



AWAKENING YOUR INNER HEALER

EXPLORE WITH CHRISTINE WYLLIE



The Body Code - Unlocking your Body's ability to heal itself

The Body Code is a healing method developed by Dr. Bradley Nelson to enable us to release trapped emotions or simply trapped energy by accessing our subconscious mind. Some of this emotional baggage is from our own life experiences, and some we have inherited from the lives of our ancestors.

“The body is a self-healing organism. It knows what is wrong and what it needs. The Body Code is how we ‘decode’ those needs. The Body code offers us a revolution in how we can take care of ourselves and others.

The Body code is a “knowledge base” of imbalances, or things that can go wrong in the body. It gives your subconscious mind a way to reveal the true underlying causes of ailments, whether those imbalances have combined to create symptoms or not. The body code can be thought of as table of content for the things your subconscious mind is tracking.

The body code is the result of deep study of the human body, time proven ancient practices, meditations, inspirations, and the unlimited power of the subconscious mind. When you access the subconscious mind you are tapping into the most powerful computer that we know of, a computer that holds all the answers and knows with perfect understanding what is really needed to create optimum health and wellness. My training and experience as a computer programmer as well as a holistic physician have helped me to make this simple for those who use it.

Most physical, mental and emotional issues we face can be addressed with the Body Code System, because it comprehends nearly all possible imbalances of the mind body and spirit. It is a comprehensive tool that is being used to help people of all ages, from newborn to the elderly . And it is not only for improving your health. It can be used to enhance or repair relationships, uncover blocks to abundance, help in finding your heart's desire. It can even help you uncover blockages to better performance at school, home, work, or sports. The Body Code makes it simple to remove blocks to success of all sorts.

For those who fully desire to change and are willing to put forth the effort, not only will their thoughts and ways of being shift, but their very futures will often transform. The Body Code helps them create a new future, a new reality with less pain, dissatisfaction, and self-sabotage, in which dreams more easily becomes reality.”

~ Dr Bradley Nelson – Founder of the Emotion Code and Body Code

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Your Subconscious Mind knows everything about you! Using the Body Code – Emotion code tool we tap into the subconscious mind to find blockages, misalignments, stuck emotions etc.. and release them. Trapped emotions are sitting energetically in the body causing emotional imbalances, influencing your immune system and distorting tissue, bones, organs, glands and nerves. With the Emotion and the Body Code system these trapped emotions, and the resulting mental and physical imbalances are released, and your body does the healing and goes back into full alignment. The beauty is that this ENERGY HEALING can be done remotely as well as in person. It is such a fully comprehensive and fun way of tapping deep into the real issues of dis-ease and clearing them, resulting in mental and physical well-being! The Universe is truly amazing!

Our subconscious holds memories and emotions from all our lifetimes , as well as those inherited from our ancestors and our subconscious is in control and knows what and how much can be released at any given time without overwhelming us.

For you to exist today,
it took the life-stories of 2 parents,
4 grandparents,
8 great grandparents,
16 two times great grandparents,
32 of your three times great grandparents,
64 of your four times great grandparents,
128 of your five times great grandparents,
256 of your six times great grandparents,
512 of your seven times great grandparents,
1,024 of your eight times great grandparents,
2,048 of your nine times great grandparents,
4,096 of your ten times great grandparents
and so on to the beginning of the origin of humanity.
The you that you call by your name, is **the effect or the result of every single one of those people ...**

Trapped Emotions and Disease

The most ancient idea in the art of healing is that disease is caused by imbalances in the body. Trapped emotions are the most common type of imbalance human beings suffer from. I believe that trapped emotions can be implicated in nearly all diseases, either directly or indirectly. Trapped emotions seem to be universal. Because they create distortion in the body's energy field, and because they are completely invisible, they can cause an incredibly wide variety of physical problems without being discovered.

Trapped emotions are truly epidemic, and they are the insidious, invisible cause of much suffering and illness, both physical and emotional in nature. Trapped emotions lower immune function and make the body more vulnerable to disease. They can distort body tissues, block the flow of energy, and prevent the normal function of organs and glands.

Below is a list of some conditions and diseases that Dr Bradley Nelson the founder of Body Code and Emotion Code's patients have come to him with where trapped emotions appeared as a contributing factor, and many times as the entire cause.

ADD/ADHD	Eating disorders	Multiple sclerosis
Addiction	Eye Pain	Neck pain
Allergies	Fibromyalgia	Nerve pain
Anxiety	Headaches	Night terrors
Asthma	Heartburn	Nightmares
Autism	Hiatal Hernia	Panic attacks
Autoimmune issues	Hip Pain	Paranoia
Back pain	Hypoglycemia	Parkinson's disease
Bell's palsy	Immunity issues	Phobias
Bipolar disorder	Impotency	PTSD
Cancer	Infertility	Self-sabotage
Carpal tunnel synd.	Insomnia	Sexual dysfunction
Chest pain	Irritable bowel synd. (IBS)	Shoulder pain
Chronic fatigue synd.	Joint pain	Sinus problems
Colitis	Knee pain	Social anxiety
Constipation	Learning disabilities	Suicidal thoughts
Crohn's disease	Low back pain	Tennis elbow
Depression	Low Self-esteem	Thyroid problems
Diabetes	Lupus	Vertigo
Dyslexia	Migraines	Weight issues

Studying Dr Bradley's work has expanded my understanding of how we store our emotions and given me a simple tool to access our subconscious mind and the infinite wisdom of our miraculous self-regulating body; it is a powerful tool that compliments my existing energy healing practice in a remarkable way as well as bringing invaluable transformative insights to my Coaching practice.

Your body is designed to self-heal and regenerate; It is really about clearing what is the way so that the body can heal itself. Most people underestimate the infinite power of their divine potential and the subconscious mind.

Removing trapped emotions can often relieve pain and suffering. Many people have found that when they free themselves of their trapped emotions, they feel like a burden has been lifted, they experience a feeling of lightness, more confident to be who they really are, and are able to live healthier and happier lives.

Some feedback from my clients:

"I was diagnosed with a cancerous lump in the right breast and lymph node in the arm pit in March 2024. The doctors told me that I would require surgery and chemo and possibly radiation otherwise I would be dead in 2 years. I did not like the idea of poisoning my body with Chemotherapy and all its side effects, I chose to go the detox route while building up my immune system instead. I contacted Christine in September 2024 as a further pet scan revealed another lump in my neck and lung. Christine, relationship with Cancer is so uplifting, she sees it as an invitation from my soul to heal on many levels and reclaim my wholeness / holiness. She casually asked me if I wanted to live or afraid to die, said she had no preference, I have free will and she simply wants to support me on my chosen path. Stating that death is the greatest healer, and I had the choice of letting the cancer die or allow the cancer to kill my body. That my real "I" i.e. my soul is eternal and cannot die but the body or the cancer must. When I said I wanted to live she wanted to know Why? Saying that if I did not have a great why, something I really wanted to live for, it would be harder to navigate. I had to dig deep.

Working with Christine and the Body code system has been a fascinating journey. It's a simple modality, with an incredible amount of depth and subconscious shifting. I am always left feeling lighter and brighter after a session. Christine also holds the space with a nurturing gentleness and humour, she makes me aware of my own BS, that holds me back. Her insightful wisdom expands me, in needed ways. I feel comfortable to share fully and safe enough to receive wholeheartedly.

Christine is an earth blessing. And with her support and the body code system, I am steady on my path to wholeness and wellness. These weekly calls with Christine have helped me keep my sanity, she restored my faith in my body's ability to heal itself and helped alleviate the anxiety and stress of having been given a death sentence by the doctors.

She has helped me release so much past trauma and navigate the changes necessary for my healing. The Body Code system is the most insightful and precise method I have encountered. I am excited to say that we celebrated a milestone this January when the Body code revealed that there was no more cancer to heal in my body, we are still dealing with scar tissue and dissolving the remaining lumps. I have been given a new lease on life, one where I have acquired the gift of self-awareness and conscious choices and learned to appreciate the miracle of the human body and the interconnectedness of everything." – H.S

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"I have not had a headache since the clearing 4 days ago, this is quite a big deal, I have suffered from these headaches daily for the past 30 years, it is a huge breakthrough. I feel so much lighter..." - A.K

"This is the most effective healing modality I have experienced, and I have tried many over the years; the results are profound, it is fascinating to uncover what is hidden in my subconscious which is holding me back and causing me physical pain and release it in such a safe, quick and easy way. I can't begin to tell you what a difference it is making. Thank you!" – H.L

" My kidney pain is gone. I feel so much lighter; I have started walking again and also started my logayanas again and I have noticed that I am so much more pliable. I am so grateful to have found the Body code, I have released so much in such a short period of time, it is absolutely wonderful and astonishing in its simplicity. Thank You." - A.T

“Over the past ten months, working with Christine has been an incredible journey of self-discovery and healing. Her expert skills in Body-Code have enabled me to uncover and release deeply concealed issues that I didn't even realize were holding me back. Christine's intuitive abilities are truly remarkable; she effortlessly navigates the vast unconscious realms within, making emotional patterns visible and easier to process.

Her talent for this kind of work is evident from the moment you begin working with her. Christine tirelessly delved into my complex personal history, guiding me through a deep process that has led to a profound sense of liberation. I now feel more integrated and freer than ever before.

I am immensely grateful for Christine's dedication and expertise. If you're looking to unlock your future by releasing the hidden anchors of your past, I wholeheartedly recommend her services. Her intuitive guidance can help you navigate your own journey towards healing and self-discovery.”- A.W

“Christine I so look forward to our coaching sessions, you offer such a simple and different perspective on life that brought about an astounding paradigm shift for me. The additional insight you reveal from my subconscious is truly mind blowing; I love the way you intuitively find the thread that ties everything together, it helps me make sense of things and somehow I leave our sessions excited about making changes rather than dreading it. Your sense of humour is priceless, you have a knack for making me laugh; in addition, your passion for your work coupled with your deep caring heart makes me feel very safe. Thank you!” – M.K

“I have suffered from back pain for most of my life, and over the years I have tried various therapies, but it progressively worsened, and in the past year I often had to resort to taking pain killers to be able to get through the day. These past few weeks I did not know what to do anymore, I was in agony, the pain felt like it was inside my bones, and I built so much muscle tension as a result; Reiki helped with the muscle tension, and I am ever so grateful for my wife's soothing hands, but the pain in the bones was relentless, this was not a way to live. When Christine offered to do the Body /Emotion Code sessions with me, I thought I had nothing to lose. And while at first there was no physical improvement, I could feel the energy shifting inside me and felt lighter and yet I have no recollection

of the events that triggered these trapped emotions. After just a few sessions I am happy to report that I haven't taken a pain pill, I am walking straight again, I am restoring my parquet floor, I feel like I have been given a new lease on life." -David Wyllie

"Christine, I can't thank you enough, I am felling lighter, less burdened, I have regained optimism and excitement for life; and like magic so many new doors, opportunities are opening for me, I am feeling inspired and so grateful." - A.W

"I recently had the privilege of working with Christine, and my experience was nothing short of transformative. Christine's expertise in The Body Code is exceptional. She demonstrates a profound understanding of the system and a genuine passion for helping others achieve emotional and physical balance. During our sessions, her compassionate approach and intuitive insights created a safe and supportive environment that allowed me to feel deeply understood and cared for. Through her guidance, I experienced significant positive changes in areas of my life that I had been struggling with. Her ability to identify and release trapped emotions and underlying imbalances was both effective and empowering. I left each session with a renewed sense of clarity, calm, and vitality." -R.W

"Christine, you helped me to work out the resistance that was coming from the reincarnations that was attached to the gene I have at this point in time and one of the most important thing was me not feeling worthy of results that would bring money and wealth to me.

I am sending you this message to tell you that after that session I have been attracting a lot of opportunities that are half a million-mark, work that will bring me more money than I could imagine. I am getting those requests at this point in time whereby I can make hundreds of thousands of rands unlike before.

I just want to say Thank You, Thank You, what you and I worked together is working, yes there are a number of things that I am still fighting here, there are a number of saboteurs where I catch myself, however I am now very much conscious of them, where I am about to sabotage myself, I pick it up and that is all thanks to the work that we did. Christine thank you so much, you have been and awesome blessing in my life, I want you to know that." -M.T

"I have known Christine for many years and have always had high regard for her ability as a coach and Reiki Master. It was, however, not until more recently that I got to work with Christine as a Body/ Emotion code Coach, and I have to say that in my opinion this work has taken Christine's ability as a coach and healer to a whole new level.

We started working because I was struggling to stop drinking wine. I recognised that there was a connection between my drinking and when my levels of work or creativity became too high. Despite this recognition, when push came to shove, I would head for the fridge like a robot and pour myself a glass, which quickly turned into a bottle (sometimes more), at least three or four times a week. I knew that my behaviour was illogical and unbalanced but try as I might I was simply not able to break this habit. As a result, I frequently woke up feeling fatigued and full of guilt and shame.

Working with Christine helped me to uncover trapped negative emotions and to remember experiences associated with these emotions and then let them go. After just two sessions with Christine, I stopped drinking all together for 3 months.

Foolishly, I also stopped working with Christine (thinking that my problems were sorted). I then started drinking again, but with a new level of awareness toward my underlying triggers which had a lot to do with feelings of overwhelm, abandonment, low self-worth, unrequited love, and so on. At the same time, I also lost a dear friend to cancer and my work life balance went out of the window. I was stressed, anxious, grieving and depressed. My neck and shoulders were in spasms, and I just felt awful.

I got back in touch with Christine, and we started working together once a week. I simply cannot put into words what we have discovered and released in my body, heart and mind. I have let go of so much physical and emotional trauma and slowly, week by week we have started to remove the walls that have taken me 54 years to build around my heart.

I have seen improvements in my health. The spasms in my neck and shoulders are gone. The floaters in my eyes have reduced by about 80%. My knees do not ache as they used to, and I no longer suffer from restless leg syndrome at night. I still enjoy drinking occasionally, but no more than once or twice a week and in moderation.

I have also seen significant improvements in my personal and professional relationships and even money, which I thought was causing me to feel stressed and anxious, started to flow again. The amazing thing of course is that although money showed us where to look, it revealed that the stressful, anxious feelings really had nothing to do with money at all. The issues were in fact far deeper rooted.

I also noticed how the quality of Christine's listening enhances the quality of my thinking. By having Christine as a coach and thinking partner, I have learnt to listen to my body and my feelings and then allow them to lead us to the deep-rooted, stuck emotions that need to be released. We have unlocked memories and released feelings attached to childhood, teenage years, old boyfriends, lost relatives and friends as well as in my experience of being a mom...

Christine is probably one of the kindest and most loving human beings I have ever known. She is also very direct and to the point, which I appreciate. Definitely expect a healthy dose of kind candour when you work with Christine. She is incredibly human, highly intuitive and in tune with herself and the universe, I almost forgot to mention she is also funny and always makes me giggle.

I never feel judged or inadequate with Christine, I feel safe sharing my darkest secrets, my deepest fears, my most personal and painful memories, as well as my passions, hopes and dreams in equal abundance. Just this in and of itself is incredibly cathartic, and there is way more to it than this...

I am honestly not sure how Christine does what she does, and I am not sure I am doing a very good job of putting it into words. In fact, I am not even convinced Christine knows or needs to know. ~ H.V

“ I have had two car accidents resulting in serious whiplash and damage to my vertebrae one when I was 21 and one in my thirties, as a result I have suffered from back and neck pain all my life and I am now 67 and few years ago I was in so much pain I could hardly move, I had 2 vertebrae fused. When

Christine offered to help me with Body Code I thought I had nothing to lose. To my amazement, after a twenty-minute session done remotely over the phone the pain was gone and all I had was a little stiffness, which I thought was normal.

Christine checked in on me a few days later and said, “That it is not normal to live with pain, the body can heal itself completely when you remove the trauma energy and the trapped emotions that it carried.” And after another session I am happy to report that I am now pain free.” Thank You K.O

The body is a self-healing mechanism; It is really about clearing things out the way so that the body can heal itself.

