

Jodie O'Neill

Thrive

The Heart-Wall

There may have been times in your own life where you have felt that physical sensation we refer to as "heartache." This feeling of pressure or discomfort in the chest and throat occurs when the deepest part of us is under assault, typically when someone is hurting us or were feeling a deep sense of grief, hurt or loss. I believe that the heart is actually the core of our being, just like the ancients believed. And I think that the spirit within us does not like this feeling, this assault on our core. We have discovered that if you have this experience more than a couple of times in your life that your subconscious mind will form an "energy wall" to protect your heart against further heartache and against further assault. We refer to this wall of energy as the "Heart-Wall."

Do You Have a Heart-Wall?



Have you ever been injured emotionally?

Have you ever felt that emotional heaviness in your chest like your heart was breaking?

The heart is the centre of your being. In fact, research now indicates that the heart may be a second brain, a brain more powerful than the one on top of your shoulders. A brain that is fully activated when you are giving and receiving pure love and acts of pure, unselfish devotion. It is through our heart that we give and receive love.

But our hearts are vulnerable to emotional injury. Sometimes trapped emotions are created in the body, and sometimes these trapped emotions lodge in the heart area.

Since all things are nothing but pure energy by their very nature, a trapped emotion is no different, and consists of pure energy.

Well, sometimes your subconscious mind will take that extra energy that is now in the heart area, and it will literally make a 'wall' with it.

Why? To protect your heart from injury; to keep your heart from being totally broken.

I believe that Heart Walls affect us in two ways. First, they block the heart energy from flowing through the body; this makes it more difficult for the body to heal itself, and can cause physical symptoms, particularly in the neck, upper back and shoulders. Second, they block us from fully opening our hearts to others.

In essence, a Heart-Wall will make you numb to others and make it more difficult for you to feel emotions and connect to others. When you realize that the mind puts the heart wall up to protect us in the first place, it all makes sense, but if you have a Heart-Wall, you will have a harder time being able to give and receive love freely.

When the Heart Wall is removed from the body, the difference can sometimes be felt immediately. At other times, the change is more subtle and takes place over time.

One of the main reasons that I work with “The Emotion Code” is the Heart-Wall phenomenon. I can never hope to clear enough Heart-Walls in my lifetime to make a very big difference to the world. But if enough individuals release these emotions, many hearts can be “unlocked”, and the level of love and understanding in the world will increase. In this small way, maybe we really can change the world.

Jodie O'Neill

Thrive Practitioner



03 332 1553



021 235 1089



jodieo009@gmail.com