

I found some information from the book of the founder of the emotion code healing method , It's about post-processing time . I am sharing with you so it might be helpful for you.

Thank you.

Umer

## **Processing time after the emotion code session:**

**Processing the Release** Once a trapped emotion has been released, the healing process begins. As the subconscious mind and the body process the emotion that has been released, symptoms of this processing occasionally arise. During this healing process, a person may experience echoes of the emotions that has been released.

It is not unusual for people to feel a bit unsettled emotionally during this period of time. It's very important to remember that you may experience some emotional sensitivity from processing the release of a trapped emotion. Let others whom you work on know about this possibility in advance, so if it actually occurs, it is expected. If some noticeable pro-cessing symptoms, such as crying or vivid dreams, do occur and you haven't told them that they might experience these things, they may end up thinking that the release of their trapped emotion has made them worse, not better.

If you yourself are having symptoms of pro-cessing, you may want to let your family and friends know you're feeling extra sensitive. The processing period takes place every time a trapped emotion is released, but noticeable ups and downs—or processing symptoms—occur about 20 percent of the time. These usually last from one hour to one day, but it can vary. The severity of processing symptoms generally depends on what point during the emotional experience the trapped emotion was formed.

If you felt the emotion deeply or thoroughly before it became trapped, you will likely feel lighter and freer, and not experience pro-cessing symptoms after it is released. If you denied the emotion soon after it was created, and either felt it only a tiny bit or not at all, you may be more likely to experience echoes of it as your body and subconscious mind work to let go of all that unprocessed energy. Either way, processing symptoms don't last long and are generally much less intense than the original emotional experience. And the freedom on the other side is worth it!

## **Negative Trapped Emotion Chart and Defination:**

Some patient needs definition of emotions. i have put these on our web site in case someone need to view online without downloading PDF file.

Negative Trapped emotions Chart

<https://www.reikihealingdistance.com/Emotion-Code-Chart.pdf>

Definition of negative trapped emotions:

[www.reikihealingdistance.com/Negative-Emotions-Definations.pdf](http://www.reikihealingdistance.com/Negative-Emotions-Definations.pdf)