

## -An Introduction on Energy Healing

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### 1. My Introduction

My name is Liliana Veloso Karlsson, born in Argentina, living in Sweden for the past 30 years. Originally a teacher and a translator, I've been practicing Energy Healing for more than 9 years. After attending seminars and courses I graduated with a certificate as an Emotion Code Practitioner. I use different methods: The Emotion Code, the Body Code System and Affirmations.

The kind of healing this work brings in my clients is very inspiring. I have seen post-traumatic energies, intolerances, inflammations, depression, fear, hopelessness, panic, etc. disappear.

### How I work

Healing sessions are done in person, by Skype, mobile phone (using Signal, Telegram, Whatsapp audio-video chats). Also, *long-distance healing sessions*, when the person is sick and can't be present.

This work is done with complete confidentiality.

In the process of healing, there is often some kind of homework, or certain tasks that each person has to do by him/herself after the session, as a part of his/her own development and growth. Please take this into consideration and adhere to it as it will benefit your healing greatly.

Each session has a cost of **45 euros**.

**25 euros** for retired or unemployed people and students.

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For more info on Energy Healing, please go to the website:

[www.discoverhealing.com](http://www.discoverhealing.com), or [www.drbradleynelson.com](http://www.drbradleynelson.com)

## 2. Testimonies

**Physical issues:**

- A young man who had an allergy against dairy products reported that it had disappeared after several sessions and he was happily eating cheese, etc.
- A young woman with a case of cysts in the womb and with the prospect to undergo surgery, after several healing sessions, returned to the doctor who confirmed that the cysts were gone. Another person with cysts and no menstruation whose doctor had said she could not have children, had many hlg sessions and the menstruation came back and, after some months, she got pregnant and had a healthy child.
- A person with recurring colds, infections, etc. got back to balance after eliminating several blocking inherited trapped emotions from the father's side.
- After 2-3 energy-healing sessions, a skin rash (legs, arms, chest, etc.) disappeared from a small child.
- A little boy developed intolerance to dairy products and if he drank milk, etc. he vomited. After removing trapped emotions of anxiety, despair, nervousness, worry and discouragement, all intolerances disappeared.
- A person who was not feeling well without any reason, recovered after it was identified that her body had a high level of *dehydration*. The 'medicine' was drinking extra water during 7 days. This person reported feeling fine again.

### Emotional issues:

- A person who lived with constant worry, after several healing sessions stated that she did not have it anymore.
- Two young people with broken marriages and broken hearts could recover after a while and were willing to start investing in a potential new relationship. Today, both are happily married and building a family.
- Some cases of young people with the desire to find a potential partner and marry had a strong *fear* towards commitment, partnership and marriage. All of them got rid of this dread, and expressed hope and desire to move forward.
- A person with difficulties in finding a good job as well as difficulties in being able to keep a good job, found his dream job after having done several healing sessions and having removed many personal and inherited blocking energies.
- A couple shared that one of the spouses could get sudden outbursts (temper-tantrums) that scared the rest of the family and their relationships. After quite many sessions, this behaviour disappeared and this person was behaving kindly and even being sweet. The other spouse said to me: "I've got another spouse now!"  
There are more stories of people that were able to come back to balance and got healthier, stronger and hopeful individuals.

### 3. What are these Energy Healing methods?

#### a) The Emotion Code and The Body Code System

The Emotion Code and Body Code System are energy healing techniques that help to identify and release the underlying causes of different imbalances in the physical and in the spiritual body. Once it is free from those blocking energies that were affecting its normal functions, it recovers. Pain, inflammations and allergies as well as fear, depression, anxiety, anger, etc. start decreasing and eventually disappear.

**The Emotion Code** includes main 60 human emotions that can get trapped in the subconscious mind when the person has not been able to process them at the time it happened. They then stay there, affecting one's physical, mental and spiritual health and balance. They can also block progress in life, joy, love, success, etc.

**The Body Code** is divided into 6 categories:

1. **Circuits & Systems:** The organs, glands, muscles, bones, etc.
2. **Energies:** Generally; post-traumatic; offensive energies, etc.
3. **Pathogens:** Fungal. Bacteria. Viral. Mold. Parasites.
4. **Food & Lifestyle:** Food, herbs, nutrients, sleep, dehydration, magnetic field, blood PH imbalance, vitamin-mineral deficiencies, etc.
5. **Misalignments:** Bones, nerves, connective tissue, etc.
6. **Toxicity:** Heavy metals, free radicals, chemicals, electromagnetic energies and other environmental sources.

#### **\*Inherited and Trapped Energies**

*Cultural Family Triggers* causes trapped emotions. Also, ancestral unsolved trapped emotions stay in our DNA and are inherited by the next generations. The Emotion Code and The Body Code System can identify and eliminate such blocking energies. As a consequence, it becomes easier to get in touch with our own true self, and also to get our health, mind and spirit back to balance.

#### **b) Affirmations**

The purpose and goal of Affirmations is to turn negative thoughts into positive ones. To visualize and create better/higher level thoughts. To strengthen the positive self-image. To change and improve some areas of our life. To raise the level of our consciousness.

#### **4. What is Energy?**

Quantum physics describes nature at the smallest scales of energy levels of atoms and subatomic particles. *Everything* is made by energy, including emotional energies.

Science has studied the physical world and discovered gradually how the animal kingdom, the

plant kingdom and the mineral kingdom are formed by cells, which are formed by molecules which are formed by atoms, which are formed by particles, which are all formed by **ENERGY**. The spiritual realm is therefore also made by energy, a more subtle energy.

#### **a) Human beings: A holistic approach**

Humans are formed by a physical body and a spiritual body. They relate to the physical body through their five physical senses (sight, smell, hearing, taste, touch). The physical body lives in the physical world around 100 years. Similarly is the description of the human's spiritual body which has three aspects: emotion, intellect and will and has five spiritual senses to relate to the spiritual dimension of our being.

Each one of us here on earth is the last link of many generations of ancestors who lived before us and, thanks to them, we exist. We are not disconnected. As we can inherit, through the DNA, many physical features from them (hair, eye color, etc.), we *also* inherit accumulated energies and emotions that they couldn't process while being alive, which then stayed trapped. Those inherited energies can disturb our own balance and well-being. Through these methods can we identify those energies through the subconscious mind, and release them, increasing harmony between our mind and our body.

We all grow and develop as a part of life, so this extra investment of Energy Healing methods contribute to our own growth as human beings.

Ivk 28/02/21 Stockholm, Sweden

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