

It seems almost impossible that a simple refrigerator magnet can have any effect on your health- but if you know what you're doing you can make big changes!

*"Just like a magnifying glass will intensify sunlight enough to start a fire, magnets can act as an amplifier for the energy of your thought and intention, enough to produce a change in the body.*

*The intentions and thoughts we have are energy. Magnets are energy. Your body is energy. Because of this, one can have an effect on the other.*

*When we identify a trapped emotion with The Emotion Code, we simply must intend to release it, using a magnet to amplify this signal and put it into the body. We use the Governing Meridian as the entrance point for the amplified intention energy, because the Governing Meridian is an energy reservoir that connects directly to all the acupuncture meridians of the entire body. So when you put energy into the Governing Meridian, it flows instantly throughout the body and the trapped emotion is released!"*

Dr. Bradley Nelson Creator of The Emotion Code