

How to use The Healing Code

The hand position

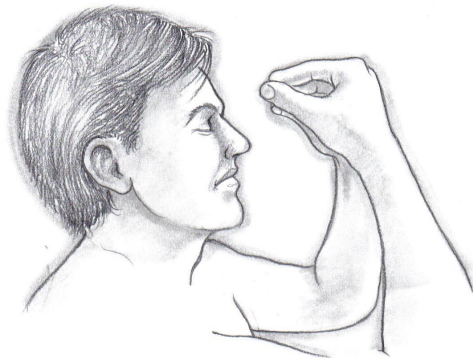
Bring all your fingertips on both hands together and aim them at the specific healing centre and hold them 5-7 cm away from your face. It doesn't matter if your fingers are straight or curved, only that the tips of your fingers are aimed at the area surrounding the healing centre. Precise aim is not necessary for healing!

Having the fingertips this distance away from the face is several times more effective than touching the skin. It creates an energy field over the entrance of the healing centre that allows the body to automatically produce the precise positive/negative energy pattern needed for healing.

The four healing centres

1. Bridge Position

This healing centre is located between the eyebrows



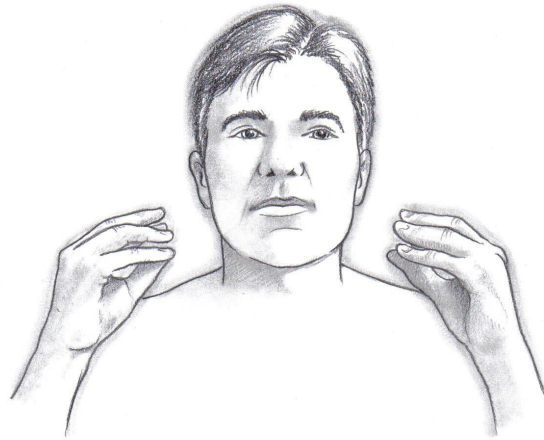
2. Adam's Apple Position

Resting your arms on your chest, aim your fingertips at the base of your throat



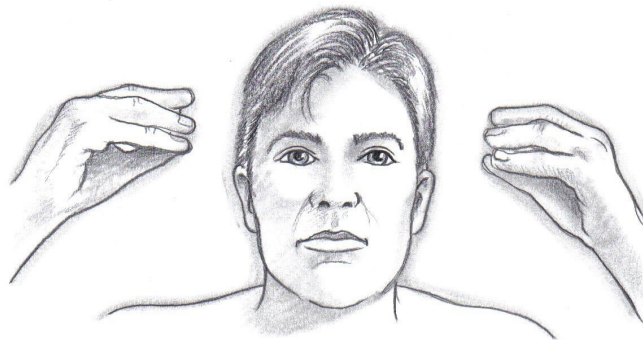
3. **Jaw Position**

Aim your fingertips at the bottom back corner of your jawbone under your ear



4. **Temples Position**

Aim your fingertips at the temple area



The prayer

I pray/request that all known and unknown negative images, unhealthy beliefs and destructive cellular memories, and all resulting physical issues related to [..... ***insert problem being worked on***] be found, opened and healed by filling [..... ***me/name of other***] with the love, life and light of God. I also ask that the effectiveness of this healing be increased by one hundred times or more.

A selection of Truth Statements

I move joyfully towards whatever creates health and balance in my life.

I can play my part in the balance of life by living a balanced life.

I am able to move forward with openness, confidence and joy.

I can step out to accomplish things and life will support me.

When I make my own choices and take care of my needs, life feels good.

I am as strong and capable as I believe I am.

Doing a Healing Code session on yourself

Find a quiet place to sit, stand or lie down where you will not be disturbed for at least 15 minutes.

Decide which issue you would like to work on for yourself or another loved one. Give it a SUDS (subjective unit of distress) rating of how much it bothers you between 1-10 with 10 being the worst.

Memory Finder: Think back to see if there was another time when you were younger when you felt the same way, e.g. pain, anxiety, resentment etc., even if the circumstances were different. Go for the earliest and strongest memory and focus on healing that first. Rate this earlier memory and use this rating to evaluate any change after the session.

“What bothers us now tends to be troublesome precisely because it's attached to or triggered by an unhealed memory.”

Choose a Truth Statement which makes you feel peaceful, happy and secure. Feel free to make up your own.

Familiarise yourself with the prayer and the hand positions as described above. Say the prayer out loud (or to yourself) filling in the gap with your chosen issue as well as the issue from your earlier years.

Hold your hands with fingertips together starting with the Bridge Position and hold this position for about 30 seconds before moving on to the the next position. Move through each of the 4 positions spending approximately 30 seconds at each and then scroll through from the beginning again repeating each position twice while reciting the Truth Statement.

If doing a healing for someone else, end by saying "I release the full effects of this healing to [..... *name of person*], in love".

For improved results it is recommended that The Healing Code be **practised 3 x daily for the one issue** and repeated if the desired result is not attained.

Be consistent, be persistent, be patient, be willing to heal.

Share your results with friends and family and encourage others to take back their power and be their own healer. "We are powerful beyond measure."

Disclaimer: This information is provided as a self-help technique to be used for relaxation, stress reduction and energy balancing purposes. It is not intended as a substitute for medical care. If medical issues are a source of concern, please consult your health care provider.

1 <http://thehealingcodes.com/what-are-the-healing-codes/>

2 Images from "The Healing Codes Manual" by Dr. Alexander Loyd, PhD, ND

