

Ashley Nunn
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EMOTION CODE: TERMS, CONDITIONS, AND DISCLOSURES

I HAVE READ AND AGREE TO THE TERMS ABOVE

yes

THIS EMOTION CODE SESSION IS FOR:

Me

AGE OF THE HUMAN, PET, OR CHILD:

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EMOTION CODE (EC) CAN HELP IN A VARIETY OF AREAS, WHICH ARE NOT ALL LISTED HERE. PLEASE CHECK ALL THAT APPLY TO YOUR CURRENT SITUATION:

Emotional Difficulties, Emotional Trauma, Anxiety (8), Trouble Connecting With Others, Low Energy, Low Self Esteem

IF YOU CHOSE "OTHER," PLEASE DESCRIBE BELOW (YOU MAY ALSO USE THIS AREA IF THIS SESSION IS FOR A PET OR A MINOR UNDER 18 YEARS OF AGE):

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THIS SESSION IS FOR SOMEONE UNDER 18 YEARS OLD.

no

I AM A PARENT/GUARDIAN OF A MINOR AND GIVE JESSICA DINATALE PERMISSION TO PERFORM EMOTION CODE (DISREGARD IF N/A).

no

WOULD YOU BE WILLING TO ANSWER A SURVEY/WRITE ME AN HONEST TESTIMONIAL OF OUR TIME TOGETHER?

yes

I SEND THIS SURVEY THROUGH GOOGLE - DO YOU HAVE A GOOGLE EMAIL TO SEND YOU THIS CORRESPONDENCE?

no

IF YOU ANSWERED NO: PLEASE PROVIDE YOUR EMAIL BELOW SO I CAN SEND IT TO YOU IN A DIFFERENT WAY (N/A APPLICABLE IF ANSWERED YES ABOVE):

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Session 1:

In order of how I found them:

1. Betrayal - Age 33 - Removed/Released.
2. Forlorn - Inherited from Father, 10 Generations Back - Removed/Released.
3. Self-Abuse - Age 21/23 - felt client pushing out gray at this time - Removed/Released.
4. Shame- Age 16/17 - Removed/Released.
5. Indecisiveness- Age 11 - Removed/Released.
6. Unworthy- Age 21 - Removed/Released.
7. Unsupported- Age 14 - Removed/Released.
8. Panic - Age 21/22 - Removed/Released (specifically got stuck during her pregnancy).

Client states that she "she doesn't like herself" and does not have a great relationship with her mother because she got pregnant around 21/22 years of age. Her mother also got pregnant young (17), and believes mom *projects* onto her being a young mom in college.

-States she feels "slightly lightheaded but calmer than she has in a long time" especially with all of the anxiety she feels all of the time.

Found out there are 42 Trapped Emotions around her "anxiety" specifically - all located in the trunk area of the body. Decided together with the client that we would finish finding the rest of the emotions together, pro bono.

Session 2: 34 Emotions Left

Was let in immediately, but felt an overwhelming sense of fear and the eyes of the lion.

1. Bitterness - Age 7 - overall theme in the home she grew up in.
 - a. Saw a baby in a crib in front of a big, bright window in a home.
 - b. Felt pressure under my right breast - client states similar pain, but on the left side. This is where she holds bitterness AND discouragement.
2. Despair
3. Longing
 - a. Both of these emotions were trapped at the same time from Dad (one generation back) - client states that dad was left at hospital due to medical complications.
 - i. White man with a long face, dark features and beard showed at this time (questioned whether or not that matched the description of paternal grandfather/father - determined it was her Guide for the "masculine."
 1. My senses started going CRAZY here, which leads me to believe this was something spiritual (a guide).
 - ii. Throat Chakra was activated during this time. My hand went up and covered my mouth and I wondered what Ashlet was not saying or speaking.
 1. Has to do with the relationship she has been in since last year.
4. Abandonment - Dad, 1 Generation Back

- a. Again, dad felt abandoned while he was in the hospital when he was born - first few months of his life.
- 5. Discouragement
- 6. Dread
- 7. Betrayal
 - a. All of these emotions were trapped around 13/14.
 - b. Client states this is when she moved, lost friends, and were separated from her parents. She was sent to live somewhere else, while her "parents saved for a home."

Session 3: 27 Emotions Left

-Pain under the breast is gone.

-Able to sit with mom and not feel like a fight is going to break out - still need a talk on boundaries.

1. Insecurity and,
2. Depression: Age 14 -deeply rooted within you
3. Frustration: Age 14 - Left Collarbone
4. Panic: Age 14
 - a. Left alone to live with Aunt and Uncle
5. Shame: Age 22 - sexual organs
 - a. "Honor your womb" - (*sacral meditations to get in touch with that space.)
6. Betrayal - Age 33 - Heart
7. Self Abuse and,
8. Frustration - Age 33 - Lungs
 - a. A lot of changes in family dynamics, split from ex, no help from parents.
 - b. Your body feels TIRED
9. Bitterness - Theme - Chest/Lungs
 - a. Overwhelming feeling of exhaustion.
10. Rejection - Theme - carried in the center of your back
11. Depression - Inherited from Mom, 2 Generations Back
 - a. Mom feels stand-offish
12. Depression: ALSO hidden AND trapped -prenatal emotion from mom - left heel.
13. Resentment - Absorbed by mom who took it from someone else.

Check on Heel, Back, and Lungs for the next appointment on June 1.

Session 4 - June 1, 2021 (14 Emotions Left)

-Foot pain is completely gone.

-Session was HEAVY, and really needed some extra time to move through the subconscious, honor what was coming up, and then release the emotion.

1. Indecisiveness -Theme
 - a. Not feeling sure of self.

2. Grief - Age 7
 - a. Harassed by a family member.
 - i. Feeling neck pressure/pain - took some time to open up this space and release emotions here.
3. Defensiveness and,
4. Shame - both Age 19
 - a. 1st Heartbreak
 - i. Shield
5. Hatred - Age 25
 - a. Confrontational relationship with mom.
 - i. You started using your voice, putting pieces together.

Session 5: June 4th (9 Trapped Emotions Left - Distance Session)

1. Confusion - Age 5
 - a. Cousin hit and killed by a beer truck while you were waiting for the bus.
2. Defensiveness - Age 16 - Lung
 - a. See a little girl hiding, peeking out of shades in a home (?)
3. Discouragement - Theme
 - a. Expected to be let down by everyone in your life - started young.
 - b. Feeling a sense of cold come over me, like you were uncomfortable in your home - were basic needs met? Were parents able to provide?
 - i. A lot of opening up in the throat chakra space.
4. Bitterness and
5. Heartache - Age 14
 - a. Too much of yourself was uprooted.
 - b. Not feeling safe in your body - feeling very uneasy and ungrounded/unsettled.
6. Effort Unreceived - Age 24 - Heart
 - a. Sexually assaulted around 23/24 by a neighbor.
 - b. Living in housing projects with your daughter at the time.
7. Blaming
 - a. Sexually assaulted - and possibly more than once (?)
 - b. Feeling uneasy and unsettled again as I move through this emotion...
 - i. Lost a sense of self.
 - ii. Were you quieted during this time? Hand over mouth or just quieted in some way in general?
8. Creative Insecurity - lacking the confidence to start anything NEW, untrusting of self.
 - a. Theme
 - b. Throat chakra activation
9. Unsupported - Theme - not feeling the support from the people around you.