when you have a trapped emotion, it's a ball of energy, in this case, a ball of anger in his low back, and it was constantly distorting the energy field that was making up his body in that area.

Dr. Bradley Nelson 16:49

So all the chemical reactions in that area were all affected. The blood flow, the lymph flow, the flow of acupuncture energy in that area, all of those things were being distorted to some degree.

Dr. Bradley Nelson 17:02

So eventually, he's got this terrible pain. And when we released that trapped emotion, the pain went from a nine to a zero, boom, just that fast. Well, the interesting thing about this is that, and this is why I said this is such a great illustration, a couple of days later, he came back in to see me.

Dr. Bradley Nelson 17:21

And he said, Dr. Nelson, my back pain is still gone. He said I still can't quite believe it. But he said, when I came in here, I had another problem that I didn't tell you about. He said, for as long as I can remember, I've basically been what you'd call a rageaholic.

Dr. Bradley Nelson 17:37

He said, I'm always yelling at my wife and my kids, I've got to watch the road rage. I've been to anger management several times hasn't really helped me. But he said, since you released that trapped emotion of anger for me, I don't feel that way anymore. I just feel kind of peaceful and relaxed.

Dr. Bradley Nelson 17:53

He said, How did that work? And at the time, I said, Well, I'm not really sure. But now, understand that, in this guy's case, he had this ball of anger, okay. And it was causing this physical pain because of the distorting effect it was having on his energy field, and thereby his physical body.

Dr. Bradley Nelson 18:17

But when we released that energy, suddenly, he didn't feel as angry anymore. Why? Because you see before that, before we release that energy, when a situation would come along in his life, where he might tend to feel the emotion of anger, he would feel that emotion, he'd fall into that frequency that vibration much more easily, much more readily than he otherwise would have.

Dr. Bradley Nelson 18:42

Because part of his body was feeling that emotion, 24-hours-a-day, seven-days-a-week, of course. So one of the things you have to understand with these trapped emotions, we all have these, and the average person has probably two or 300 of these, if they're an adult.

Dr. Bradley Nelson 18:59

Not all the emotional experiences that we go through in our lives leave us with emotional baggage, but some do. And so what these things do is they again, they distort the normal energy field of the body, and so they weaken the body, and they interfere with the body's function in that area.

Dr. Bradley Nelson 19:20

Now, imagine having several of those trapped emotions in your brain affecting your brain, is that going to help the brain function better? Or is it not going to function as well? Is it going to be more prone to weaknesses and vessels and things like that?

Dr. Bradley Nelson 19:38

And I think the answer clearly is yes, because we're beings made of energy. So anyway, that gives you a little bit of a glimpse into how this works, so in other words, trapped emotions, I believe in my experience, can be a precursor or an underlying contributing factor to stroke. But also...

Intro 20:08

if you've had a stroke, and you're in recovery, you'll know what a scary and confusing time it can be, you're likely to have a lot of questions going through

your mind. Like, how long will it take to recover? Will I actually recover? What things should I avoid? In case I make matters worse?

Intro 20:25

Doctors will explain things that obviously, you've never had a stroke before, you probably don't know what questions to ask. If this is you, you may be missing out on doing things that could help speed up your recovery.

Intro 20:37

If you're finding yourself in that situation, stop worrying, and head to recoveryafterstroke.com where you can download a guide that will help you it's called seven questions to ask your doctor about your stroke.

Intro 20:51

These seven questions are the ones Bill wished he'd asked when he was recovering from a stroke, they'll not only help you better understand your condition, they'll help you take a more active role in your recovery, head to the website now, recoveryafterstroke.com and download the guide, it's free.

Emotional Energy - The Emotion Code

Dr. Bradley Nelson 21:19

When you have a stroke, and you go through all of that emotional energy, all those ups and downs, the grief, the sadness, of betrayal, depression, all of those energies can also become trapped in the body.

Dr. Bradley Nelson 21:34

And one of the fascinating things that we found about this Bill is that when you develop a trapped emotion, that trapped emotion is more likely to go into an area and lodge in an area where there is some kind of preexisting weakness or injury.

Dr. Bradley Nelson 21:52

So it's very likely for most people, most of the time, what happens is when they have a stroke, and they are experiencing all those emotions, those emotional energies will tend to lodge more often than not, in that area where the stroke occurred.

Dr. Bradley Nelson 22:10

Thereby distorting that energy field in that area, even more than it already is, and

making it more difficult to recover, you see, and prolonging the recovery and the healing time in that area. So this is one of the things that happens.

Bill Gasiamis 22:32

I was gonna say like, I love the way that you describe it, because you've got a lot of words to describe the way emotions play a role in our health and well being or the opposite of our health and well being.

Bill Gasiamis 22:46

And I relate to a lot of the stuff that you said. So I believe, and a lot of stroke survivors I've interviewed believe that they've also created the perfect storm around the weakness in their body or in their head, especially in the form of a hemorrhage for me, I created the perfect storm around that blood vessel to pop.

Bill Gasiamis 23:07

I created the relevant necessary emotions, the relevant stress, the relevant, all the things that do come together to create a big emotional outburst. I used to behave inappropriately yell and scream all the time. I used to blame everybody else.

Bill Gasiamis 23:35

For my problems. I used to think there was no solutions to all my problems. And I never really had many problems until I had the stroke. But then I had a real new set of problems that I actually had no skills or idea how to solve.

Bill Gasiamis 23:49

So I became consciously aware that I was very much responsible for there was a part that I played in this blood vessel bursting. It was a blood vessel that is known to burst I was born with this blood vessel. And it's a faulty blood vessel it's called an arteriovenous malformation.

Bill Gasiamis 24:10

And for some people, they never burst for some people they do and and I got to that point where bursts so when I discovered when I started to listen to some words that I used to use to describe myself it makes sense that something happened in my head so I used to call myself a headcase.

Bill Gasiamis 24:30

That's never a pleasant thing to call somebody or yourself a headcase suggests

that you do. A lot of your life happens in your head when I started screaming when I had a screaming match with somebody which, of course I needed to make sure that I would win.

Bill Gasiamis 24:48

I used to get so intense, my eyeballs would be almost popping out of my head, my blood vessels would all be just expanded on my forehead and then I would have this massive headache for hours afterwards, I imagine the blood pressure went through the roof, everything was going wrong.

Bill Gasiamis 25:08

So simultaneously to that I was this guy that could be very loving and very caring and the rest of it. And when I was lacking resources, and I don't know what they were right now, I don't know what they were for me to get to that point.

Bill Gasiamis 25:23

Well, actually, I do know what it was, I believe the reason's always like I was just oblivious to my body, really, I had no idea. And I think fear was behind a lot of the anger and the stress and the frustration that I used to manifest.

Bill Gasiamis 25:45

But when I unlocked this thing in my chest, when I discovered that, then it became apparent to me that one of the major things I needed to work on was my anger, and resolve the anger and do whatever the work that was necessary to resolve the anger.

Bill Gasiamis 26:01

So it's not like the anger just went away. But discovering my heart in my chest made it possible for me to realize to have that realization, that now that I have discovered my heart, and now that I'm noticing all these amazing feelings and connecting better with people.

Bill Gasiamis 26:17

Anger is probably a trait, or a behavior, that is not going to serve me well going forward. Because it's going to interfere with this new discovery that I've had this emotion, and this different level of connecting with family and friends.

Bill Gasiamis 26:33

And that became really important because they were responding to me really

well. And maybe I had the upper hand because I just had a stroke. And they were feeling sorry for me anyway. But the whole cycle just started to blossom into this amazing thing.

Bill Gasiamis 26:51

And then I started to have these conscious awarenesses of all the things that I was doing, to interfere negatively in my life to impact my life negatively. And then I just sort of started ticking them off one by one, nutrition, work hours, relationships, I went to counseling, all these different things.

Bill Gasiamis 27:11

And things started to improve. Now the stroke was still there was still with me every day, I still wasn't allowed to work. I wasn't allowed to drive at times. There was still all these other issues, but I was having one of the best experiences of my life I've ever had. And I often say that stroke was one of the best things that ever happened to me. So I can really relate to what you're saying.

Dr. Bradley Nelson 27:41

Well, you know, it's, it's interesting. My father had an aneurysm. And it happened right after something kind of traumatic happened with my mom. And they'd been married for, I don't know, 60 years around that at that point.

Dr. Bradley Nelson 28:07

And I really think that precipitated his aneurysm. And I think that there are emotional things that happen to us emotional events, life is so interesting. They're often metaphysical causes of things.

Dr. Bradley Nelson 28:26

And things happen for us to learn from sometimes, and sometimes we're on the wrong track. And sometimes things like this can really be a blessing. So it's really interesting. And you know, you mentioned about the heart.

Dr. Bradley Nelson 28:45

And you know, one of the fascinating things about the heart is that some scientists not too long ago, did a study, they were looking at the brain, the nerve conduction between the brain and the heart measuring those messages going from the brain to the heart.

The Heart-Brain - Dr. Bradley Nelson

Dr. Bradley Nelson 29:02

And they were expecting that they would see the bulk of the messages traveling from the brain to the heart. And they found just the exact opposite. These are normal, healthy individuals, they found that most of the messages, the bulk of those messages are traveling from the heart to the brain.

Dr. Bradley Nelson 29:25

Now that was interesting. And that goes along with the discovery of the little brain in the heart. The heart has gray matter and white matter in it. There's a little brain there in the heart, and the heart contains the memories of things that we really love our true affinities.

Dr. Bradley Nelson 29:45

And that's why you know, back in the 1960s when doctors started doing heart transplants, it didn't take long before patients would come back and relate these strange things.

Dr. Bradley Nelson 29:59

They would talk about how their tastes and music or food or sports are totally changed to something else. And they find out that sometimes their handwriting would totally change.

Dr. Bradley Nelson 30:13

Sometimes they would have memories of being in places that they never in their lives have ever visited. And in every case, and there are books written about this, in every case, when these people were connected with the family of the heart donor, they find out oh, yes, that's our son's handwriting that you have now how strange is that?

Dr. Bradley Nelson 30:29

Or, Yes, our daughter loved baseball, and played it all the time. And now you love baseball too, but you didn't care for it before, or our son was a concert violinist. And so you didn't used to like classical. But now you do. And those passages that you play over and over and over. Those were his favorite passages.

Dr. Bradley Nelson 30:52

There was a an amazing story about a nine-year-old girl who received a heart

from another young girl who had actually been murdered. And after she recovered, she started having nightmares about being killed herself, while she was seeing the murderer of the heart donor, this other little girl.

Dr. Bradley Nelson 31:14

And her descriptions from her nightmares of the killer, and the murder weapon and everything else and she was able to describe to the police everything about this guy, what he was wearing.

Dr. Bradley Nelson 31:26

All of that helped lead to the arrest and conviction of the killer of the donor. Think about that. So, you know, the ancient peoples believed that the heart was the seat of the soul, and the source of creativity, and the source of love, and romance and really the core of our being.

Dr. Bradley Nelson 31:47

And, you know, in the modern world and modern medicine and biology, we never really paid any attention to those ancient ideas. But those ancient ideas, they permeated the whole world.

Dr. Bradley Nelson 32:03

I mean, it doesn't make too much difference where you live in the world. If someone wants to give you some kind of a romantic gift, it's probably going to end up being in the shape of a heart or very likely, right? Because those ideas have been around since time out of mind.

Dr. Bradley Nelson 32:22

Well, in the Bible, for example, the word heart is mentioned just shy of 1000 times. And there are writings in the Bible that say that, you know, God doesn't look on the outward appearance of a person, but he looks on the heart.

Dr. Bradley Nelson 32:35

And that as a person thinks in their hearts, so they will be the ancient Egyptians believe that when we die, we go through a ceremony on the other side, where our heart is weighed on a scale against a feather.

Dr. Bradley Nelson 32:54

And if our heart is lighter than a feather, and then we go to the good place, but if our heart is heavier than a feather, indicating we've maybe made some bad

choices, and so on now.

Bill Gasiamis 33:05

That's a lovely analogy, having a heart that's light as a feather. That means it has no emotional baggage. That means it's just loving, and it's nurturing. And it's connecting with other people.

Bill Gasiamis 33:16

And it's serving you really, really well. And you're probably serving it really, really well. And that says a lot about you. If you have a heart that is light as a feather that is just such a beautiful analogy.

Dr. Bradley Nelson 33:27

Yeah, isn't that great? My wife and I went to Egypt. And we had just seeing the pyramids. And we were coming back in Cairo. And we stopped at this little shop, where it was a papyrus shop.

Dr. Bradley Nelson 33:41

And as we walked in, there was a guy explaining this hieroglyphic panel. That is this story of this man who dies and he goes through the whole situation and It turns out his heart is lighter than a feather.

Dr. Bradley Nelson 34:01

There's a scale there, and these different gods Horace, and Osiris and so on. Fascinating. So I have one of those at home, I had to buy it because I've been telling the story for years.

Dr. Bradley Nelson 34:10

But anyway, it's really interesting. So the heart, you see, really truly is a second brain. And in many ways, it's really the first brain it's the most important brain. But in the world that we live in now we're living from the brain that's in our heads primarily.

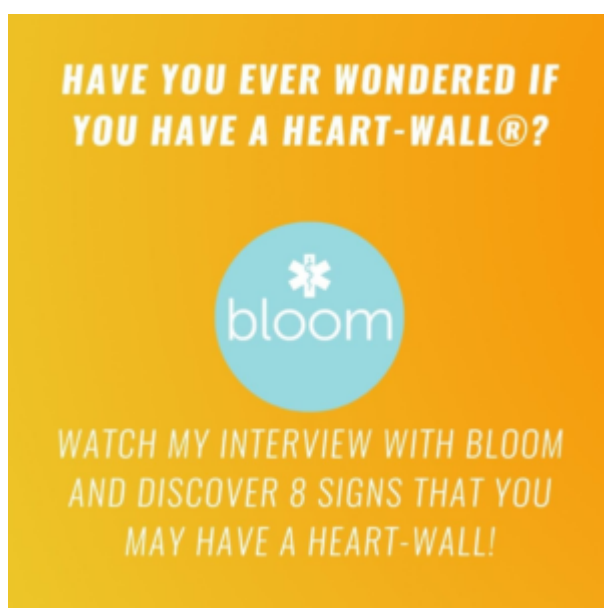
Dr. Bradley Nelson 34:30

And that's why here it is 2022 And we're still using, you know, war to settle differences between nations and feeling that it's perfectly okay to attack people from drones and kill people, even citizens of our own country and you know, a lot of insanity in the world still, because this brain feels nothing.

Dr. Bradley Nelson 34:52

This is where we feel and that's why if you're really feeling hurt, or if you're really deeply grieved about something, you'll feel it here, you won't feel it in your head won't give you a headache. It'll give you this feeling that we call heartbreak or heartache right? Now, when that's happening to us, our heart is under assault.

The Heart Wall



Dr. Bradley Nelson 35:19

And so what will happen is, under those circumstances, the subconscious mind will start to put up a wall around that heart. And that wall is an energy wall. It's invisible, but it's made from layers of our emotional baggage. And so the reason why the subconscious mind creates that wall is to protect the heart so that it's not totally broken.

Dr. Bradley Nelson 35:46

And the problem is, I mean, it's, it's great in the short term, because you don't want your heart to break. Because the heart really is the core of your being. And it's who you really are the core of who you really are.

Dr. Bradley Nelson 36:00

But the problem is, when you have that wall that's been put up. Now, it's much more difficult for you to really connect with other people. They've done studies actually in labs, where they found that if one person's feeling love or affection for another person, their heartbeat will become measurable in that other person's brainwaves.

Dr. Bradley Nelson 36:21

So there's this communication going on from heart to heart between all of us all the time, when you get a heart wall, it's much more difficult for that energy of love to get out much more difficult for that energy of love to get in people, when they've got a heart wall, it's much more likely for them to remain single for years and years and years, when the walls taken down.

Dr. Bradley Nelson 36:42

Love shows up in people's lives very often, even people that advanced ages, who never had even been in a relationship before suddenly find themselves in love. Creative ideas also start to flow for people spontaneously, because the best creative ideas you'll ever have, will not come from this brain, they'll come from this brain that is in your heart.

Dr. Bradley Nelson 37:05

Now, think about this in terms of your situation, and what you went through, and this profound learning that it's so wonderful bill, that you are sharing this with the world that that this needed to happen for you, and what a transformation, right? I believe we're headed for a world where we're all going to be living from our heart.

Dr. Bradley Nelson 37:31

And I think that that's what all the great teachers, all the great spiritual teachers were really trying to teach us is to learn how to operate from this space from the heart space from the heart, brain.

Dr. Bradley Nelson 37:47

And the heart brain communicates in love. And so unconditional love is such a powerful thing. But think about I mean, before you were stuck in your head, and you would verbalize that, right, you'd say that.

Bill Gasiamis 38:01

Not only did I say that, my language really helped support me staying the way that I was before. So when I had the stroke, and I couldn't actually access my head because it was offline because there was a blood clot the size of a golf ball in there.

Bill Gasiamis 38:18

I couldn't access those patterns of behavior and words, and I couldn't say those

things. And that's where the neuronal patterns in my body started to get all messed up amongst other things, you know, the doctors missed about in there and touched it and did all these things.

Bill Gasiamis 38:33

So that helped. But early on, it was the fact that I just couldn't access my head to think at all. And that meant that my heart kind of kicked in and took over to help guide me through the rest of my day. Because it wouldn't work any other way. So I was crying a lot.

Bill Gasiamis 38:54

And of course, when you see a male cry, most people get uncomfortable with it, it's not the common thing. People were telling me to stop crying and I'm telling them no I'm good. Like I need to cry. I'm loving this. It's coming out.

Bill Gasiamis 39:07

It's a bit weird and strange and you're acting all weird and strange, but I didn't have a problem with crying and I would cry in public or cry onstage I would cry at supposedly the most inappropriate places for other people it was inappropriate.

Bill Gasiamis 39:25

So now I was discovering this thing. I couldn't think I was less of a headcase I felt less pressure in my head. I felt lighter on my shoulders. Everyone that was connecting with me couldn't believe that I was unwell because the energy that I was putting out was completely different to somebody who was unwell.

Bill Gasiamis 39:45

Even though I couldn't finish sentences and remember who came to visit me and all those things. And I just had this profound experience and started to look into it and then realized all the things that you said the heart is a brain, it's stunning to be referred that way, there's books been written about that it has neurons within it.

Bill Gasiamis 40:06

About 130,000 neurons, people that are young at heart have 130,000 or more people that are cold-hearted, have 20,000 or less. So when you use words to describe a relationship breakup, and I've never done this, because, I never had the words back then when I got supposedly broken-hearted.

Bill Gasiamis 40:31

And my wife is a lovely lady, she's been with me for 26 years, and she's putting up with all of my stuff. So I've never said, I have a broken heart. And I'm never going to let anyone break my heart again, and I haven't built that wall.

Bill Gasiamis 40:48

So there was always an opportunity for the right time, the right process, the right kind of path for somebody to get in there and find a way to get in there, there was always that opportunity, I had never built an impenetrable wall. But I know people who I've coached through their own traumas over the last 12 or 13 years, who have said stuff like, you know, that person broke my heart.

Bill Gasiamis 41:20

And it's so painful that I'm not going to let somebody else break my heart ever again. And I'm never going to have another relationship, why risk it? And it's like, well, okay, that's pretty intense, because what they're not realizing is that they're saying those words in an intense moment when it happened.

Bill Gasiamis 41:39

But the repercussions of that means that they've locked that in potentially for 20, 30, or 40 years, and the rest of their life is going to be lonely, they're going to be in their head, wanting to have a relationship, and their heads going to be saying, Oh, my God, we need to see this through, or we need to meet this person, but then something else will interfere, there'll be a disconnect, they won't understand what it is, and they'll end the relationship, or they'll find a reason why it's not right.

Bill Gasiamis 42:06

Or start acting out and the other person will leave, which is usually what happens more often. They sabotage themselves, so that other person makes the decision. And then they can blame the other person for the problem that has happened in the relationship and not take responsibility for themselves.

Bill Gasiamis 42:25

So you're talking my language, I totally get it. And that is one of the most difficult things to do is to have a head based conversation with a human being who has heart challenges, we need to have a heart to heart conversation.

Bill Gasiamis 42:42

And that means that you need to find a person who you're prepared to be vulnerable with, who's going to have you safe in a safe space, whether it's counseling, or coaching, or some of the work that you guys do, and allow that wall to be broken down.

Bill Gasiamis 42:59

Now, I'm saying these things. And I'm hoping that people watching and listening have paid attention to what you said so far. And now looking inward in within themselves and wondering whether or not they have used words like that, or similar to that they have allowed them to disconnect from their heart.

Bill Gasiamis 43:21

And it's just then taken off and made their life a little bit harder, a little bit more difficult to, to go through every single day. So and that then brings me back to other things like the inherited emotions, that was something really interesting in your work that I found amazing that you're talking about it.

Bill Gasiamis 43:46

And there's not a lot of people talking about it. I think one of the first times I might have heard about it was just after again, I discovered this thing in my chest. And I we worked really hard with my wife to create some wealth over the years. And one of the things that I have is a second property that's mortgaged than the rest of it, and it's rented out.

Bill Gasiamis 44:14

And I used to get really stressed when the particular tenants would decide that they didn't want to live there anymore. And they were wanting to go somewhere else. And I never understood why I used to get so anxious, anxious about it and upset and worried about it.

Bill Gasiamis 44:32

And I used to, you know, be on the case of the real estate agent to find somebody new and I used to tell my wife, oh my god, they're leaving and all this stuff. And it was such a difficult time.

Bill Gasiamis 44:44

And then one time, I realized I was with my father. And he told me that oh my god, the tenants that he has in this other investment property that he has purchased. And he's had it for many, many decades now.

Bill Gasiamis 44:59

Because he's nearly 80 years old, are leaving. And it's such a problem and oh my God, and all this kind of stuff. Exactly like me, I was mimicking his behavior. And I was feeling the anxiety and stress that he was feeling.

Bill Gasiamis 45:16

And when I realized that it was his problem, not mine, it just went away and never happened to me again. And now I look forward to people to say to me, I need to leave the home and go somewhere else, so that I can get in and give it some much needed maintenance, to get it ready for the next person.

Bill Gasiamis 45:35

And it was just an amazing insight. And again, another release of stress and anxiety that I didn't need in my life. And if I actually had the opportunity to go back into the past, and visit my grandparents, and ask them about the challenges that they faced, because, for example, my grandparents, would have been through the first World War in Greece, the Second World War in Greece,

Bill Gasiamis 46:08

And then soon after, my dad was born near the end of the Second World War, I imagine that those people, my grandparents, who I hardly met, would have had lots of emotions, about those 30 or 40 years from the early 1900s that they didn't deal with, because they had to get on with life, and that they passed down to their children, who then pass them down to me.

Bill Gasiamis 46:39

So how do we support people, A to become aware of one of those blockages that they might have through words? How do we support people to become aware of one of those things that they've brought forward from one of their ancestors?

Bill Gasiamis 46:59

And how do we intervene to put them to end because I did it. But I didn't do it consciously at the time. I wasn't aware what I was doing. But now I can reflect on it. How do we just get somebody through that?

Dr. Bradley Nelson 47:13

Yeah, well, that's a great question. With the process that I've developed with the Emotion Code, the way that we do it is we tap into the subconscious mind in some very concrete ways. Through muscle testing, you can ask questions of the

subconscious mind.

Dr. Bradley Nelson 47:34

And the subconscious mind is the part of our mind that's always awake. Even if we go to sleep, and our conscious mind shuts off, the subconscious mind never shuts off. It's always running. But that's where all of the information is about, for example, inherited emotional baggage.

Dr. Bradley Nelson 47:54

I'll share a story with you. I was feeling that one day, like I needed to get work done. And I called my daughter and she was living about 1000 miles away at the time. And I asked her if she would work on me at a distance.

Dr. Bradley Nelson 48:11

So she agreed, we hung up the phone. And so she told me later what happened, she started working on me at a distance. And this is something that we teach in the emotion guidance, we explain it in the book, you can learn how to do it in the book, we have certification programs, etc.

Dr. Bradley Nelson 48:27

But anyway, so she's working on me at a distance and she finds that I inherited some emotional baggage when I was conceived from my father's side. He got it from his mother, and she got it from her mother. And she kept testing this and it went back generation upon generation 22 generations back, and the emotion was hopelessness.

Dr. Bradley Nelson 48:53

Now when my daughter arrived at that, all of a sudden, she could feel the presence of someone standing right next to her. And she knew who it was, it was this grandmother from 22 generations back that this emotional energy had overwhelmed that time.

Dr. Bradley Nelson 49:15

And my daughter could feel the emotions of this woman, she could feel how overwhelmed with gratitude she was that this was being done, but she could also feel how desperate she was to have this emotional energy released from her posterity.

Dr. Bradley Nelson 49:34

She went through something horrifically hopeless, and then that energy kept passing down the line, passing down the line. So my daughter released that and that's part of the process that we teach is how to release these energies. And she could feel it it released from that grandmother and she could feel it ripple through all those other generations.

Dr. Bradley Nelson 49:55

Well, I'm sitting at my desk 1000 miles away. I know my daughter's working on me. And the moment that she released that inherited trapped emotion from me, and from my whole line, well, it released from her as well. But it was one of the most profound healing experiences that I've had in my whole life.

Hopelessness

Dr. Bradley Nelson 50:17

Because all of my waking hours, all my life, I had this background feeling of hopelessness, very low level, just part of the background. And in fact, I remember when I was writing the Emotion Code Book, this happened about two years after the Emotion Code Book came out in 2007.

Dr. Bradley Nelson 50:46

So, I remember thinking, if somebody would have asked me during the time that I was writing that book, to describe in one word how the project felt, without any hesitation, I would have used the word hopeless, I would have said, well, it feels hopeless. But I'm continuing, right.

Dr. Bradley Nelson 51:07

I'm pressing forward. But it feels totally hopeless. That's literally how it felt. And when that energy was released from me, and from my whole line, it was the most uncanny thing. All of a sudden, it was like, I'd been living next to a factory all my life, where there was a noise coming out of it. And suddenly it shut down.

Dr. Bradley Nelson 51:33

And the silence was deafening. Suddenly, the absence of this feeling of hopelessness that had been there in the background in my mind, every waking hour of my whole entire life, suddenly, that was gone. And only then did I recognize they didn't even been there.

Dr. Bradley Nelson 51:51

And I thought, My gosh, I've had that my whole entire life. Now that's gone. It was really an incredible thing. And profoundly healing for me, but also, for my daughter. My daughter is a tremendously talented, I mean, unbelievably gifted painter, she paints.

Dr. Bradley Nelson 52:16

And she's incredible. And within a year after that was released, she had an art showing in Seattle that we flew up for, and it was unbelievable to see all this art pouring out of her she'd never painted anything before.

Dr. Bradley Nelson 52:32

And I think if that emotion of hopelessness had not been removed from our whole entire line, removed from her, I think that she probably still wouldn't be painting anything. So now you think about your own life.

Dr. Bradley Nelson 52:47

Think about your ancestors, what did they go through, like your ancestors in both of those wars? I mean, there are books that have been written about the grandchildren of Holocaust survivors, that these people have different DNA and their immune systems are much more unstable, and they're more prone to disease and so on.

Dr. Bradley Nelson 53:12

And there's only one explanation, the only explanation is what their grandparents live through, that now is manifesting in their bodies. So think about your own life, your own grandparents, your great grandparents, I mean, what did they go through, and what kind of baggage are you carrying in your life now.

Dr. Bradley Nelson 53:30

And the emotion going makes it really easy to find these, and identify these and then actually just release them because they're just energies that are stuck in the body, even though they might be antiques and hundreds of years old.

Bill Gasiamis 53:42

Antiques, I love it. That's a lovely way to describe them. They're antiques, they're, you know, they were useful at a time, they served a purpose back then they don't serve a purpose now.

Bill Gasiamis 53:53

And now they're just something that we are aware of that they existed once. My, lovely wife, one of the things that I've been aware of is because I'm an outsider to the family when I first get there 26 years ago.

Bill Gasiamis 54:08

I see how her mother's behavior under certain conditions is what she's mimicking or using or applying to solve a problem in our own home after we were married. And I could see how my wife didn't enjoy being in that situation, with her mom, when her mum was applying those kind of behaviors into a situation.

Bill Gasiamis 54:35

Yet she wasn't aware that she was doing it herself. Now, of course, I was doing that as well, but I wasn't aware of my own blind spots. But what was really interesting to see was when I described that to my wife, and then say to her right now you're doing exactly what your mom did.

Bill Gasiamis 54:54

That would trigger her curiosity that would get her to the point of going okay. I see how my mom's behavior impacts me in a situation that's similar. And now, I'm responding in a similar way to my children in my home.

Bill Gasiamis 55:12

And one of the conversations that I would have was like, How long do we want these traumas before I knew really what I was talking about. How long do we want them to be manifesting in our lives or causing problems in our lives?

Bill Gasiamis 55:29

I think we're doing the same thing to our kids that our parents did to us. Because we have the resources that we have available, that's where they came from. We're doing the best we can with our resources.

Bill Gasiamis 55:41

But now that I'm aware of it, why don't we try and resolve something or change something or fix it, or make a difference or stop behaving a certain way that's impacting our kids negatively.

Bill Gasiamis 55:52

Because then I said to my wife, I imagine that her parents, were also going through those things and doing similar things, because of the environment that

they grew up in, and the parents before them.

Bill Gasiamis 56:06

Because in Greece, there was a lot of instability for hundreds and hundreds of years. So, only four generations back, you're in the early 1800s. And that's when Greece became no longer occupied by the Ottoman empire, an empire that we talked about, like as if it was in the past, but it's such a recent past.

Bill Gasiamis 56:33

And when you're living in a country that's been occupied for 400 years by another empire that doesn't recognize your religion, your ethnicity, and all those things, it's traumatizing. It's a real problem, and it gets passed down.

Bill Gasiamis 56:48

So at some point, we intervened, and we did that whole, okay, let's do something different. Let's change this. Now, we're both on nearly 50. And my wife's just hit 50. And we're both still unlearning a lot of that stuff.

Bill Gasiamis 57:05

We are forever and learning and growing and discovering ourselves in getting work done. So that we don't continue the next however many years we have on the planet, living somebody else's emotions and somebody else's experience that we've never met.

Dr. Bradley Nelson 57:26

Yes, exactly. Right. And I've often said that each of us, we are the product, not only of our own emotional experiences and our own emotional baggage, but also that emotional baggage that we received a conception from mom or dad.

Dr. Bradley Nelson 57:49

And, you know, I'll share one more story with you about this. I was speaking at this event, once we had about 300 people in the audience and I asked if someone was in pain and a woman came up out of the audience.

Dr. Bradley Nelson 58:04

She hobbled up limping and she said that her pain level was a nine on a zero to 10 scale with her hip and had been like that for a year. And it was so bad that she would have to manually lift her leg up to get in and out of the car.

Inherited Emotion

Dr. Bradley Nelson 58:23

And she's been to a couple of doctors for it, they couldn't find anything obviously wrong. So I tested her and found an imbalance and corrected that. And the pain level went from a nine to a four.

Dr. Bradley Nelson 58:35

The next thing that I found was an inherited trapped emotion of fear that she gotten from her father. And as I'm asking questions on getting answers from her body, we use muscle testing to get answers, yes its strong and knows we.

Dr. Bradley Nelson 58:51

I tested that her father gave it to her, but he got it from his dad, and he got it from his dad, and you got it from his dad and went back 12 generations. And so one of the things that I like to do that might be kind of mind blowing for people, but I believe that these, these ancestors of ours are they're only dead physically, they're not dead, spiritually, spirit lives on.

Dr. Bradley Nelson 59:17

And so they often, in fact, every time I've ever tried to find out I've found that these ancestors, the direct line ancestors will always show up for the release of an emotion like this because it's going to be released from them.

Dr. Bradley Nelson 59:31

So if you can imagine I'm on this stage with this woman. She's got this inherited trapped emotion of fear goes back 12 generations. And of course the vast majority of those people are dead she got from her father who wasn't at the event, but was still alive, she said.

Dr. Bradley Nelson 59:45

So anyway, I asked, all right, are these ancestors here with us in this room? And our subconscious mind gave us a yes answer. They were here. And so I asked, Well, are they are they floating around in the air like over the audience? No.

Dr. Bradley Nelson 1:00:00

Are they sitting out there among the audience? No. Are they up here on the stage with us right now? Yes. And that's always how it is. Now, I've never seen one of these. But let me let me tell you the rest of the story.

Dr. Bradley Nelson 1:00:15

So anyway, I released the trapped emotion, the inherited trapped emotion. And the pain level went immediately to zero. And so she's walking around, and then dancing. And there's a woman that barely got up to the stage. And she's dancing around.

Dr. Bradley Nelson 1:00:33

And eventually she goes back and sits down in the audience. And I finished my lecture. And then I went back out into this hall where my staff was, and I sit down with them. And about a minute after I get there, a woman comes up to me and she said, listen, she said, Dr. Nelson, I was in your your class there.

Dr. Bradley Nelson 1:00:51

She said, I want you to know something. She said, I'm one of those people that has this gift to be able to see these spirits that other people don't see. She said, I've had this all my life, she said, it's kind of a blessing. And it's kind of a curse.

Dr. Bradley Nelson 1:01:04

But she said, I just wanted you to know that when you were describing those grandfathers of hers up there on the stage with you, she said, I just wanted you to know, I could see them.

Dr. Bradley Nelson 1:01:15

And it was just like you described, but she said there was something else going on. And I don't know that you're aware of she said, What I saw was surrounding the stage, where at least 200 spirits.

Dr. Bradley Nelson 1:01:25

And it came to me who they were, these were the spirits of this woman's yet to be born descendants, that were there rejoicing that they weren't going to have to take on this woman's crippling emotional baggage that that had been released from their line, otherwise, they were going to be owners of that as well.

Dr. Bradley Nelson 1:01:50

So you know, it's such a fascinating thing. But we, we see lots of amazing things happen when we start to work on the body, for what it really is and what it really is, is energy and the emotions are such a huge part of that.

Dr. Bradley Nelson 1:02:08

What I found in practice was that the single biggest common denominator for all my patients was their emotional baggage. And there are other kinds of imbalances as well that we cover in this other system that we call The Body Code.

Dr. Bradley Nelson 1:02:21

Let me share a story with you. woman wrote in named Jacqueline from Washington, she said I was working with an older woman who had just had a stroke, she lost complete function of the left side of her body and she was unable to speak with helping the body code after a second session.

Dr. Bradley Nelson 1:02:37

Her speech returned after her fourth session, she regained full function of the left side of her body. Now, we don't promote this work as a cure for stroke effects or anything like that. But what we're seeing is interesting things.

Dr. Bradley Nelson 1:02:57

Here's another woman from Germany, named Emily, she wrote and she said my dad was taken to the clinic with a suspected stroke. During the conversation with the doctor, his symptoms of hand numbness and hesitant speech disappeared.

Dr. Bradley Nelson 1:03:09

Just at that moment, I had made an Emotion Code session with him remotely, and released trapped emotions. So she was not with her father, she was somewhere else. Three days later, the suspected stroke was confirmed on the MRI.

Dr. Bradley Nelson 1:03:24

He'd had several small strokes, some of them a while before, which is probably why they went unnoticed. And that happens. In the days that followed, I released further trapped emotions from him remotely again, at a distance since then his behavior changed noticeably to the positive.

Dr. Bradley Nelson 1:03:41

He'd been like a loner and withdrawn and now is much more in his inner center, conversing with other people, and is much more relaxed. It sounds kind of like you, my mom says that living with him now is a completely different quality.

Dr. Bradley Nelson 1:03:56

She's very happy about it, I was allowed to work on her heart wall, too. So see, her dad had a heart wall and 93% of people have this wall around the heart. I'm

very grateful to have found this opportunity to be able to do so much good for others, but also for myself, thank you very much for sharing this ingenious method.

Dr. Bradley Nelson 1:04:16

So again, you know, we don't make any guarantees about specific results for anybody. But these are things that people have actually written in about this. And we get, you know, we have a lot of these different stories about all kinds of different things.

Bill Gasiamis 1:04:30

I can relate to them and they make sense. I mean, I interviewed a lady Deb Brandon for episode 178. She was a mathematician professor, you know, she was disconnected from people even though she was a professor and teaching.

Bill Gasiamis 1:04:45

And after her stroke, she became more connected. She found her life changed for the positive. She still has the risk of additional bleeds because she has a cavernous angioma condition that's sometimes reoccurring.

Bill Gasiamis 1:05:00

And but she's still says her life is far better than what it was and her emotional maturity has improved. And the way that she connects with people and relates to people has improved and the rest of it, what we're not saying what we're definitely not saying is that stroke fixes people, stroke symptoms and deficits such as left side paralysis, or right side paralysis, or spasticity, or eye problems or aphasia.

Bill Gasiamis 1:05:34

We're not saying any of that, we're not saying that this stuff brings back things that have been lost because of stroke, because physical damage in the brain can make something go away forever.

Bill Gasiamis 1:05:47

Some of it has only been interfered with, because there's inflammation in the brain, and then when the inflammation comes off, that will allow some of those deficits to get better or ease or go away.

Bill Gasiamis 1:06:00

But I've had an emotional, I'm gonna call it a transformation or awakening, all my deficits are there, all my deficits are invisible, but they're all there, it's tightness on the left side, it's numbness, it's cold on the left side, it's issues with my balance, they're all still there.

Bill Gasiamis 1:06:20

But that doesn't take away from this emotional change and experience that I've had, which has enhanced my life greatly. And I think it was key to my recovery, being able to be described as stroke being the best thing that ever happened to me, because I feel like a completely different version of myself that I never knew existed.

Bill Gasiamis 1:06:44

And this thing that I experienced on my left side, my deficits are not really front and center of my mind, they're never really the first thing I think of all the time, it's the first thing I noticed when I get out of bed, because my left leg touches the ground.

Bill Gasiamis 1:07:00

And then I have to be aware that my left leg is on the ground, so that I can get up properly and not fall. But other than that, it's not something that impacts my life in a negative, I never get upset about or worried about it.

Bill Gasiamis 1:07:14

Or I never compare myself to the old self, well I do but only in the positive way. Like I only see myself as being a better. Well, the old bill was pretty good guy, but cranky and very uneducated, and maybe a little bit ignorant of well, a lot ignorant on a lot of things, and the new bills not.

Bill Gasiamis 1:07:35

So I've compared myself to all those amazing things. So I just want to make sure that people understand that. We are not saying that this replaces modern medicine, and it is a miracle cure for deficits of stroke, especially after something catastrophic has happened, we're not saying that.

Bill Gasiamis 1:07:50

But it does support recovery. So so much. And I can't emphasize that enough. And when I just found you on Instagram, I thought instantly, I've got to have you on here and talk about the work that you do. And then I discovered that you've been

doing this since at least 2007 when you wrote the book or the emotional code. And I would say that you'd be one of the few people that we're doing this kind of work that long ago.

Dr. Bradley Nelson 1:08:23

Yep, it feels like it's been quite a while now. But it's been a lot of fun. And it's been a tremendous labor of love. And you know, we certify people in this method. But you know, this method, The Emotion Code is simple enough that anyone can learn how to do it from the book itself.

Dr. Bradley Nelson 1:08:45

And, you can have great results with all kinds of things just using The Emotion Code yourself. Now, if you want to have someone work with you, we've certified I think, almost 9000 People now in about 80 countries around the world to do this work.

Dr. Bradley Nelson 1:09:02

And because it's energy work, it means that you don't have to travel, you can have someone on the other side of the planet that can work on you and release emotional baggage and take down that wall around your heart and so on.

Discoverhealing.com



Dr. Bradley Nelson 1:09:16

And that can be done. You might find a great practitioner, the website that we use is called discoverhealing.com. And you there's a map there of our practitioners,

you might find that the person that resonates the most with you, maybe they're on the other side of the world.

Dr. Bradley Nelson 1:09:33

Maybe they're in Germany or Singapore or something and yet, the results are the same as if you're live and in person. And again, you can learn how to do this yourself. So it's optional, you can have someone work with you and that's great. Or you can learn how to do this, do it yourself and I highly recommend that you do learn how to do this yourself.

Dr. Bradley Nelson 1:09:55

I mean, finding a practitioner is great, but ultimately you're going to want to know How to do this yourself. Because it's simple, it's fast. It's easy. Kids learn how to do it. We have kids all over the world doing it successfully.

Bill Gasiamis 1:10:11

I'm not in any way affiliated with you. This is the first time we've met. I'm not making any money out of anything that we do or discussed, but I did skim through the book. And I noticed that the foreword, so I'm promoting you and the book, but because I think this is important work. That's what I'm trying to say. And I didn't notice that the foreword is written by Tony Robbins.

Dr. Bradley Nelson 1:10:38

Right? Yes, Tony Robbins, it was really interesting, because, he contacted us about probably about five years ago, I think, and just totally out of the blue and wanted to meet us and find out what we were doing with the Emotion Code, he had found out about it.

Dr. Bradley Nelson 1:10:55

And so they flew my wife and I out to their place in, in Palm Beach in Florida. And we were able to work with them. And we've been to their home and a number of different times now.

Dr. Bradley Nelson 1:11:10

And we're still, you know, we stay connected with them. And it was interesting, because I was able to share with him how 30 years before his work had changed our life in a really profound way.

Dr. Bradley Nelson 1:11:24

And so, yeah, he's a good man, and has done a lot of a lot of good for a lot of people around the world. And that was a great honor for him to write the foreword for the Emotion Code. We've also got some great, some great endorsements from a lot of amazing people like Joe Dispenza, and Gregg Braden, and some other people that you've probably heard of.

Bill Gasiamis 1:11:49

Yeah, you might have heard of them. I have heard of them, it's really amazing to discover this, to realize that it was so long ago that you wrote it. I mean, when I say so long ago in the space of my lifetime, that's that's quite a chunk away in 2007.

Bill Gasiamis 1:12:08

I was completely unaware of any of the challenges that I have had manifested or that I was that were trapped in my body, the rest of it, I was definitely unaware of a stroke looming. That was going to happen. So in 2012, only five years after you wrote the book, I had the stroke.

Bill Gasiamis 1:12:34

So my search, if it didn't cover this book, I don't think I would have been able to read it. I don't think I would have been ready for it. Because I think there's other dramatic things had to happen for me to be in that space where I can accept the information like this.

Dr. Bradley Nelson 1:12:53

Yeah probably right.

Bill Gasiamis 1:12:56

Yeah. But I got there. And I did Tony Robbins work. Back in the early 2000s, I would say, I went to one of his seminars here in Sydney, in Australia. And I did the four days. And that was an interesting thing, because one of the first things that he made us do was do the fire walk.

Bill Gasiamis 1:13:19

And that was a life-changing experience. Because I always reflect back on that time when this you know, wet behind the ears guy traveled to another state to do four days with 5000, complete strangers.

Bill Gasiamis 1:13:37

And the first thing we did was something that you can't comprehend, which is walk on fire. And the fact that I did it, and the fact that I never got burned, and the fact that all those things was just sensational and amazing.

Bill Gasiamis 1:13:52

But I suppose what I'm trying to do, as we come to the end of this episode is just give people a sense of real dramatic, amazing change is possible and if it's possible for the negative, it's possible for the positive and we're talking about the positive change, and you're capable of so many things that you didn't think you were capable of.

Bill Gasiamis 1:14:13

And here's a classic example of going to Tony Robbins, I shook his hand, his hand was about two size, the size of my hand. And I remember the whole experience as being probably the beginning of this less of this rediscovery of myself and it took between the time that I attended his course.

Bill Gasiamis 1:14:13

And the time that I had the stroke, it was probably about 10 or 15 years had passed. And the lessons that were yet to come I wasn't aware of like, but I was on that journey. Sometimes I'm saying is that results from doing this work don't come immediately.

Bill Gasiamis 1:14:56

Sometimes they come down the track when you're not expecting it. but it's as a result of all the work you've always done. Now, let's wrap up by asking you, where can people find out about your work? And where would you like them to visit? If they're curious?

Dr. Bradley Nelson 1:15:14

Sure. Well, our, our main website is at discoverhealing.com. And you can read about certification there, you can, you can, of course, get the book in any bookstore, Amazon, it's available in multiple languages, of course, around the world.

Dr. Bradley Nelson 1:15:35

And, of course, we have, you know, YouTube channel, and we're on Facebook, and so on at discoverhealing.com. And also dr.bradleynelson.com is my personal blog site. But, but a lot of the information there is that discover healing.

Dr. Bradley Nelson 1:15:52

And so you can go there and right at the top of the page, you can, there's a place where you can request an emotional, it's like an emotional toolkit, and you just put in your information, your email address, and then we'll send you back the first two chapters of the book for free.

Open Your Mind

Dr. Bradley Nelson 1:16:13

And so you can start reading the book. And if you'd like the first couple chapters, then of course, you can get the book wherever you want. And, yeah, the book is also available on Amazon, narrated by me and Tony Robbins narrates the foreword for the book.

Dr. Bradley Nelson 1:16:28

And, yeah, it's something that you just really need to open your mind to the possibility that what these scientists and physicists have been saying for the last 30 years that the future is all about energy medicine.

Dr. Bradley Nelson 1:16:46

This is I believe, the simplest, easiest, most cutting edge method of energy medicine that's available on the planet, who knew that our emotional baggage was actually the single biggest cause of underlying issues in the body.

Dr. Bradley Nelson 1:17:05

Emotional Baggage can be an underlying weakening factor that I believe can predispose a person to maybe having a stroke. And when and again, if you have a stroke, and you go through all that emotional angst afterward, a lot of that emotional energy may lodge in the area of the stroke again, and may prolong the recovery time.

Dr. Bradley Nelson 1:17:34

And make things harder, make it harder for you to, you know, to recover completely. And so, anyway, we don't promote The Emotion Code, or any of the work that we do as a cure for anything.

Dr. Bradley Nelson 1:17:48

But what we're finding is that when we look at the body in a completely different way, through a completely different lens, when we look at the body through this

lens of quantum physics, and the energy world.

Dr. Bradley Nelson 1:18:02

When we look at the body for what it really truly is, which is just this very complex energy field, we find that emotional baggage is this huge component of all kinds of things.

Dr. Bradley Nelson 1:18:13

And when you start removing that emotional baggage, which the Emotion Code makes easy, pretty soon you become a believer, because you see what's happening, you see pain go away, you see all kinds of things improve and change. And so I would just really urge all of you listening to just be open-minded to the possibility that, you know, maybe this is real, because it is.

Bill Gasiamis 1:18:38

Suspend your disbelief for a little while and allow yourself to experience something different. I'm in the process of writing my book, and I related to your hopelessness, story, but it's not hopeless for me, it's just a timing thing for me.

Bill Gasiamis 1:18:55

And you know, Chapter One is about mindset. And chapter two is about emotional intelligence and the heart brain. Then there's a section in the in chapter two that says, I know, chapter two is emotional intelligence, and the heart brain, I would rather it be chapter one.

Bill Gasiamis 1:19:16

But you're probably in your head. And it's probably difficult for me, to move you to your heart at the beginning of this whole conversation, so let me convince you at the head level with chapter one.

Bill Gasiamis 1:19:30

And now let's talk about what I consider to be the most important part of recovery, which is the emotional part. Because if you deal with that, then everything else, there's space for everything else to be dealt with, like the physical side of it.

Bill Gasiamis 1:19:46

And all of the things that you have to readjust to in life and all the things that you have to learn about yourself and all the problems that you're going to face. There

is more than more than one way to have a stroke.

Bill Gasiamis 1:19:57

There's so many ways to have a stroke and I'm speaking about a hemorrhagic stroke, which was as a result of a bleed, but it is 100% known that strokes that are caused by ischemic strokes and strokes that are caused by blood clots, etc.

Bill Gasiamis 1:20:16

And even strokes that are hemorrhagic, it's known that we can negatively interfere in our vessel health and cause hemorrhages by high blood pressure and not managing that by high blood sugar by all these things.

Bill Gasiamis 1:20:31

So I concur. 100% Thank you so much for being on the podcast, I'm going to have show notes to everybody for all of your socials and links so that everybody can go there. And fantastic, great, that have met you lovely that you're doing the work that you're doing.

Bill Gasiamis 1:20:52

And you've been doing it for so long, it's such a relief, knowing that somebody has been doing this for quite a long time. And now, I think what's going to happen is, the fact that we have access to all of these different ways to find people like you, is going to make it a lot easier for a lot of other people who are going through some serious health condition to get information quickly.

Bill Gasiamis 1:21:16

Whereas I struggled to find information. You know, 2012 was still quite some time that the internet was up and kicking and well. But it was really hard to find the people that I needed to find to help support my recovery. And that's why I started this, to think about it differently and find a different way to go about it. So thank you for being here. And thanks for the work that you do.

Dr. Bradley Nelson 1:21:41

Well, ditto, thank you for the work that you're doing and giving so many people that have had strokes, hope and more information about what they can do and what kind of alternatives might be out there. I really appreciate the opportunity to be on your show. And it's been great to be able to speak with all of your viewers and listeners and hopefully we'll be able to do it again sometime.

Bill Gasiamis 1:22:04

Thanks again for joining us on today's episode. I hope you enjoyed the conversation and got something from it that you can use in your own life. Please comment, like and share the episode.

Bill Gasiamis 1:22:15

If you're watching on YouTube, give the show a thumbs up. Subscribe to the podcast and to the show on YouTube. Click the Notifications tab to be notified of new episodes as they become live.

Bill Gasiamis 1:22:31

And to help the podcast rank better. Leave a comment. Let me know what you thought about the episode. If you're watching on YouTube, I love people leaving comments. I love responding. It really makes a huge difference to how the episode is broadcast out to other stroke survivors who are looking for this type of content.

Bill Gasiamis 1:22:51

And hopefully, it'll make a difference in their recovery and improve the way that they are going about healing from stroke. Thanks again for listening. I look forward to having a conversation with my next guest and bringing that to you for the next episode.

Intro 1:23:06

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Intro 1:23:24

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Intro 1:23:40

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Intro 1:23:52

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Intro 1:24:01

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Intro 1:24:15

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Intro 1:24:31

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