



Biomagnetism advanced course

Unit V

Working with Emotions

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Introduction to working with emotions

Unit V Lesson 1

From the development of bioenergetics in 1993, Dr. Goiz began to find pairs related to emotional disorders, which Dr. Goiz called *psycho-emotional pairs*. In a short time, Dr. Goiz increased the list of pairs for the respective psychoemotional disorders. And over time biomagnetists have added many other pairs to Dr. Goiz's original list; for example, for depression we find up to 9 biomagnetic pairs.

In addition to Dr. Goiz's psycho-emotional pairs, in this unit we are also going to study some other approaches for working with emotions, as we consider them to be of great interest and complementary to Dr. Goiz's pairs.

We refer in the first place, to the **Traditional Chinese Medicine**, that for thousands of years has developed a holistic approach to the body, emotions and health, which gives us a very broad and interesting view of the organs, in relation to acupuncture meridians, emotions, diseases and many others aspects.

We will also present, from a bird's eye view, the system developed by Dr. Bradley Nelson called the **Emotion Code**, since it is a very simple technique that goes hand in hand with biomagnetism for the treatment of emotional blockages.

But first we will give a brief introduction to understand the nature of emotions and how they are experienced in our bodies.



What are emotions

All humans have experienced emotions, but what are they? We know that they are related to ideas, to situations and when they arrive they cause a response and a sensation in our bodies: Anger makes the blood boil, fear makes the legs tremble, while sadness causes tears. All physical reactions are provoked, since emotions are related to chemical substances, neurotransmitters that flood the bloodstream when we experience them.

Primary emotions

Psychology offers us a study on emotions since they form an essential part of the mental and psychic life of humans. Even though there are various emotional states and nuances of feeling, there are really only a handful of basic or primary emotions. Basic emotions are innate and universal. This means that all humans are already born with them and do not depend on education. We find them on the five continents, in all cultures, races and socio-cultural levels. To date there is no consensus on what the basic emotions are, but we will take the following list as a reference:

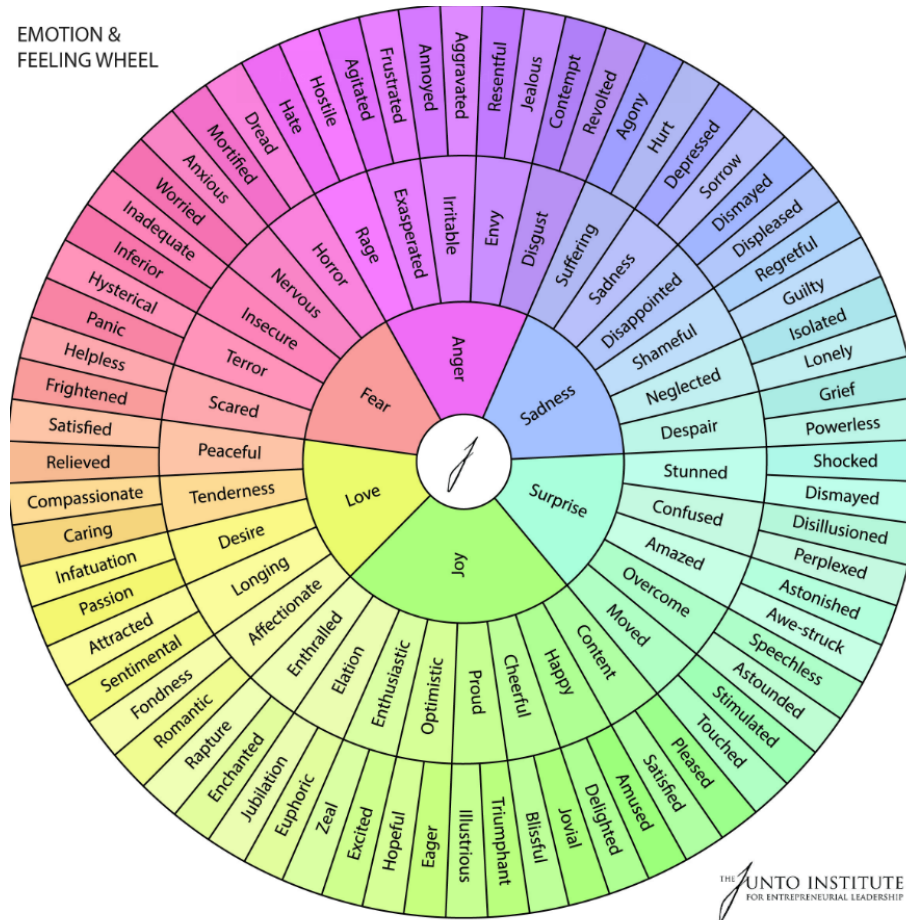
- Fear
- Anger

- Sadness
- Disgust (rejection)
- Happiness
- Love
- Surprise

All emotions, as we have already pointed out, cause a physical reaction that is experienced in different ways and in different parts of the body. As we can see, emotions are adaptive responses to external stimuli. Especially humans have evolved to communicate through facial expressions, in such a way that each emotion causes a facial (and body) expression in a natural automatic way.

From the handful of basic emotions that every human being has, a whole series of secondary emotions are derived or branched out. For example, from disgust derives disappointment, withdrawal, discomfort, disgust, aversion, etc., as shown in the graph.

EMOTION &
FEELING WHEEL



In feelings (which are many) there is already an elaboration or mixture of a series of emotions, situations and judgments. Or put another way, emotion is conceptualized and nuanced to create a state of mind, here memory, reason, etc. come into play. Therefore, feelings are much more complex than emotions, to name a few: guilt, shame, longing, revenge, etc..

Why are emotions important?

Evolution has developed emotions as a way of reacting to stimuli in the environment. We cannot say that there are bad or good emotions, since they all allow us to survive. Disgust or dislike allows us to get away from what we do not like and can potentially harm us like a bad smell, a spoiled food that we reflexively spit out. Vomiting is also a reflex reaction to disgusting or unpleasant situations.

Anger or rage allows us to face dangers either by fighting or

fleeing, it also allows us to set limits and impose ourselves on others.

Joy produces endorphins that ask our brain to look for this type of stimuli and situations again, since the feeling of reward will be sought.



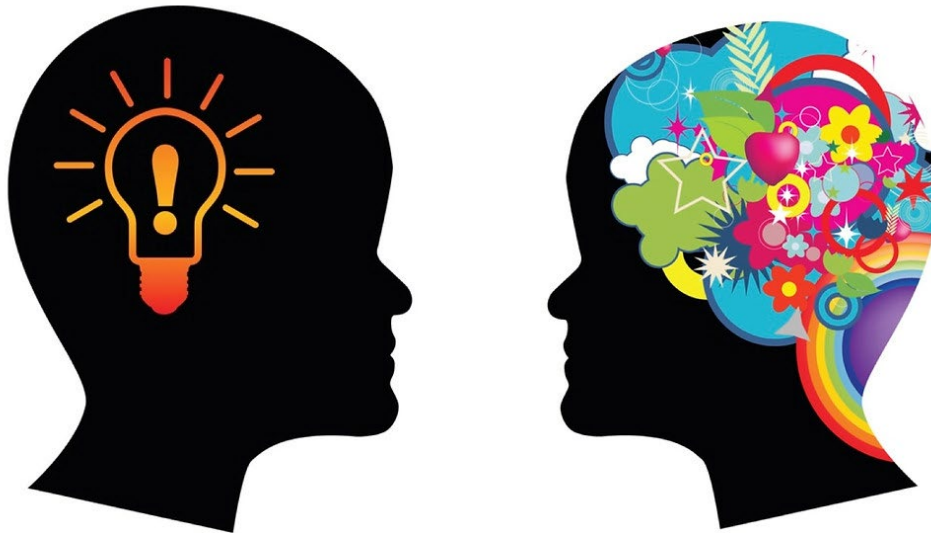
Sadness will lead us to avoid potentially harmful situations and above all to seek social support.

Love strengthens the ties of couple, family and social. Love can be considered an emotion when it generates a physical response, as is the case with passion, physical attraction, or even liking for a person (not necessarily sexual). The word love has many different nuances, so we can say that it is also a feeling, which can be very high, by the way, since it can include high values such as respect, commitment. What is certain is that love has an essential element that is empathy. We also have abstract types of love such as love of country or love for all humanity.

Emotional intelligence

Currently, the proper management of emotions has regained importance in the concept of "emotional intelligence". First, in

1983 Howard Gardner coined the term "multiple intelligences" to describe a whole series of intelligences and abilities that human beings have, in addition to rational intelligence. Some of these intelligences are corporal, musical, existential, interpersonal, among others.



Shortly after, psychologist Daniel Goleman is the one who popularized the concept of emotional intelligence through his bestseller with the same name. In the book he explains the different competencies and skills that make up emotional intelligence. Like all intelligence, the correct management of emotions allows us to have better relationships with family, work, and in other environments. Emotional intelligence starts from being more aware first of one's own emotions, and then of those of others; Based on this knowledge, the other skills can be developed. This gives us greater possibilities of achieving success in relationships and work and therefore: happiness. Recent studies point out that successful people are not those who have a higher IQ (logical-mathematical intelligence) but those who have a higher emotional intelligence (empathy, self-regulation, motivation, self-knowledge...)

Emotional blockages

The problem is when emotions are blocked, when they get trapped in some part of our body and affect both our emotional life and our body. Because, as is well known, emotions, when they do not flow naturally, or when they are not expressed properly, affect our body and our health. In fact, there are currently several schools of thought that place emotions as the main cause of physical disorders such as Traditional Chinese Medicine, Homeopathy, or the most recent New Germanic Medicine. We will address some of them in other lessons of this course.



Professional work with emotions

As we can see, the topic of emotions and feelings is extremely extensive. Work with emotions, to be really effective and safe, should be approached by a person with extensive knowledge and experience on the subject: a psychologist, or even a psychiatrist. Since many times it will not be enough to find a pair and apply it, but it would be necessary to do a job of investigation and elaboration.

The inquiry is to question the origin of the emotion, the moment and the exact situation in which the emotion was blocked. You could also ask about the age of the person, the people involved, etc. This can be done directly by asking the querent, or through

bioenergetics. On some occasions (the least) it will be enough to apply the torque, unlock the emotion and not go deeper into the subject. This can also be asked to the superconscious: Is it necessary to investigate more about this emotion?

The elaboration consists of a whole therapeutic work, where the facilitator-therapist elaborates a series of questions, comments, gives feedback and guides the person so that they are more aware and can understand the emotion and the situation in which they could have been blocked. To understand why? and also the why? This will help resignify the situation, give it a new narrative; to forgive, if necessary.

All of this is part of the process. Perhaps the emotional problem is tied to a family relationship, childhood trauma, or some other situation that cannot be resolved in a single session. The therapist must be able to identify and assess each case. If necessary, they will be able to promptly direct the consultant to the type of therapy and the most qualified professional to help him. Seeking other types of help does not necessarily mean that the therapist lacks resources, but rather that in many cases external support is an indispensable complement. Some options can be:

- Support for adolescents
- Groups of alcoholics and other addictions
- Grief Groups
- Couple therapy
- Group therapy
- Gestalt therapy
- Psychoanalytic therapy
- Systemic therapy
- Containment hug
- Bach flowers...

The biomagnetic pair and Dr. Bradley Nelson's technique for unblocking emotions are very powerful tools and in many cases

a single session is enough, following the established protocols to help improve the person's emotional state. However, the attention that a therapist who knows more about the subject of emotions and mental disorders will always be better. If you do not have studies in psychology or psychiatry, at least take on the task of studying these topics, to be able to handle the fundamental concepts and have an overview.

Emotions according to Traditional Chinese Medicine

Unit V Lesson 2

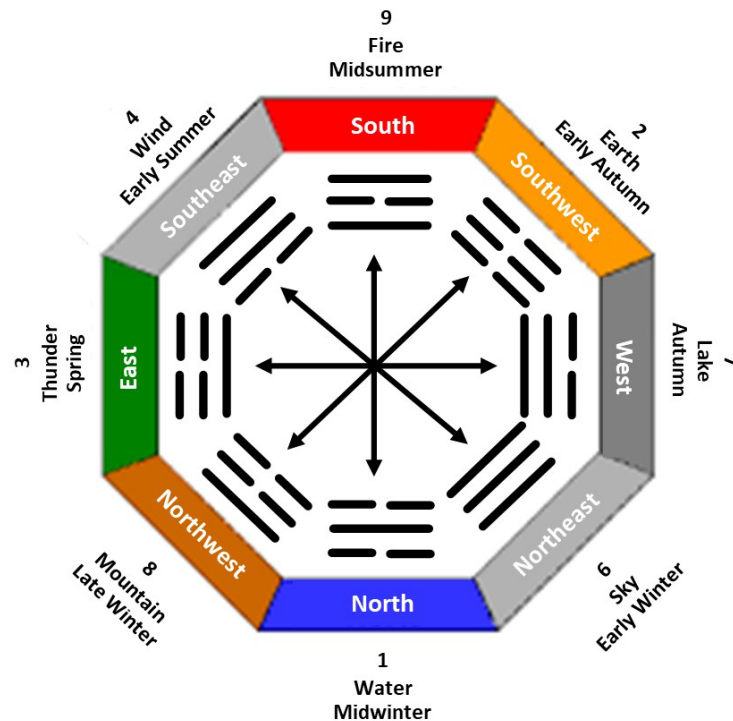
Traditional Chinese Medicine is thousands of years old, as is the Chinese culture that prevailed thanks to the great dynasties that ruled for hundreds of years. The Chinese empire, for centuries remained isolated from the rest of the world. To the north, the construction of the Great Wall of China allowed the kingdom to defend itself against the barbarians of the northern regions, such as the Mongols. The result of this isolation was a very unique culture, developed throughout that long period. What was translated into a particular language, its religious beliefs and cosmogony, from which the arts and sciences developed. Traditional Chinese Medicine is one of the great achievements of Eastern civilization, but to understand it we must at least know the foundations of Chinese philosophy and cosmogony, which differ greatly from Western scientific concepts.



Chinese Cosmogony

Chinese cosmogony is based on two polar principles called the **yinn** (feminine) and **yang** (masculine) represented in the yinn-yang mandala. The Tao, which is the origin or the absolute

essence, is polarized in the yinn and yang aspects and from there, through multiple combinations, the 10 thousand things are created.



The first eight combinations of the positive (yang) and negative (yinn) aspects are the eight trigrams that form the **Pa-kua** and that can be understood as the main 8 forces of nature. From there we can continue to form combinations, now combining the 8 trigrams to achieve 64 hexagrams that are slightly more subtle aspects of nature. The Chinese believed that by using a divination system, preferably using 2 coins tossed at random, the dominant hexagram at any given time could be determined. Through this form of divination a person could make a decision regarding business, family, etc.

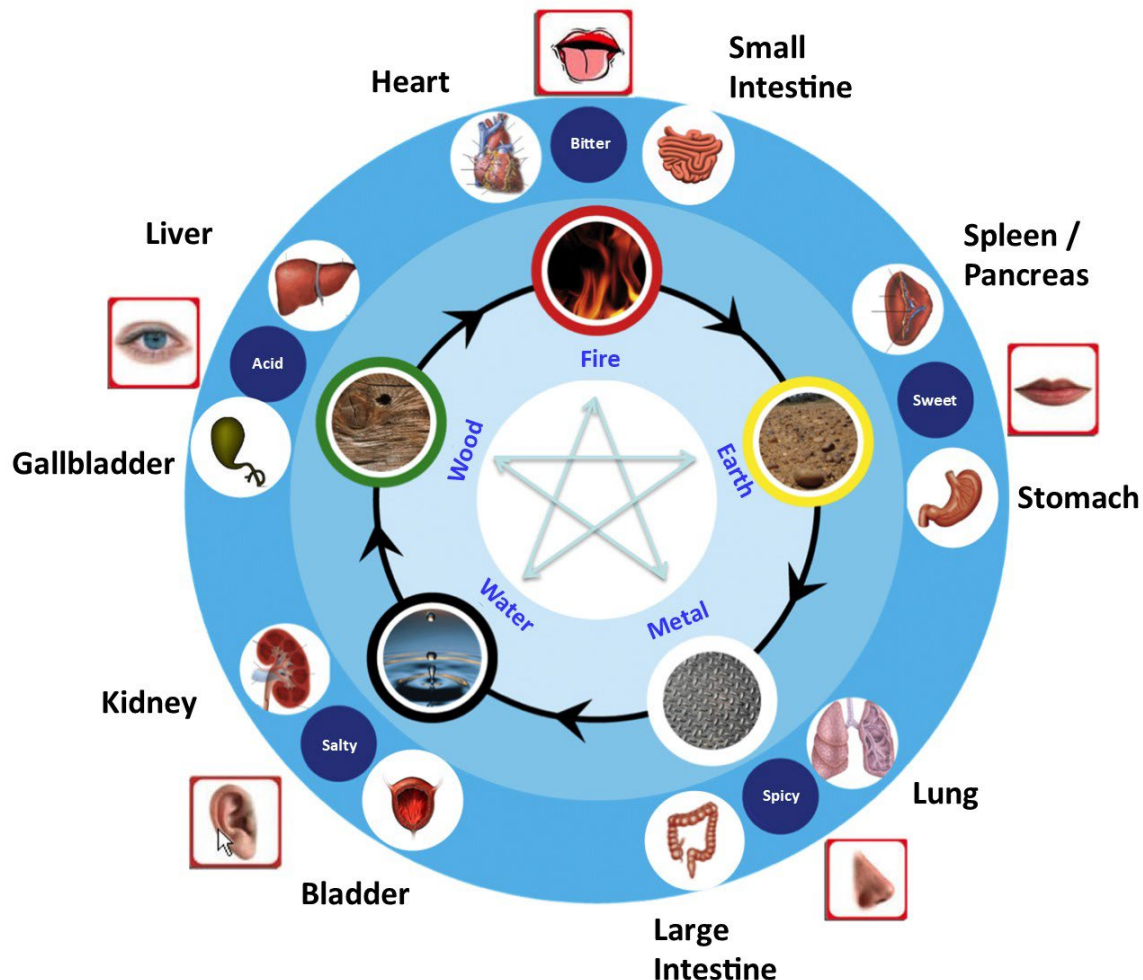
The principles of this cosmogony, or Chinese philosophy can be applied in all areas of life and nature, since the same aspects or forces are those that govern the health of the body, the condition of empires. There is even a whole science for the creation of living spaces known as the *Feng-shi* that pays great attention to the elements that must be placed in the different

directions, which would be for us the cardinal points. To apply correctly, the properties of the 5 basic elements must be known, which, more than physical elements, are again aspects or energies of nature.

The 5 elements

The 5 elements are: **wood, fire, earth, metal and water.**

According to the holistic thinking of Chinese philosophy, each of these elements also has a correspondence with many other aspects such as seasons of the year, organs of the body, colors, flavors, geographical directions, emotions...



One way to begin to understand the 5 elements is in their relationship to the seasons of the year.

For the Chinese, the year begins in the **spring**, whose element

is **wood** and the organ the liver. Wood is the energy that allows us to wake up from winter and start a new cycle with a lot of energy. The liver, among many other functions, produces bile, but it also stores energy in the form of glycogen, which is made available to the body when necessary. Spring also corresponds to the time in the morning when we get up and our body secretes cortisol to have the energy needed to start daily activities. The emotion associated with the liver is courage, anger or rage. People who continually react with anger end up with gastrointestinal problems caused by excess bile. Keeping courage and not being able to express anger also has a harmful effect on the body, since in any case the liver produces bile, in extreme cases you can suffer a bile spill that, in addition to affecting the digestive system, can reach manifest as jaundice. By the way, the yellowish-greenish tone of the skin denotes a person dominated by feelings of anger.

Summer gives way to the next element which is **Fire**, related to the heart. Energy and heat are at their peak, equivalent to noon. The feeling is joy, as it is said that laughing is beneficial to the heart as it gives it energy. Fire people will have red skin, they will blush easily. They can have cardiovascular problems such as hypertension and are more prone to heart attacks. There is another very important aspect about the heart, but we will get to that later.

Next, we have a short period called **late summer** or dog days that is equivalent to the element **Earth** and its organ is the **spleen-pancreas**, since for the Chinese they form a single organ whose function is to regulate energy. The feeling associated with the spleen-pancreas is worry. They are apprehensive people who worry about something all the time. They become obsessed with ideas, which turn over and over in their heads. As we know, the problems associated with the spleen, and in particular with the pancreas, is diabetes, a disease associated with worries and anxieties.

Fall is the season where there are more respiratory disorders, it is associated with the lungs and with the element **metal**. In the daily schedule it corresponds to the afternoon and twilight. The hour of nostalgia, when the mind is ecstatic watching the leaves fall. Sadness is the feeling associated with the lungs, it is said that when we suffer from a cold or a respiratory problem, sadness or some associated emotion such as melancholy or nostalgia is behind it.

The last season of the year is **winter**, the coldest, least energetic associated with the element **water**. When the trees are devoid of foliage and the animals hibernate in their burrows, nature approaches the most inert state, it is the closest moment to death. His emotion is fear, associated with the kidneys, hence when a person has a panic attack they may lose control of his urine.

Traditional Chinese medicine, in addition to the organs, associates viscera to each of the elements, and in turn they are regulated energetically through a series of channels known as acupuncture meridians, but in this lesson we will not address these issues. Already with the theory of the 5 elements we can get an idea of the concept that the Chinese had about the main organs of the body and their relationship with emotions.

The relationship with the seasons of the year is also very important, because depending on the season in which we find ourselves, it will be the organ most likely to suffer an imbalance and therefore, the corresponding emotion may manifest itself with more intensity or generate disorders.



The function of the pericardium

The pericardium is also a very important organ for Traditional Chinese Medicine. Anatomically, it is a bag that covers the heart, protecting it and dampening its beats. For Chinese medicine, the organ is of great importance at an energetic level; but also the pericardium is the seat of the emotions. So in addition to being associated with the various organs already mentioned, emotions also pass through the pericardium. The interesting thing is that we also see this reflected in the pairs discovered by Dr. Isaac Goiz Durán as well as in the emotion code of Bradley Nelson, only that for Dr. Nelson the heart is the seat of emotions. In any case, the pericardium and the heart are anatomically practically in the same place since one surrounds the other.

We hope that this brief lesson will motivate students to go deeper into the study of Traditional Chinese Medicine, for which we recommend a series of books:

Psychoemotional Pairs

Unit V Lesson 3

From the discovery of bioenergetics (1993) Dr. Isaac Goiz Durán had a new tool that allowed him to discover many other pairs. To the regular pairs (associated with pathogens), special, dysfunctional and reservoirs were added the new psycho-emotional pairs, which, as their name indicates, serve to treat disorders of emotional states. It should be noted that Dr. Goiz did not have a background in psychology or psychiatry; however, this was not an obstacle for him to discover and use these types of pairs in his consultation.

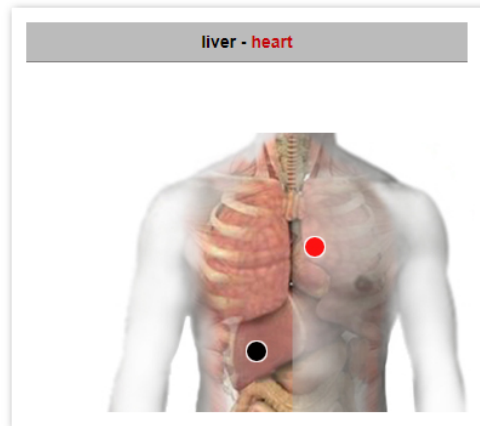
The first thing we observe in the list of pairs is that they are not only about emotional disorders, but also treat a wide variety of disorders of the psyche, as is the case with the pairs for inspiration, doubt, selfishness, pride, gluttony. , mythomania. Actually, it could be said that more than half of the list is not due to emotions, but to disorders of another nature.

The pairs that represent negative aspects such as depression, anger, anguish, doubt, selfishness, arrogance, mythomania... seek to reduce these defects. While the positive aspects increase when applying pairs such as: memory, inspiration, open perception...

To the psychoemotional pairs originally discovered by Dr. Isaac Goiz Durán, many others discovered by various biomagnetists in recent years have been added, and surely some more will continue to be added. In the Biomagnetism Guide, the first pair that appears in the list corresponds to the one discovered by Dr. Goiz, and several more can be listed below, most of which were discovered by other people, but we include them so that they can be tested together. with the originals of Dr. Goiz, since on many occasions they are also presented.

Anger "Talibán"

Type: Emotional



Generalities:

Anger, Extreme aggressiveness. It's an emotional type pair. Angry people who easily explode, extreme aggressiveness, unable to control their anger. It can physically affect the liver (digestive disorders) and / or heart.

Another way to recognize Dr. Goiz's pairs is because he gave almost all of them proper names. In some cases he used the name of the patient in which they were detected; Some examples of the use of proper names are: Saturnino, Trini, Linda, Juana, Sergio (the same thing happened with several special pairs).

While in other cases he used words alluding to the emotion or disorders in question, eg: Taliban: for anger, Wallstreet: for greed, or Judas: for guilt. As we can see, Dr. Goiz applied a bit of Mexican humor when naming these pairs. We have respected the original names that Dr. Goiz gave them, because we consider that they are also part of his legacy.

Treatment of psychoemotional pairs

Dr. Goiz did not delve much into the treatment of emotions, probably because, as we have pointed out, psychology was not the area that most interested him. He did not extend much in his courses to explain them, nor do we have writings that he has written with reference to the subject of emotions.

With experience, what we have been able to verify is that the psycho-emotional pairs are manifested (shortening of the leg) even when we test with the magnet (without bioenergetics). If we find any psychoemotional pair in the test, we simply apply it in the same way as the other pairs. Usually, just by carrying out that action there is already a change in the person's psyche.

If we also have some preparation to deal with emotional issues, we can ask the superconscious if we need to investigate more about that disorder. From this point on, the therapist will be able to proceed according to his criteria and training in the field of the psyche. Also, if considered necessary, you can use other types of tools such as Bach Flowers, Emotion Code, group support, individual therapy, etc.

List of psychoemotional pairs

Below is the list of original pairs discovered by Dr. Isaac Goiz Durán. To know the additional pairs added by other biomagnetists visit the [Biomagnetic Guide](http://biomagneticguide.com).

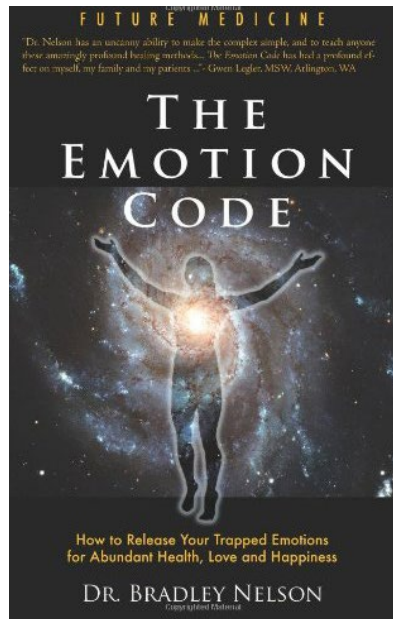
Abandonment hypophysis – heart
Open perception hypophysis – mastoid
Addictions corpus callosum =
Extreme aggressiveness liver – heart
Haughtiness adrenal – liver
Distress hypophysis – supraciliary
Anxiety cava =
Apathy parietal – frontal
Avaricia “Wallstreet” thymus – hypophysis
Character “David” interciliary – bulb
Jealousy “Linda” atlas – uterus, o prostate
Oedipus complex “Saturnino” navel – testicle
Electra complex “Trini” navel – uterus
Panic crisis armpit – armpit
Guilt “Judas” lung =
Depression pineal – hypothalamus
Dyslexia quadriceps =

Doubt back of hand =
Selfishness tongue – heart
Envy “Caín” heart – pancreas
Schizophrenia occipital =
Phobias kidney (left) – eye (left)
Hamer Focus mastoid (left) – kidney (left)
Gluttony stomach – heart
Hyperactivity body of pancreas – tail of pancreas
Hysteria eyebrow =
Hostility “Xcaret” postpineal =
Impatience “Sergio” thymus – ovary or testicle
Inspiration “Sor” Sylvian fissure =
Anatomical integrity “Vivian”: supraciliary – medulla oblongata
Intelligence, Intolerance: parathyroid – eye (left)
Irritability insomnia temporal (right) – temporal (left)
Explosive anger “Taliban” liver – heart
Lust “Sade” pineal – uterus o prostate.
Malignancy, witchcraft: ear – ovary (testicle)
Positive mind prefrontal cortex (left) =
Fear patella =
Mythomania heart – scapula
Negativity heart =
Nervousness temporal (right) =
Critical neurosis eyebrow =
Hate parathyroid – heart
Pride middle fissure =
Panic armpit =
Panic: spleen – hypothalamus
Mental problems foot arch =
Psychosis costohepatic =
Resentment heart – bladder
Pride adrenal – liver
Fetal suffering cava - thymus
Sadness lung – lung

The emotion code

Unit V Lesson 4

The emotion code is a system developed by Bradley Nelson that allows the unlocking of emotions. His method has been quite effective and furthermore, the protocol he follows is quite simple. The book **The emotion code** can be found for free on the internet in [PDF format](#), also in Kindle version and paper version with Amazon and other bookstores. For those who want to specialize in the treatment of emotions, its complete reading is essential. In this chapter we present a summary with the basic concepts, the technique, as well as the minimum information so that the therapist can carry out a treatment.



Dr. Bradley Nelson's system requires only the [trapped emotions chart](#) and a magnet. The magnet can be of any type, it does not require a minimum power as in the case of biomagnetism; you can even use a refrigerator magnet. Nor should you pay attention to the polarity of the magnet (although I always do the treatment with the negative pole towards the person's body).

As in biomagnetism, treatment begins by asking questions that can be answered in a binary “yes” or “no” format. The answer can be obtained by various means, the same as in bioenergetics: either using the person's legs, the fingers (of the therapist), the pendulum, or any other method that allows obtaining the answer from the superconscious.

Dr. Bradley Nelson has found that trapped emotions, in addition to affecting a person's psyche, also affect them physically, causing disease and a host of disorders. In his book he delves into this aspect and mentions several examples. He also mentions several cases that show how effective this simple method can be. Which is hard to believe until you experience it yourself.

Protocol

Before starting, you must first have the permission or consent of the person to whom you are going to direct the treatment, if you are a minor, the permission of one of your parents or guardian. If you practice the emotion code within a biomagnetism session, we assume that the person already has your consent. If you have any questions, ask them again and ask for their consent, briefly explaining that this part of the treatment will allow them to find and release any blocked emotions and that it only takes a few minutes. To apply Dr. Bradley Nelson's protocol, it is convenient for the person to be seated, so it is better to carry out the treatment after having finished the biomagnetism session. As expected, the place must be adequate, without interruptions. The therapist must be in a state of balance in order to connect with the supraconscious and proceed with the questions:

Here is the typical protocol that can be followed during the session:

Is there an emotion you need to unlock right now?

If the answer is positive, then it continues to identify the trapped emotion, for which Dr. Bradley Nelson's chart of emotions is used.

The Emotion Code™ Chart

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

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The method he suggests is as follows:

The trapped emotion is in column A (yes – no) or column B (yes – no)

The trapped emotion is in even line (yes – no) or non (yes – no)

The line is 1, 2, 3, etc...

Once the box in the chart where the emotion is found has been identified, the list is traversed one by one until the trapped emotion is found.

At this point we can ask if it is necessary to investigate or elaborate more about that emotion. If so, Dr. Bradley Nelson suggests a series of questions, for example:

When did that emotion arise?: childhood, adolescence, adulthood, age ranges can also be asked: 0 to 10 years, etc.

Is the emotion related to a particular person? Mom, dad, siblings, partner, boss, etc.

Is the emotion associated with a particular situation? abandonment, abuse, school, travel, etc.

In what part of the body, organ is the emotion trapped?

How does emotion affects physically?

From these questions, it is possible to discover the moment, and the exact situation in which the emotion was blocked. This allows the person to understand what the mechanism was and why the emotion was blocked in that particular situation. This is where it is convenient to have some training in psychology to be able to help the person to understand and overcome that situation. What we also call: making an elaboration.

Unlocking the emotion

To unlock the trapped emotion, take any of the magnets that we use for biomagnetism and pass it a minimum of three times from the subject's forehead, around his head, down his neck and back to where the sacrum begins. When making the tour with the magnet, it is not required to touch the person, just pass the magnet a few centimeters.



After doing 3 to 5 magnetic passes, you ask if the emotion has already been released, usually that is all it takes to unlock the emotion. If the emotion has not been unlocked we can pass the magnet a few more times.

Once we are done unlocking and working with one emotion we can ask if there are any other emotions that can be unlocked at this time. In which case we look for the emotion again and unlock it following the same procedure.

Questions can also be asked to address specific problems that the person has, some examples that Dr. Bradley Nelson mentions are:

"Is there a trapped emotion that is preventing the person from losing weight?"

"Is there a trapped emotion that is causing inflammation in your tissues?"

"Is there a trapped emotion that is keeping you from making more money?"

"Is there a trapped emotion that is causing pain (back, neck, shoulder, knee, etc.)?"

"Is there a trapped emotion that is causing the person to feel (depressed, short-tempered, angry, etc.)?"

"Are there any trapped emotions in relation to any specific person (husband, wife, son, daughter, boss, etc.)?"

From these questions you can proceed to identify the trapped emotion, using the chart of emotions.

Usually only one or two emotions are unlocked per session. Cases in which more than three emotions are released in a single session are rare. This is understandable, since the person needs time to work through the emotions that they release. Not only his psyche, but also their body needs time to process the energetic change that accompanies emotional unblocking.

Normally in the sessions there are no situations of catharsis such as crying, screaming, etc. Some more sensitive people say that they have a special sensation when making the passes with the magnet that they sometimes describe as "a change in energy", "chill", "tingle", among others.

The days following the session the person can experience the emotion again, remember the situation when it was blocked or also experience the process through dreams. It is important to warn the person that they could experience any of these situations and that it is completely normal within the process.

Other types of emotional blockages

In the book, Dr. Bradley Nelson also mentions some other types of trapped emotions, which are really variants of what was explained above, such as:

Prenatal emotions, those that were blocked from the moment of gestation due to situations experienced by the baby and the mother.

Nested emotions. It is when two or more emotions are blocked in the same area of the body, which is rare.

The **inherited emotions**. As its name indicates, they are trapped emotions that were "inherited" from one of the parents, sometimes also from grandparents or even more distant relatives in the family tree. The procedure is the same, only to find these emotions you have to add to the protocol: are there any trapped *inherited* emotion that you can release at this time?

They can also be found when doing a normal protocol, only when you reach the box where the list of emotions is, for example, column A row 2, when testing the emotions that are inside the box,

none will respond; then you must add the word "inherited" to each of the words in the list. To unlock an inherited trapped emotion, follow the same procedure that we already presented, only instead of sweeping the magnet 3 times, do it a minimum of 10 times.

The heart wall



As we had already noted in traditional Chinese medicine, the pericardium, the membrane that surrounds the heart, is a receptacle for emotions. We notice the same thing in Dr. Goiz's list of psycho-emotional pairs, since many of them are paired with the heart. In the emotion code that area of the chest also has great importance. Dr. Bradley Nelson discovered that many emotions can accumulate in the heart forming "the wall of the heart" which is like a shield that prevents the person from feeling, and in this way moves away from their emotional dimension.

The wall of the heart is formed on the energetic plane and also on the mental plane. Let's say it was created by the person's subconscious imagination. This explains why the wall of the heart can be made of various materials such as wood, metal, cloth; or even some less expected ones like flowers, food, etc. The wall of the heart is one of the most interesting topics discovered by Dr. Bradley Nelson and adds further depth and scope to his therapy. However, due to its length, we invite you to read on the subject directly in Bradley Nelson's book: [The emotion code](#).

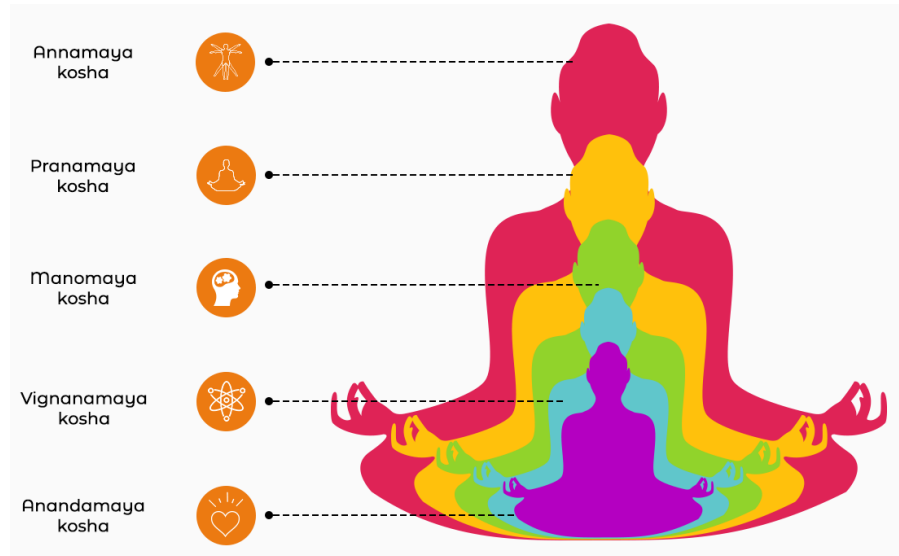
We hope that you can add this valuable tool to your daily practice, since hundreds of therapists already apply it successfully.

Complementary activity:

Read the book: [The emotion code](#).

Introduction to the Chakras

Unit V Lesson 5

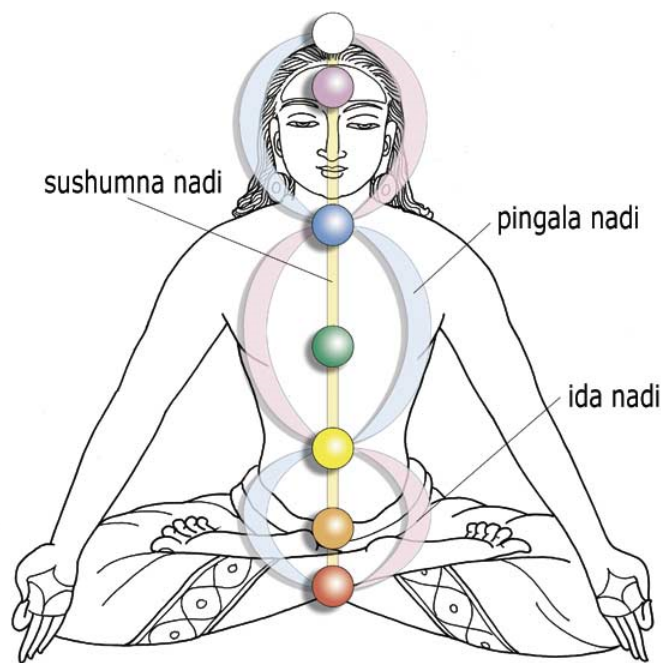


Over hundreds of years in India, a deep understanding of the body, its relationship with energy, the mind and the subtle planes was developed. This knowledge led to the formation of an entire science, which we could even call technology aimed at the development of special faculties and transcendental states of consciousness. We refer to Yoga, a term that derives from the word YUG which means "to unite".

Yoga does not conceive of the human being only in his physical manifestation, but constituted by various bodies or envelopes. The physical body is only the grossest or most dense part called *annamaya kosha* which literally means "envelope made of food". Then follows *Pranamaya kosha*: energy sheath, *Manomaya kosha*: mental body, *Vignanamaya kosha*: body of knowledge-wisdom and *Anandamaya Kosha*: body of bliss. In the second body, pranamaya kosha is where the emotions live, it is what is equivalent to the aura. This energy body not only penetrates the physical body, but also protrudes several centimeters above the skin. It would be something similar to the Earth's atmosphere that surrounds the entire planet.

Subtle anatomy

Just as the physical body has various organs and a network of blood vessels and nerves; The energetic body also has various centers that perform the functions of energetic organs; It also has a network of energy channels, which in the science of yoga are known as nadis: the most important are Ida, Pingala and Sushumna. The first two wind down the back, while Sushumna ascends straight up the spine. It is said that by awakening the kundalini energy, which is dormant near the base of the spine; This energy, similar to a coiled snake, begins to ascend along the spinal column and activates the different energy centers: the so-called chakras.



But in order to awaken kundalini and be able to raise the kundalini energy to the Sahasrara chakra, an arduous training and discipline is required that can last for many years; which does not guarantee reaching samadhi, that is, the state of illumination, spiritual ecstasy or nirvana that is reached when the limited individual consciousness unites with the unlimited

cosmic consciousness, the divine consciousness. It is the union of atman with paramatman, mystical weddings, the maximum realization of the human being, the ultimate goal of yoga, YUG, Union.

The chakras

There are 7 main energy centers and they all connect with the Sushumna channel through a kind of energy stems. Each chakra is associated with a strip of the body and the organs that are in that area. So a malfunction or blockage will cause lack of energy in the corresponding organs and imbalance. While an excess of energy can cause overexcitement and therefore, it will also cause disorders in the body. The alignment and balance of the chakras allows them to be brought to their optimal point, where they can supply the necessary energy to the corresponding organs.

Chakra	Symbol	Color	Location	Function	Related Areas
Crown: Sahasrara		Purple or White	Top of Head	Enlightenment, Divine Wisdom, Consciousness	Entire mind and body, brain, pituitary gland, nervous system
Third Eye: Ajna		Indigo	Center of Forehead	Intuition, Perception, Wisdom	Forehead and temples, eyes, pineal gland
Throat: Vishuddha		Blue	Throat	Communication, Self-Expression, Desire for Truth	Throat, neck, shoulders, respiratory system, thyroid
Heart: Anahata		Green or Pink	Center of Chest	Compassion, Love, Harmony	Heart, lungs, arms, hands
Solar Plexus: Manipura		Yellow	Just above Navel	Energy Distribution, Personal Power, Motivation	Muscular system, digestive system, liver, stomach, adrenal glands
Sacral: Svadhithana		Orange	Just below Navel	Emotionality, Sexuality, Creativity	Reproductive system, sexual organs, circulatory system
Root: Muladhara		Red	Base of Spine	Survival, Stability, Security	Bones, bladder and elimination system, legs, feet

Chakras and the psyche

In addition to relating to the organs and systems of the body, each chakra also has a relationship with other aspects such as planets, minerals, colors, planes of manifestation and, what interests us most, its relationship with emotions and the psyche. Let's see the most relevant aspects.

- **Chakra 1, Muladhara:** basic survival instinct
- **Chakra 2, Swadisthana:** pleasure instinct, sexual desire
- **Chakra 3, Manipura:** desire for power
- **Chakra 4, Anahata:** empathy and love
- **Chakra 5, Vishuddha:** communication, creativity
- **Chakra 6, Agna:** imagination, clairvoyance
- **Chakra 7, Sahasrara:** enlightenment, universal consciousness

Working with chakras

First we must clarify that the balance of chakras is a complementary treatment to the medical biomagnetism of Dr. Isaac Goiz Durán.



There are various ways to work with the chakras, we only mention the most effective and simple; however, this does not mean that the therapist cannot find or develop protocols other

than those presented.

Testing with the pendulum: With the person lying on the table, we can pass the pendulum directly over the seven chakras. The pendulum will respond by changing its motion, or speeding up its spin. Usually, the faster spin means that the chakra in question has more energy, but it does not necessarily mean that it has an imbalance, simply, let's say that the chakra is more awake.

Test by asking the superconscious: You can also test by asking the superconscious directly about the condition of each chakra. The response from the superconscious can be received through the patient's legs, fingers, pendulum, or some other tool.

Usually an overexcitation of the chakra will require the negative pole of the magnet. And an energy deficit of the positive pole.

But we can let the body answer us with the following questions:

- Is chakra 1 (muladhara, or root chakra) out of balance?

In case of a positive answer, we continue with the following questions:

- Is it balanced with the negative pole?
- Is it balanced with the positive pole?
- Is it balanced with dual polarity (+/-)?
- How long to place the magnets: 10, 15, 20 minutes?

In this way, each of the 7 chakras is tested. Other questions that can be asked would be: the date on which the imbalance began or the cause that originated it, such as:

- Disease
- Hormonal disorder
- Emotional crisis
- Negative energies (hexes)
- Among others.

Observations: take the following circumstances into account.

- Chakra 2 does not apply to pregnant women.

- Chakra 4 does not apply if the person has a pacemaker.
- Chakra 6 regularly works with the **interciliary - medulla oblongata** pair and in a few cases it will request both magnets on the interciliary.
- The 7th chakra regularly doesn't ask to be balanced.

The protocol that we have just described can be carried out with the same magnets that we usually use in our biomagnetism sessions. Some variants of this technique require the use of magnets with the colors corresponding to the chakras. Or, the use of quartz or semi-precious stones, which could have the respective colors. The use of colors can help the energy of the magnet or stone to better tune with each of the chakras, in my experience this condition is not necessarily required.

In the next lesson we will present a little more information about each of the 7 chakras, which you can also find in the Biomagnetic Guide.

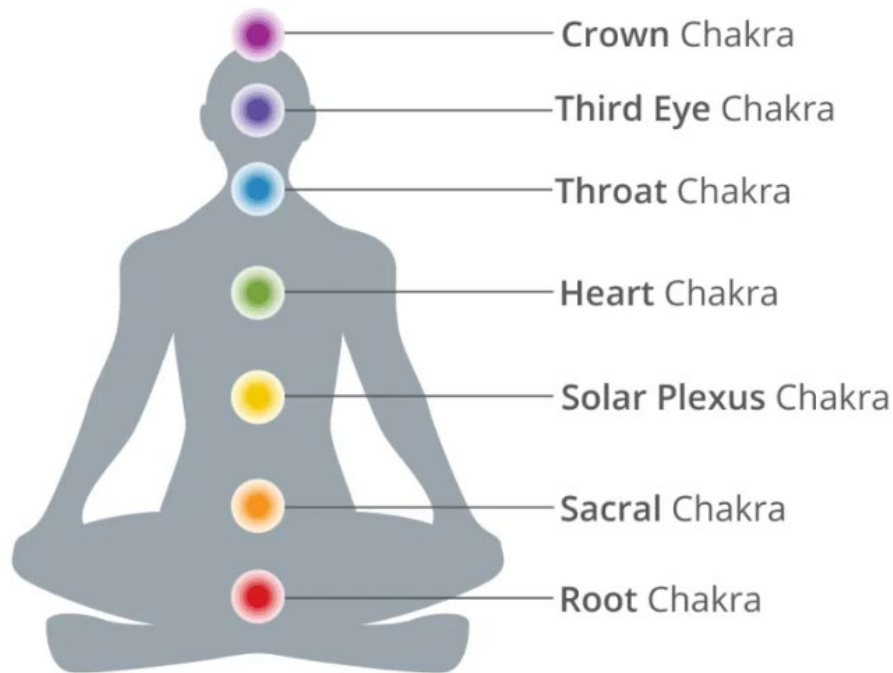
The Chakras, part 2

Unit V Lesson 6

Generalities:

The *Chakras* are known in the West as *bioenergetic centers* or *nervofluidic centers*, they are subtle energy centers. Its study comes from classical yoga texts. Each chakra is related to a gland of the endocrine system, a plexus, a set of organs. Therefore, an excess or deficit of energy in each of them can affect the physiological and emotional balance. In turn, each bioenergetic center is related to psychic levels, planets, colors, metals, sounds, etc. In this article we present the generalities of each one, beginning with the way it is called in the Western language, followed by its name in Sanskrit (the ancient language

of India). At the end we present a basic protocol to balance them.



Chakra 1:

Root Chakra or *Muladhara*, it is located on the perineum, between the sex and the anus. It is represented as a lotus with 4 red petals. Related to the planet Saturn and the earth element, so it provides support, firmness, security. It governs the most basic instinct, which is the *survival instinct*, manifesting itself through the *fear*. Those who have not developed the energy of the first chakra feel insecure, in an uncertain world, always looking for someone or something to lean on (codependency, addictions). They are disorganized people with little will. Instead; whoever has developed it has the ability to overcome obstacles through tenacity and continuous effort. They are organized, constant, hard-working, reliable people. In the physical aspect it is related to the adrenal glands, with the legs, the feet that are our roots and the contact with the earth. Governs the bone system, the structure.

Chakra 2:

Lumbo-sacral or *Swadisthana*, located at the level of lumbar 5 and the sacrum. Represented with a lotus with 6 orange petals. Ruled by the planet Jupiter and the element of water, it represents a more dynamic and fluid aspect of energy. Related to the sexual organs and to the ***sexual instinct*** that manifests itself through desires and pleasures, its excess being lust. Whoever has developed it has the ability to generate and create, either on the material level (material wealth) or on the artistic or intellectual level.

It is related to the gonads and the reproductive system, in general with the organs at the height of the hip and waist.

Chakra 3:

Hypogastric or *Manipura* (the city of jewels) is located in the solar plexus, between the diaphragm and the navel. Represented by 10 yellow petals. The planet Mars is its ruler along with the fire element. It is related to organs such as the liver and pancreas and in general with the digestive system. At the psychic level, it has to do with the desire for dominance that manifests itself through aggressive behavior. Its development goes hand in hand with that of willpower, value or courage; while its defect is usually uncontrolled anger, which manifests itself in alterations of the digestive system.

Chakra 4:

Heart Center or *Anahata*. It is located in the chest, at the height of the heart. Already here we enter a more spiritual field, since this chakra develops empathy and love. Represented by a lotus with 12 green petals. It is ruled by the planet Venus and the element of air. The energy becomes more subtle and in this case develops the feelings and aspirations of love, unity, compassion, understanding. Related to the thymus gland and

the heart. Ancient texts say that by fully awakening, the state of *ananda* or complete bliss is achieved.

Chakra 5:

Laryngeal center or *Vishuddha*. It is the center of communication, which is located at the height of the throat. In the Hindu tradition it is related to the element akasha or ether by Westerners. A much more subtle vibrating element, Represented by 16 light blue (cyan) petals. The ability to communicate, eloquence and creativity are manifested through this center and its associated organs such as the mouth (language, music) ears (clairaudience) arms and hands (creativity and expression through the hands). It is related to the thyroid gland and the respiratory system. It also represents the communication between the world of ideas (head, brain) and the world of feelings and desires (chest, abdomen) and the way we externalize all this inner universe.

Chakra 6:

Front center or *Agna*. It is the center of vision both on a physical level and on an extrasensory level. It is located between the eyebrows (third eye). It is ruled by the Moon, element: Maha tattwa (space). Represented by 2 indigo colored petals (there are actually 96 petals, half blue and the other half violet). To those who develop it, it provides the ability to see beyond the limits of time and space, develops the consciousness of *total knowledge: "Chit"*. Related to the pituitary gland, with the eyes and in general with the brain and nervous system. It provides the ability to imagine, visualize and clairvoyance or intuition on the higher plane.

Chakra 7:

Sahasrara or *Coronary center*, is located in the crown, in the center of the head and is related to the pineal gland and in general with the balance of the endocrine system. Represented

by a purple lotus with a thousand petals. Its ruling planet is the Sun that connects us with the plane of the absolute, with cosmic Consciousness. When you have developed you can reach the Enlightenment or ***Samadhi***, which is the consciousness of the ***Truth***, from ***Being: "Sat"***, the union of the individual Soul with the universal Soul.

Chakra	Color	Gland	Related Body Area	Emotional Aspect
1. Muladhara	Red	Cortico adrenals	spine, kidneys	Amount of physical energy, will to live
2. Svadhisthana	Orange	Gonads	spine, kidneys	Quality of love for the opposite sex, giving and receiving physical, mental and spiritual pleasure. Sexual energy
3. Manipura	Yellow	Pancreas	stomach, liver, gallbladder, nervous system	Awareness of the universality of life, healing, intentionality towards one's own health
4. Anahata	Green	Thymus	heart, blood, vagus nerve, circulatory system	Feelings of love for other human beings, openness to life. Will towards the outside world
5. Vishuddha	Blue	Thyroid	bronchial apparatus, lungs, alimentary canal	Take and assimilation. Sense of self within society and each person's profession. Objectives and goals
6. Ajna	Indigo	Pituitary	lower brain, left eye, ears, nose, nervous system	Ability to visualize and understand mental concepts. Ability to develop ideas in a practical and intuitive way
7. Sahasrara	Purple	Pineal	upper brain, right eye	Integration of the total personality with the life and spiritual aspects of humanity