

The body – our house

« ...to take up residence within oneself... — Hans Børli



A metaphor is a powerful image that gives us insight into and understanding of something that might otherwise be difficult to grasp. I would like to use the image of a house to provide insight into how the Emotion Code–Body Code–Belief Code method works on the different parts of the human being, and how these can come into harmony with each other through treatments.

For a house to be built, several stages are required—from the moment the idea of building a house is born until the house is completed.

The homeowner is the one who has the desire to build/have a house. The homeowner also has a clear and strong idea of what the house should look like. He turns to the architect, who translates these ideas into drawings. The builder is the one who has both the knowledge and the strength to build the house and realize the architect’s drawings. To actually build the house, the builder needs suitable building materials.

The homeowner can be seen as a metaphor for human individuality. It is “I” who have moved into “my house”—my body, and it is “you” who have moved into “your house”—your body. And it is here on Earth that we live our lives together.

The architect represents the part of us that reflects aspects such as our thoughts, feelings, and actions. If the architect has a limited mindset, poor self-image, or difficulty getting started with the work, the homeowner will quickly become frustrated. What if the homeowner desires a special design for the house, but the architect’s limiting beliefs make him think the idea cannot be realized? Or what if the architect has such low self-esteem that he believes he is unable to translate the homeowner’s big ideas? Or perhaps the architect has had so many negative experiences that he fears the homeowner’s grand visions? And what if the architect has neither the time nor the energy to sit down and draw the house the homeowner desires? All of this may result in the house not turning out as the homeowner had envisioned.

The builder can be seen as a metaphor for our life force. If the builder is overworked and exhausted, the building process moves slowly. Perhaps the house has been completed, but it requires maintenance and renovation that never happens because the builder lacks the energy?

No house exists without building materials. Building materials represent the purely physical parts of our body. Every single cell in the body is an impressive structure made up of numerous materials. For the house to be stable and durable over time, it requires building materials of good quality and in the right quantity and variety. This is where nutrition comes in. If the proper building materials are not available, the builder may be strong and skilled, but the house will still not be good.

The Emotion Code–Body Code–Belief Code method helps the architect release limiting beliefs and emotional blockages. The contractor is also supported in maintaining strength and competence through the method.

When the architect is open to the homeowner’s ideas, and the builder is full of life force, the homeowner, architect, and builder can work together in harmony. If the building materials are also of good quality and available in sufficient quantity, then “our house” will become—and remain—a pleasant place to live. From there, we can explore the world and take powerful, creative steps on our life journey towards a life in love and peace.

«Take care of your body. It’s the only place you have to live.» — Jim Rohn