The Healing Codes

Unlocking the Cellular Sequence of Life

by

Dr. Alexander Loyd, N.D., M.S.
Dr. Ben Johnson, M.D., D.O., N.M.D.

“The Healing Codes will revolutionize health.”

Mark Victor Hansen, co-author, Chicken Soup for the Soul books
# Table of Contents

Testimonials from Our Clients ........................................... v
Testimonials for Personal Coding with a Certified Coach .......... xlviii

## Background – Discovery - Theory

Foreword by Dr. Ben Johnson ............................................ lv
Introduction ................................................................. 1
My Story by Dr. Alexander Loyd ........................................ 3
Some Facts to Consider .................................................. 9
How The Healing Codes Work .......................................... 11

## Using The Healing Codes

Overview of The Healing Codes System ............................ 19
Description of the 12 Healing Codes Categories .................. 21

### The 12 Days: A Step-by-Step Guide to a Changed Life

Quick and Easy Start Program ......................................... 33
Method for Use with an Urgent Issue ............................... 35
Summary of the Three Phases .......................................... 37
The Picture/Memory Finder ............................................. 39
The Healing Codes Hand Positions .................................. 40
Timing and Doing the Codes .......................................... 49
The Three Inhibitors to Healing ...................................... 51
Day 1: Unforgiveness .................................................... 53
## Table of Contents

Day 2: Harmful Actions .................................................. 59
Day 3: Unhealthy Beliefs ................................................. 65
The Core Healing System ................................................. 71
Day 4: Love ............................................................... 73
Day 5: Joy ............................................................... 79
Day 6: Peace .............................................................. 85
Day 7: Patience ........................................................... 91
Day 8: Kindness ......................................................... 97
Day 9: Goodness ........................................................ 103
Day 10: Trust ............................................................. 109
Day 11: Humility ......................................................... 115
Day 12: Self-Control ..................................................... 121
How to Do a Healing Code from Start to Finish ................. 127
Tips, Treating Others, and Living a Balanced Life ............... 131

### Reference

Frequently Asked Questions ............................................. 135
Problem Reference Chart ................................................ 143
Glossary of Terms ....................................................... 149
A Word about Us and Our Philosophy ............................... 150

### Other Products and Services

Testimonials from the Advanced Training ........................... 151
Other Available Services and Products ............................. 157
Order Forms and Requests for Coaching ............................ 158
Your Healing Codes Package ......................................... 160
Testimonials from Our Clients

“Dr. Alex Loyd has the defining healing technology in the world today – it will revolutionize health. It is the easiest way to get well and stay well fast. Dr. Loyd may very well be the Albert Schweitzer of our time.”
~~ Mark Victor Hansen, Co-author Chicken Soup for the Soul books

“As breath is the substance of life, stress is the substance of death. It brings about death little by little. The Healing Codes brings Quantum change in the stress paradigm. It changes stress in a matter of minutes in a scientifically provable and reproducible way, thus eliminating the cause of illness and disease in the body. I HAVE NEVER SEEN THIS BEFORE!”
~~ Dr. Ben Johnson, M.D.

“This is the most profound body of knowledge I have ever experienced. Anyone serious about being their best will want to be touched by this experience. Knowing Dr. Loyd is like being with Einstein before Einstein was known as Einstein.”
~~ Bill McGrane, President, McGrane Institute

“My highest commendation goes to Dr. Alex Loyd. Alex and Dr. Ben Johnson have developed an incredible methodology for diagnosis and treatment. The Healing Codes are Alex’s brainchild and represent the most powerful treatment techniques in the energy field today. It was with Alex’s help that the issues behind my own circumstances have dramatically changed. There’s hardly an area of my life that has not been touched by his skillful and discerning gifts. Without apology, I affirm that his insights into The Healing Codes have been divinely inspired.”
~~ Dr. Richard Glenn, Ph.D.

“The Healing Codes is truly a Nobel Prize-worthy discovery!”
~~ Dr. Steve Robertson, D.C.

“We met Dr. Alex Loyd by phone after returning from India. We had flown into Cincinnati, OH, to give a seminar and both felt so ill with amoebas we had contracted that we told the organizer, Bill McGrane of the McGrane Institute, we didn’t think we could give the seminar. Bill immediately put us in touch with Alex who treated us with the Healing Codes. We had one day of rest before our seminar and that next day after using The Healing Codes a few times, we were feeling much better. By the time our seminar began we felt great, and afterwards the rave reviews from our participants suggested it was one of our best seminars ever. The Healing Codes have consistently
produced great results for us. They are simple, non-invasive, easy to do and effective. Beyond that, Dr. Alex Loyd is a deeply loving, caring man of the utmost integrity. It has been our honor and privilege to be associated with him.”

~~ Chris and Janet Attwood, Partners, Enlightened Alliances Co-Founders, Healthy Wealthy nWise magazine

“In 2004 I had a foot problem that was causing me great pain. Each time I took a step, the heel on one of my feet hurt with a sharp shooting pain. Doctors could not seem to help me and for six months I lived with this chronic condition. The pain progressively got worse. I was introduced to Dr. Alex Loyd and The Healing Codes and decided to see if his program would help. I did an HRV test that showed my body to be under heavy stress and my nervous system out of balance. I immediately did a 7-minute Healing Code treatment, and then another HRV test. The second HRV test showed that my body was not under stress anymore--my nervous system was in balance. The next day I did another HRV test which showed that my nervous system was still in balance from that one treatment. Three days later the pain in my foot was completely gone and has never come back. Since then, I’ve used the program and I’ve seen a dramatic change in a couple of minor physical issues, and it seems to have a very good effect on me emotionally. It’s very easy to use. I particularly like that you don’t have to depend on anybody else. You can heal yourself. I have known many people who have used this with similar success.”

~~ Joe Sugarman

Article from the Maui Weekly:

Mystery Healings by: Debra Lordan

Massage therapist Laura Monaco was skeptical of a new healing breakthrough that was presented last week in Kihei. But then strange things started to happen.

What would you think if you could spend the price of about two months’ worth of health insurance for a workbook and CDs that could teach you how to heal yourself? Skeptical?

So was Laura Monaco. “I started out being a little skeptical. But I know from my 17 years as a homeopath and 18 years as a practitioner of energy work, that energy is a powerful tool. But I haven’t used these techniques for healing major diseases like diabetes and cancer, only for treating their symptoms. So when I read the Maui Weekly article (“Healing Breakthrough”, July 1-7) about what Dr. Lloyd claimed he had discovered, I ripped it out of the paper and knew I had to go.

“I went and listened and bought the Healing Codes workbook and CDs,” says Monaco. The Healing Codes is a system developed by Dr. Alex Loyd that melts stress, enabling the body to heal itself. “I stayed up until 2 a.m. studying the techniques. I wanted to see, especially, if this was something I could give to my mother, so she could do it on her own.”

After studying, Monaco thought this was too sophisticated for the layperson, and called Lloyd to get a refund. He told her to keep it and try it out on others, and if she still was not satisfied, he would reimburse her.

“So later that day, I used the technique on someone for an emotional issue and it really helped her. After treatment, I asked her to rate her emotional pain on a scale between 0 and 10 and she said ‘I don’t even remember it.’ Then I coached her to use the technique on me. Three days later I still feel its softening effects on my emotions.
“Later that day, I used these techniques on several more people, all with the same positive results. It really works. So I called back Dr. Lloyd and signed up for his training course. I know this is a powerful tool and I want it in my skill-set. The body’s four healing centers that they teach about are awesome, very powerful. I never would have thought to use these centers.”

So far Monaco has used it to heal emotional issues, and is looking forward to treating actual diseases, not just their symptoms. ... As the doctors pointed out, stress is the No. 1 cause of disease. Monaco concurs. So does the Centers for Disease Control. If mainstream America becomes more aware that it is stress that allows disease to take hold in the body, stress-relieving and disease-healing techniques like Lloyd’s may become mainstream as well.

Monaco said, “They [the doctors] are very courageous to step out and bring this innovation in energy work to the public.”

Dr. Ben Johnson cured himself of Lou Gehrig’s disease using Lloyd’s techniques, and now travels with him as a proponent and living example of this healing technology’s power. The doctors spoke of energy frequencies in the body, and how stress can even affect the body on a cellular level, opening the door to disease. The Healing Codes sets up “good vibrations” that make cells impervious to damage and disease. This may seem out-there to some. But practitioners of energy-work, like Monaco ... have long known the power of the body’s energy centers.

Lloyd likened his discovery to the invention of the cell phone. “If you described a cell phone to someone a hundred years ago, they would have thought you were crazy!” This discovery just may be such a thing so far ahead of its time, and so radical in its methods compared to traditional Western medicine, that it seems impossible... like a miracle. But Lloyd’s workbook and CDs, a one-time expense, are all you may ever need to get healthy and stay that way.

~~ Maui Weekly

“My son Christopher was diagnosed with leukemia at the age of seven months. Now, as a young parent, I didn’t know what leukemia was and I did not know that it was cancer. I was soon to find that out.

“We went to St. Jude’s in Memphis, TN, which is the leading cancer research hospital in the country...in the world in my opinion. We had the best doctors, we had the best nurses, just the best everything. Christopher had the best medical care there was. After nine months of treatment, he relapsed and his cancer came back. Now as a mom, that was the worst day of my life, because my baby had been through nine months of poison, toxic poison, pumped through his body to kill the cancer and yet the cancer was back. He had to go on a relapse protocol, which was a mixture of radiation and extra heavy-duty chemotherapy. He became very, very ill, just on the brink of death daily. The doctors gave him a less than 10% chance to live.

“During this time we prayed a lot and we never allowed anyone to speak death over Christopher. We prayed and prayed. We knew that God was a good God. We knew God healed. Healed people. We knew Jesus healed. We knew he sent his son to die for us and that Jesus took stripes on his back for our healing. We knew that, and we knew that our son could be healed. So we just continued to pray. We continued to stand in faith.

“On June 17, 1993, Christopher received a bone marrow transplant. At that point, the doctors again said he had less than 10% chance of survival because it was an unrelated donor. A wonderful woman from Wisconsin named Cindy Clausen was Christopher’s bone marrow donor. We sang happy birthday to him. We felt like it was a
new birth for him. And we felt like this donor was his second mom. The bone marrow transplant was really difficult in that we were in the hospital – literally in the hospital – for three solid months. He wasn’t allowed to leave his room. His blood counts remained really low. He had to be kept in a very sterile environment. Five other children were transplanted at the same time as Christopher. One by one they got better...they got to go home...they got to get on with their normal lives. And I would sit there in the hospital and say, “I know my son’s going to live. I know my son’s going to live.” Yet it didn’t look like my son was going to live.

“We finally got out of the hospital, but we had to stay in a hotel another few months before we could actually leave Memphis and go home. The five children that had transplants at the same time as Christopher came back and, one by one, they lost them. That was really scary for me because they all had a better prognosis than my son had and they lost their battles.

“We finally did get to go home. Christopher did get better. Christopher was a miracle, and I knew in my heart that this was a miracle from God. It might have been a slow miracle by my timetable, but it was a miracle nonetheless. And we give Him all the glory and all the honor for that miracle.

“Meanwhile, Christopher had to have some experimental treatments done on him to combat the Epstein-Barr virus. Children who have bone marrow transplants are susceptible to a myriad of things and one of them is the Epstein-Barr virus. He had some experimental treatments. We flew back once a week so he could have these injections of mouse genes treated with T-cells that... unless you’re a doctor I don’t guess you’d understand because I don’t! They said that he was the third child ever to receive this therapy and he might live, he might die. One child had lived, one child had died, and we were the third and we could try it if we wanted to. So we prayed about that decision. We went ahead with the mouse gene therapy, and it worked for Christopher.

“So fast-forward a few years and Christopher is doing great medically. He has a few little problems. He has some thyroid problems. He’s starting to have some growth problems. He has some behavioral problems. We’re not real concerned. We’re very happy that he doing great. He’s progressing. He doesn’t have cancer. You know, once you’ve had cancer everything else pales in comparison to that. A couple more years went by and things in his body started breaking down.

“Last year, in August of 2003 we had gone to St. Jude’s for a six month’s checkup, but they called me the day I got home and said, “You need to come back.” I said, “Well, I’m not coming back...I was just there.” They said, “No, you don’t understand. You need to come back. Christopher needs to have surgery on his hips. If he doesn’t have surgery right away, he may never walk again.” So what was I going to do? I approached Christopher and I said, “Look, we’re going to have to go back to Memphis. You’re going to have to have surgery on your birthday.” And he looked at me and said, “That’s okay, Mom. At least I get to have another birthday.” That really touched my heart. So we went back to Memphis, we had the surgery on his hips, they put pins in his hips, and he was in a wheelchair for a couple of months. We thought, “Okay. This is fine. This is a side effect of the radiation...no big deal.”

“But then he started throwing up. And kept throwing up. And throwing up, and throwing up, and throwing up. He threw up for months. We took him to doctor after doctor, but they could not figure out what was wrong with Christopher. I’d already seen him go through so much. I’d already seen my baby suffer more than most people have to suffer in a lifetime, and I did not want to see my child have to go through anymore.

“I knew God had healed him and I knew God had given us a miracle, and I didn’t understand why he was having to suffer even more. I knew that just was not God’s will
Testimonials from Our Clients

for him. I read the Bible, I know what it says, and nowhere does it say, “I’m going to heal you and give you a miracle and then make you suffer.”

“After two months, they finally figured out that he had a sliding hiatal hernia. Part of his stomach was coming up through his esophagus. This went on through Thanksgiving, Christmas, New Years, until finally in the middle of January he had surgery. They wrapped his stomach around his esophagus. After that, we thought everything was fine. We thought, “Okay, this was one weird thing...no big deal...it’s over. Two major surgeries in one year...we can deal with that. So let’s move on.”

“About two weeks later, he started throwing up again. We took him back to the doctors, they went in, and they dilated his esophagus because it had swollen to the point where no food was getting through. After the dilation he started eating regularly. In another week, he started throwing up again. We took him back to the doctor and they said, “You know, we could dilate him again, but you’re going to end up with the same problem.” At this point, we just threw up our hands and said, “We’re just going to pray. We’ve done all we can do. We have nothing else to do for this child but pray.”

“We did put him on a liquid diet for about three weeks – that was as long as he could tolerate it. Meanwhile, we were scheduled for another checkup at St. Jude’s. I mentioned to his doctors, “He’s had this stomach surgery and he’s still throwing up, and we don’t understand what’s going on.” They said “You really need to bring him back for tests. We need to know what’s going on. He could have grafts of his host’s disease, and his stomach could be attacking him internally.”

“They also said his cortisol levels were really low – his adrenal function. When he was a little kid, right after the bone marrow transplant, one of the things that they would keep a constant eye on was his adrenal gland function to make sure his cortisol levels were high enough. For a while we had to carry around a shot of adrenaline in case he got in an accident. I was told by the doctors at St. Jude’s that stress causes your body to deplete itself of adrenaline, and once that’s gone, if there’s a traumatic injury to the body but you don’t have that adrenaline, you die.

“Well, at this point, I thought, “cortisol levels.” I had talked to Jennifer once about the cortisol levels. I thought, “I’m going to go to Jennifer and see if she knows of any natural remedy. I’m going to ask her to pray for Chris, and I’m going to ask her if she knows of anything I can do about this.” I went to Jennifer one night after services and said, “His cortisol levels are low and we have to go back...” And Jennifer just got this twinkle in her eye like she was listening to the Holy Spirit and not really what I was saying. She said, “I’m going to give you the number of a man who I think can help you. He was instrumental in my own healing. You call him.”

“I got his phone number. I called him the very next day, and it was Dr. Alex Loyd. That very day, he emailed me The Healing Codes package. I went over it that day. It sounded great to me, because when you are desperate, you will try anything. We had tried natural remedies on Christopher. We had done amino acids, vitamins, supplements, herbals...you name it, we had tried it. But he was still throwing up and the doctors were at a loss. So I read through The Healing Codes that night. The very next morning I started it on Christopher, and I started doing it on myself because I wanted to make sure I was good to do it on Chris.

“We had immediate results. Immediate results. From the very first time I did it on Christopher, he got up from our little session just happy, happier than I’d seen him in a long time. He was laughing, he was playing, he seemed to have a lot of energy that he hadn’t had the past few months. He’d been very lethargic and very tired all of the time.

“We had exactly twelve days from the time we started The Healing Codes to the time we had to be in Memphis where they were going to do a whole battery of tests on
him to find out why he was throwing up. Well, twelve days is the initial protocol for The Healing Codes. We did the twelve days, and we went back to St. Jude’s. They did CT scans, MRIs, upper GI’s, blood work... you name it, they did it. And the results of every single one of those tests was clear. There was not anything, and he had stopped throwing up at this point, so I was convinced.

“The other thing that happened with The Healing Codes during those twelve days was that Christopher grew a centimeter. Christopher has to take growth hormone shots every single night – he has since he was six years old. He grew a centimeter. Normal growth for him is 2-3 centimeters in one year. We’ve continued to do The Healing Codes, and in the past month, he has grown three shoe sizes. Your foot is the first part of your body to grow, so you know when your foot grows, you’re getting ready to shoot up. Well, Christopher is getting ready to shoot up three shoe sizes in one month.

“I am just praising God and I thank Dr. Alex and The Healing Codes. I thank him that he was obedient, that he was asking and seeking and knocking, because I truly believe that the Lord revealed this to Dr. Alex. I truly believe that Dr. Alex is being used to bring hope and healing and wholeness to so many people. My heart today is to share my story with you so that you can find hope and find healing and find wholeness. Try The Healing Codes. You have nothing to lose and everything to gain. The Healing Codes is truly an answer to prayer for both of us. We have been praying a very long time for every molecule in Christopher’s body to come in alignment with the word of God.

“This a little poem Christopher wrote a couple of years ago. It’s called “I Am.”

“I am a fierce dinosaur. I wonder if I have a friend. I hear cries of others like me. I see others like me. I want to be strong. I am a fierce dinosaur. I pretend that I have a home. I feel happy. I touch things like meat. I worry that I will die. I cry if I bite my tail. I am a fierce dinosaur. I understand what it feels like to be a dinosaur. I dream that I am the strongest dinosaur. I try to be the biggest dinosaur. I hope I live. I am a fierce dinosaur.”

“He is living and he’s going to live. I have medical bills here totaling over a million dollars. What a million dollars in medical care could not do for Christopher, The Healing Codes has done for him.”

~~ Melissa Ryan

“I had a growth on my arm that had been getting larger for months. It was very hard. My doctor saw it and diagnosed me with a basal cell carcinoma, one of the most difficult cancers to get rid of. I understand that normally when you have them surgically removed, they come back again and again. After trying several things that had no affect my doctor saw me again and noted how much bigger the tumor was. He told me that I needed to have the tumor removed or it was liable to metastasize and then I could be in real trouble. I told the doctor I wanted to try one thing first. I had recently heard about The Healing Codes and wanted to give it a try – I hated the idea of going under the knife. Well, what I experienced next was absolutely amazing – to the point that I have been telling people all over the world about The Healing Codes in my lectures ever since. I could tell a difference in the tumor in three days and in six weeks the tumor was completely gone. That was a year-and-a-half ago – still to this day not a trace of the tumor has returned. I cannot recommend this process too highly. It is, in my opinion, a major breakthrough that heals any issue at its core. What the origination of the computer has done for business, The Healing Codes can do for health and healing.”

~~ Larry
“All of my adult life I have been six feet five inches tall and big. I am tall, big-boned, and have carried a few more pounds than I would like. Although this has not been a huge issue to me, I had tried several things to lose weight and keep it off over the last 15 years — nothing had worked. My wife had done The Healing Codes work with Dr. Loyd and successfully healed an issue she had struggled with for years, so I asked Alex if he could help me lose a few pounds. After a very short period of time, I had successfully lost 40+ pounds and had greatly increased energy. The best part is that I did not exercise more and I did not change my diet — all I did was find and heal a destructive memory from a trauma that happened to my family when I was a young child. I now know that this memory was broadcasting a fear signal to my cells, causing them to close, and my body to retain fat and other toxins. When the memory was healed through doing the Codes, the cells opened and my body was able to release the fat.”

~~ H.

“I have personally witnessed in the last 7 months the power of The Healing Codes to enhance or release healing of the body. I have used the Codes for immediate and for long-term health issues. In one stunning instance, doing a Code twice corrected an acute problem. Optimizing the immune system against infections has proven very effective. For the last several years, I have been plagued with colds, especially through holidays, at times of high stress, or when traveling. I have not experienced colds or flu for the last 7 months, even though I have been under pressures from all these conditions. The simple 3-minute Code for my immunity has been done once or twice per day. During this 7-month period, I have used a 5-minute immune system Code daily for my 2 1/2 year-old daughter. She has been free of infections. I have begun to recommend The Healing Codes to my patients. They have been equally impressed.”

~~ Alan Johnson, D.D.S.

“Suicidal depression had forced my family to make major changes out of their fear for my well-being. I had no energy, no desire for life, and everything seemed like a mountainous chore. My husband is an M.D. but he was at his wits end — we had tried everything. I was very skeptical when I heard about The Healing Codes, but I was more desperate. In less than two weeks my depression was completely gone. Not only could I not believe it — no one around me could either. Now my entire family and a number of friends do the Codes — some do them everyday, some when a need arises. The Healing Codes has truly been a gift from God.”

~~ Mary

“The Healing Codes has greatly improved my problems with heartburn, acid reflux and difficulty swallowing. The heartburn and acid reflux are almost nonexistent now. I have had only had one episode of difficulty with swallowing when I start to eat in about a month. I have used The Healing Codes for toothaches successfully. I used The Healing Codes for a tearing problem in my right eye. Before The Healing Codes, it took weeks to months to heal this problem when it occurred. I did one Healing Code in the evening and one in the morning. The problem disappeared before the day was over. It’s fun exploring its many uses, and I no longer worry about my health. I work on healing myself from the inside out with Healing Codes.”

~~ Don
Testimonials from Our Clients

“You should get a speeding ticket driving to a phone booth to order The Healing Codes.”
~~ Dr. Tim Adair

“WOW -- The Healing Codes is everything it claims to be and more! I have been working with the program for just 2 weeks and the results have been dramatic. I chose, as my first issue to work on, "food sensitivity." Over the past couple of years I have developed a strong physical reaction to the intake of any wheat products, i.e., breads, cereals, pastas, etc., dairy products; i.e., milk, ice cream, yogurt, cheeses, etc., and even some fruits and vegetables. It made eating a very tedious, boring and stressful activity. Every once in a while I would make a mistake and eat something containing one of the aforementioned ingredients and my eyes would go haywire on me, with tearing, itching, burning and swelling for a week or two at a time. It was extremely taxing on my energy, productivity and mood. However, within just 2 or 3 days after beginning my Healing Codes, I began to experience a noticeable change. My eyes started to clear up and my vision began to improve. My energy level greatly improved and I began to feel more upbeat and ambitious. However, there were also some incredible ancillary effects taking place, as well. I am 69 years old and the wear and tear of old sports injuries, such as a dislocated shoulder and damaged knees, hip ankles, and elbow had taken their toll. Chronic pain was just a normal part of my day. My joints gave me fits when I worked out or walked up and down stairs. But now my shoulders, hip and elbow pain have literally disappeared, my knees still pop and make a lot of noise when I walk up and down stairs but the pain has diminished every day and has been virtually extinguished. I have been able to return to my normal heavy intense workouts of nearly 30 years ago and I feel great and energized. As well, I feel that my brain is working much more efficiently and effectively. I thrive on generating new ideas for my business, and my life in general, and now ideas are flowing like running water. Wow, it feels great! I have even lost about 5 pounds without even trying or thinking about it. The bottom line is that anyone who takes themselves, their life, their health and their well-being seriously will, without question, want access to this program. It's simple, easy, powerful, and far outweighs in value and results the modest investment. It is without doubt the best system I have seen for one's current and future well-being. It has been one of those rare, but gigantic turning points in my life! And, yet that still feels like an understatement.”
~~ Walt

“I have worked with The Healing Codes techniques for three years now and have seen RADICAL changes in my body, my heart and my mind. I started the work because of chronic illness. My symptoms included chronic fatigue, vaginitis, chronic bladder infections, and severe pain with periods, hypothyroidism and depression. After the first session I was amazed at how changed I felt! Now I feel like a different person. I no longer struggle with food addiction issues, I'm not depressed and I have an overall sense of well being which is profound. I have been so impressed with the healing I have experienced; both inside and out, that I decided to become a coach myself. Last summer I started working with my mother, and have been giving her Codes ever since. My mother has suffered from depression all of her life. She is now completely off of Lithium (for bi-polar disorder) and has even received some healing in her ear (which had been constantly full of fluid). She is happier now than I have seen her in my life. I'm so grateful to Alex, for his vision and for this work. It really works!!"
~~ Trish
Testimonials from Our Clients

“I just wanted to thank you for making this information accessible to everyone. It is simply amazing the way it works. During my first Code I literally felt the stress lifting away from me. The steps are simple to follow. The results are incredible. I am an RN, and I know this information will truly change the way medicine is performed. Thank you again for sharing this amazing work.”

~~ a Client

“A client called with a need to work on an issue. No picture needed to be found and the Code was given. She came into my office and said she wanted to talk to me. She went on about how she had searched for years both alternative and allopathic parishioners only to finally give up. But because of her recent successes with other issues with The Healing Codes she had decide to work on a 22 year issue of embarrassing gas and poor digestion. She said it was absolutely amazing, she had done the Code for four days and she had none of the symptoms since the first day. She stated that she would do The Healing Codes work every day of her life if she needed to.”

~~ a Coach

“I began working with Dr. Alex Loyd several years ago. Like so many people I had many stresses in my life, and like so many others I did not have the time for stress, or so I thought. I kept a very busy schedule, but thought that I was taking pretty good care of myself. I am a Naturopathic physician and advise others in health matters. The day came when I could no longer manage my own problems. Thankfully I was introduced to Dr. Alex Loyd. You see, to completely heal and enjoy life the way God intended for us, it takes more than just vitamins and minerals. For me it took a lot more, I needed to understand why a problem exists and what it would take to eliminate the problem, not just cover it up. Dr. Alex Loyd began helping me with his Healing Codes. My family did not understand, but were thankful that this "something " was working. You see I would come home from work and go straight to bed, I literally could do nothing else, and no one until Dr. Alex Loyd was able to help me. I will be forever grateful to Dr. Loyd and the pioneering work he is doing. To this day whenever a health issue comes up, my first call is to Dr. Loyd. I encourage you to take care of your body, provide the basic building blocks it needs to function, but be aware that disease can be traced in your body to stress and that the source of stress comes from the pictures of your heart. In your search for health, find the root cause; don’t simply settle for covering up the symptoms. I believe The Healing Codes heals the root cause!”

~~ Dr. Jane

“In my Healing Codes practice with family and friends, before receiving paid customers, I realized that I had a problem. Since I believe in The Healing Codes system, and experienced dramatic healing personally, as well as witnessed healings in others, I discipline myself daily to be healthy and ready to work, market and provide a high quality service to people. My immune system is stronger! I have more energy! I set healthier boundaries! I relate to people with a deeper sense of wholeness in my mind, body and spirit! Before The Healing Codes, I only used my mind and spirit. The Healing Codes system has changed my life for the better, and I live more abundantly. As my folks say, what a bless’n!”

~~ Marita
Testimonials from Our Clients

“One thing that has been very exciting for me is to realize that I don't have to get sick just because everyone else is or says I will. When I feel the slightest indication of a cold/flu etc. coming on, or feel the FEAR of getting sick taking over, I do a Healing Code and then test for the foods, supplements and hours of sleep needed to help in remaining healthy. I rarely get sick and find that if I do, it is generally pretty mild. The Codes are also working extremely well in helping a family member handle fear. I am a witness to how powerful this new work is. I am seeing incredible results in my life.”

~~ Rose

“I was one of the most successful in the United States in my field until I developed severe symptoms and was diagnosed with chronic fatigue and fibromyalgia. After 2 years I was mostly bedfast, in constant pain, on 17 medications, and without hope. After doing The Healing Codes for 6 months, I am: off all medications, am totally free of an incurable disease, feel better than I did before I was diagnosed, and am working again. In short I HAVE MY LIFE BACK!”

~~ Patty

"I've been in peri-menopause for several years. Although I have sought both medical and alternative solutions, my symptoms increasingly became more difficult. I had particular difficulties with my mood swings. It got to the point that last summer I felt completely at the end of my rope! I felt so sorry for me because everyone else in my life got time away from me, and I was stuck with me 24/7! When I was introduced to The Healing Codes by Dr. Alex Loyd at a business convention in October, I can't describe the hope I felt. I was impressed with the money-back guarantee--something that is unheard in the world of medicine. 'What can I lose?' I thought. I purchased the self-treatment package to work on Menopause. I found the staff very helpful in getting me started. The results have been miraculous! In less than a week, I started feeling better. Life looked good, I was smiling again, and I was waking up refreshed. I have diligently adhered to my Code, and in three short months, my symptoms have completely disappeared. I am very grateful to The Healing Codes (and so is everyone around me)! I have recommended it to many of my friends and family. I know I want to continue with this work. It works and is so easy.”

~~ Doris

“My biggest issues for a long time have been lack of restful sleep, poor energy, and feelings of rejection. After doing one Healing Code (which was last night) I slept 8 ½ hours, have had great energy all day, and have experienced a dramatically changed attitude – my rejection issues also seem to be resolved. INCREDIBLE!”

~~ Rob

“This will surpass traditional medicine and aims to heal the cause of dis-ease and avoids bandaging the symptoms.”

~~ Lynn
Testimonials from Our Clients

“My son had been having night terrors for about 10 years. He would wake up most nights screaming with nightmares – we would try to comfort him but he was not awake and would not wake up. Sometimes the episodes would go on for a long time – it was exhausting and very traumatic for the whole family. We tried everything from changing sleep habits, to taking special herbs, to prayer, to doctors. Nothing helped! After one Healing Code the night terrors were healed and never returned – that was more than a year ago. I have told everyone who will listen to me to try The Healing Codes – it works!”

~~ D.

"I have increasingly been troubled with upper arm, shoulder and elbow joint pain. It has been gradually getting worse over the past 6–10 months. I had resigned to the belief that when a person gets older that is what their lot is. Therefore I didn’t try anything to alleviate the pain. I have a high pain threshold and found it more annoying than painful. About three weeks ago I received the package from The Healing Codes to work on Tendonitis. I read through the Manual and found it to be clear and helpful and began doing the Codes immediately. The intensity I was experiencing was at an 8 out of 10. Nothing changed for about three days. Then I began to notice less pain, as I would raise my arms above my head. It continued to gradually get easier to lift my arms and do things in a raised position that had been either difficult or downright impossible before. After three weeks the intensity is down to about a 2 and at times a zero. I feel about 75% better in my arms and shoulders. This gives me a new lease on life – especially around my beliefs about getting older. Thank you."

~~ Jack

"Right after I learned how to do The Healing Codes, I made a list of 20 or more issues I wanted to heal, because as practitioners, we had been charged to heal ourselves. This list included chronic fatigue syndrome, seasonal affective disorder, anxiety, childhood sexual abuse, PMS, irritability, low self-esteem, etc, etc, etc!! They have all healed!!! And some of those unhealed pictures healed in a day or less when they had not done so in well over 10 years of therapy. I didn’t think there WAS healing for some of that stuff! But I’m happier than I’ve ever been! And I’m thrilled whenever I can share this with someone else."

~~ Jeanine

"Following are my results after 2 weeks of doing The Healing Codes for perfectionism: During the first 3 minutes while doing the Code, my left ear cleared. Other sensations that I felt were on the left side of my body. I felt sensations in the fold area where the hip/leg meet and sensations around my left breast. The 4th day I felt stomach cramps and sensations along the left side of my spine. I am also working with a good chiropractor who practices seven methods of healing including chiropractic methods so I think with all this help I am making good progress in getting my body out of stress. My allergies are vastly improved as well. I am very pleased with this Code and have noticed just this week, that I presented a program on my travel to Ghana and did it much more relaxed than any presentation that I have ever made (and I have been presenting over 27 years!). I also even left my bed unmade one day this week and it was okay!!!!"

~~ Dee
Testimonials from Our Clients

“I was diagnosed with chronic fatigue and fibromyalgia. In no time I had gone from a very successful business owner to bedfast and bankrupt. I was told by my naturopathic physician that one of the major causes was heavy metals in my body. This did not surprise me since I knew of some exposure through my life to heavy metals and I had read that this could cause a variety of illnesses and diseases. My physician ran a diagnostic test and personally wrote on the printout that I had the highest concentration of heavy metals in my body that he had ever tested. I tried everything to get rid of them but nothing seemed to make much of a difference. I knew that some experts believed heavy metals could not be removed from the body by anything. I did The Healing Codes with Dr. Loyd for about three months and was feeling much better. I went back to my physician and had the test for heavy metals run again. The physician wrote on the printout that I had the least concentration of heavy metals in my body of anyone he had ever tested. Shortly after that my disease was completely healed. The Healing Codes is the most effective treatment of any kind I have ever seen – and I have the test results to prove it!”

~~ P.C.

"After having several issues in my life improve dramatically, I decided to use The Healing Codes techniques to work on a spot on my leg. It looked much like a freckle and would bleed occasionally. For nine years, I monitored it always noting any changes. After three months of Healing Codes it fell off. I now have pink healthy scar tissue. Thanks from the bottom of my heart."

~~ a Doctor

“The Healing Codes has helped to heal a serious problem I had with painful swollen hands and a stiff shoulder. I was able to get in touch with some pictures from my very early childhood and work with the pictures to bring love to them.”

~~ Lorna

"Integrity is the first word that comes to mind when describing The Healing Codes. In my opinion The Healing Codes is a #10. I know of nothing like it. Fast, effective, easy & it works...Wow! It really works."

~~ Frances

"I am still recovering from the effects of a fall that injured both ankles and knees to the extent that I was bedridden for over a year. I am still limited to the amount of time that I can stand and walk so I use my walker when I have to go distances over 150 feet or so -- I experienced re-injury by pushing myself too fast. I usually experience nagging pain, which can be very distracting. Using the different Codes has lessened the pain, the swelling in my knees is completely gone, and my left ankle still swells but recovers much more quickly and the sharp pain has gone. Before, a full day at a conference would lead to sleepless night because of the pain in my joints. I haven’t experienced that since I started using The Healing Codes on myself."

~~ David
"Because I saw great results as a client, I was determined to learn to do The Healing Codes for myself and those I cared about. I pay close attention to anything that I react to that doesn’t seem appropriate for the circumstances. I work at finding the picture that is the root cause, and then do a Code to heal the picture so my body stops physically reacting. In doing this work over the past year, I have watched colds and flu disappear within minutes of doing a Code, have given up wearing wrist braces for carpal tunnel syndrome and a belt for lower back pain and have discontinued taking medication for constant headaches. I work through challenges that I would have run from a year ago, and I have an overall sense of well-being that I never thought was possible. I also have hope, which is the greatest gift of all. I know my life will continue to get better when not too long ago, I wondered how I could go on another day."

~~ T.R.

"I learned about The Healing Codes from a coworker who received relief for a physical issue which highly trained medical professionals had not successfully healed. I did not have a MAJOR stress issue, but I did have headaches, neck stress and some occasional dizziness, and osteopenia. After four months of doing the Codes my headaches, neck stress, and dizziness were gone. My chiropractor commented that for the first time, she did not have to adjust my neck. After six months of using The Healing Codes self-treatments, I had a bone density test. My bone mass had increased 0.1. The nurse commented ‘it is rare for one’s bone mass to improve without taking the popular prescribed bone builder.’ My physical therapist was also able to see changes in me during a recent massage. He commented that the stress level in my neck was way down from previous appointments. Perhaps the most beautiful success is that I see people and the world more positively. Seeing without stress and pain shows how the world can be changed for the better one person at a time, beginning with oneself. I am so pleased with my successes with The Healing Codes that I am sharing it with anyone who will listen."

~~ D.C.

"I have had a phobia of driving in heavy traffic which I treated with EFT. I found the phobia would return whenever I was in very heavy traffic, especially at night. I would go into a panic attack while driving, which is very frightening. While in Nashville I worked on this issue with The Healing Codes. On the way home I had to drive 10 hours in heavy rain through the mountains with no visibility. I made it home without any bit of anxiety. Since then I have realized that this was not only affecting my driving, but also was a part of my life in many other areas as performance anxiety. I now find that I am very relaxed in every area of my life. The picture relating to this issue involves a neurotic nun who humiliated me in grammar school. Bless her heart!"

~~ Maryanna

"Personally, I have felt profound shifts taking place in my very stubborn and at times quite severe health problems as well as my emotional well-being. I am not completely healed yet, but I have full faith that if I continue with The Healing Codes, I will be completely well in the next several months."

~~ Lorrie
Testimonials from Our Clients

"As far back as I can remember, I have lived in a state of anxiety with churning going on in my stomach. Now, instead of living with constant 'what ifs' in my mind, I flow with life and deal with things as they happen; as they require thought or action."

~~ T.

"Within the few weeks I've been working with The Healing Codes, I've changed, now feeling free to talk to people and express my own opinion. That might sound insignificant for some, but for me it is a big step. I've dealt with an abandonment issue all my life, always worrying that if I say something, others might not like it and leave me, ignore me, or just not hear or see me—a fear of being invisible to others. Healing this belief makes a big difference in my daily life."

~~ Therese

"Always feeling like I had to perform to be accepted, my whole life turned into a performance. It's been amazing to me to realize that I don't have to perform beyond just being me to be accepted. I'm glad to be off-stage."

~~ Wayne

“I struggled with perfectionism for years. Everything I said was sprinkled with disclaimers. I worried that people were always judging me. After finding a picture related to my perfectionism, I used the Codes to heal that belief. What a difference. I am not afraid to speak out and say what I believe."

~~ Lucy

“E. almost always had severe cramps and nausea before and at the onset of her monthly menstrual cycle. Last July she had a very bad episode. I worked with her after the episode on her pictures. She was going through a divorce at the time and it was almost final. She was concerned that the next month would be even worse. She did the Code for several days. She was surprised when she began menstruating in August because she didn’t have the usual PMS. 6 months later she has only had one mild episode of cramps and no nausea. She did the Code at the time and the cramps disappear fairly quickly. She mentioned to me the other day that she is not suffering from seasonal allergies this spring and thinks it is because she did Codes for her allergies last year."

~~ E's Coach

“A recent graduate, D had already had five unsuccessful job interviews and was scheduled for a phone interview the following week. We did a Peak Performance Code and the interview went well. She was offered the position and took it. She also used the Code before writing an article that she had been putting off and she completed it promptly and was very happy with it. She is now working on weight loss Codes."

~~ D's Coach
“F. was depressed because of her mother’s death and was having trouble getting into writing papers for her PhD classes. After one session with the Codes she was able to complete several papers and is now working on her dissertation.”

~~ F’s Coach

“Now, for an overdue report [about a fractured a rib from coughing with bronchitis]: After our lunch, I came back home, did the Code again, took a nap - and fell into a very deep sleep for about six hours (some nap!), got up for a short while after Lynn got home from her evening class, repeated the Code, and then slept another 10 hours. The sleep was so deep and refreshing as it was close to pain-free, and I woke up with no rib pain. This was a day-and-night change from the previous weeks. I almost couldn’t believe it. I’ve discovered that as long as I keep up with the Codes, the pain remains remarkably low. Thank you so much for this help. Several people spontaneously volunteered that I was walking and standing much more normally the next day. This is an outstanding result, but makes sense, since I know illness and injury with me tends to get emotionally-charged, probably because I was sick a lot as a kid with respiratory and throat infections, and learned to do this then. Thanks!

~~ a Client

T. had come for career counseling and after that decided to try The Healing Codes to remove mental and emotional blocks that she had toward her career choice. She says: “The Healing Codes is amazing. I couldn’t believe how quickly the picture dissolved and the feeling with it.”

~~ T’s Coach

“I had a partial rupture between my 5th and 6th vertebrae and a full rupture between the 6th and 7th. I did The Healing Codes and physical therapy for four days and the pain was gone. Once the pain stopped, I quit my physical therapy and continued the Codes. Two weeks later, my doctor told me I no longer needed surgery. I still do Codes, and anytime I have an ache or pain, a Code takes care of it immediately.”

~~ Patrick

“I have a history of skin cancer going back several years. I have had a number of them removed but they seem to always either come back or new ones pop up somewhere else – it has been frustrating, painful, expensive, and a little scary at times. The last time I had one come up I did a Healing Code and the cancer was gone in less than a week – It was UNBELIEVABLE! Thanks.”

~~ Steve

“I had been having chest pains and pain down my arm that had worsened over a several month period. I am middle aged and weigh a few more pounds than I would like – I was sure I had a heart problem. After doing The Healing Codes for about 10 days, all of the pain went away. The thing that impressed me about this system is that it not only heals but seems to do it permanently. Almost two years later I still have no discomfort.”

~~ David S.
Testimonials from Our Clients

“I had a melanoma come up on my upper thigh. I called Dr. Loyd and told him that I would either be healed doing The Healing Codes, or I would die. I was not willing to go through chemo. While doing the Codes my melanoma got consistently smaller until it finally fell off – after only 6 weeks. I AM ALIVE AND WELL!”

~~ Lorea

“I was almost finished with the fence I was building when I bent down to lift one of the 4 by 4’s. When I straightened up, I felt a sharp, excruciating jolt in my lower back. I immediately dropped the board and fell to my knees. Eventually, I managed to rise to a crouch and begin a long, painful journey upstairs to my bedroom. When I finally made it into my bed, I was able to find a lying position where the pain was tolerable. I remained in this position for about a half hour when I began feeling another urgent sensation – the need to urinate. Much to my dismay, I could not sit up without knife-like back pain. Finally, I managed to roll over on my stomach and inch down off the end of the bed with movements that reminded me of a caterpillar. On my knees now at the foot of the bed, with my upper torso still resting on the bed, I found that this new position was not a solution; in fact, I had increased the threshold of pain, through which I would have to go, in order to stand up. With nature demanding my immediate attention elsewhere, I had no choice but to lift up through the back pain and crouch into the bathroom. The pain was so bad when I made the upward move that I remember seeing a flash before my eyes. When my wife returned home, she called our doctor and he prescribed several prescription painkillers and muscle relaxers. After two days on the medication, I was only marginally better. It was then that I called a friend from whom I had heard about The Healing Codes. Skeptical though I was about an unconventional treatment, I was also beginning to despair. My friend arranged a conference call during which Dr. Loyd gave me three Codes along with advice on how to use them. After one day, my pain had subsided dramatically (I had quit taking the medication because it wasn’t working). After three days it was gone almost completely (I only had a minor “crick-in-the-neck” type feeling) and I finished the back yard project. Since then I have not had a relapse and have continued to lead a normal active life.”

~~ John

“Since 1973, I have been researching ways to help my family and myself with herbs, vitamins, alternative medicine, cooking and food. I have had intense and wonderful study of the scriptures. As a child of the King, when God told me " to rid myself of all such things as these: anger, rage, ...."(Colossians 3:8 and many more scriptures), in prayer, I would ask Him, “How do I do this?” Dr. Alex appeared, and you know the rest of the story. After doing the Healing Codes for anxiety and panic issues, I immediately started to: (1) recognize negative statements from other people that were affecting me; (2) experience a change in shoe wear pattern; (3) sleep on my back for the first time in my life; (4) have some sweet, sweet dreams after always having had disturbing ones; (5) have a slowed heart rate and blood pressure lowered 20 points (for a mile walking on treadmill, I have to do a .5 to 1 grade elevation at 2.4 miles per hour to kick that heart rate up); (6) experience an improvement in digestive problems I have had since birth, eliminating anxiety and panic; and (7) improve my ADD and brain fog problems. This list will be obsolete after I mail this, so much has changed over the past year.”

~~ Patricia
Testimonials from Our Clients

“I’d like to share a personal testimony of what I like to call my "Healing Code Miracle." I had just finished the 12 days and I was on vacation on the East Coast away from my husband. The Healing Codes had really done me a lot of good. I felt differently in general, even euphoric a lot of the time. I felt so much love for everyone. I felt differently about everyone I was visiting. I saw them in a new light. For a long time I have had unforgiveness issues with my husband. I was at a “10” rating of my negative emotions toward him. As going home to him approached, this issue was hung over me. I decided to refocus myself on unforgiveness with this issue in mind. When I arrived home, my husband and I sat down to talk and my negative emotions were gone! I was amazed since I had years of thinking that it couldn’t change. This issue is now a 0! I’m a Christian and I just have to say Praise God for The Healing Codes, it is a gift of God for me. It is rare that a day goes by that The Healing Codes do not make my day better in a very tangible way, unless I don’t do them. On the rare occasion that I don’t take time to do the Codes, everyone around me can see a difference and they ask, “Mom have you done the Codes today?” Having been called on my commitment a few times, I now make sure I do my Codes faithfully! I have now begun a brand new chapter in my life. My mission in life now, besides taking care of my family, is to learn all I can about this modern day miracle so that I in turn can use this tool to help all who will listen and all of those that I know God will direct to me as I pursue this new calling.”

~~ Tena

“For years I suffered from chronic fatigue issues. One of the discouraging symptoms was that I became very susceptible to virus and bacterial infections. I was sick quite often with the "virus of the month". Because of The Healing Codes, the frequency of my illnesses has been dramatically reduced. An exciting discovery occurred when I recently felt the onset of viral symptoms. After talking to Dr. Loyd and starting The Healing Codes, my symptoms NEVER progressed and COMPLETELY disappeared within 24 hours. Absolutely amazing! In the past I would have suffered for days. Thank you, Alex!!!”

~~ Phyllis

“My emotions were running high. No rest, peace, rapid heart rate. I wanted to go into self-protect mode. I wanted to run like a deer after water. I was at a “10” rating of the emotion of fear. Not recalling a picture, I did a custom healing Code and in 15 seconds my heart rate dropped 25 points, and 30 seconds into The Healing Codes I was back to my normal heart rate. I was out of the flight mode and on to the abundant life mode.”

~~ Patricia

“My daughter K. is 10 years old. Ever since I can remember K. has always been insecure. Always needing much attention and basically very clingy. It has become unbearable over the last 5 or 6 months. My husband and I were at our wits end and did not know what to do. My sister-in-law introduced me to The Healing Codes. I was a little skeptical at first but was still open. She did the Healing Codes on me for an issue I had with my son and it helped me a great deal. However, the real testimony is with my daughter Kelsey. Kelsey has been obsessed with death for a long time. She has had nightmares, sleepless nights, days of crying, unable to go to school and an overall terrible experience because she thought either my husband or I was going to die. My sister-in-law encouraged us to try The Healing Codes on her. I wasn’t sure how to
Testimonials from Our Clients

approach it with her and tried to keep it very simple. She seemed very open so I asked her to picture one of the pictures that have been bothering her. She did, started crying and rated it a 10. She picked her truth statements and I started the Healing Codes for peace on her. She started deep breathing and relaxing immediately. I didn’t think she would sit still because she is usually very fidgety. She just sat there relaxed. When we were finished she was already very different. I was so excited. She said her picture was almost a 0 and she seemed very happy. She kept asking me to do them with her. The next time she picked a different picture and also rated it a 10. Again after that she said the picture didn’t bother her anymore. She doesn’t have any more pictures and feels great. She is a different little girl. Praise God for the Healing Codes. I have witnessed a miracle in my daughter.”

~~ Sue

“I have suffered from depression, guilt and extreme sadness since the death of my daughter last year. With the first of the holidays approaching since her death, I became even more depressed, with uncontrollable crying many, many times a day. I was living in seclusion, overeating, smoking more cigarettes than I would normally do, and the thought of suicide sat in the back of my mind. I cried out for help to the right person, that’s for sure, and found The Healing Codes! The first Code rated a 10 and the next two did as well. But from that point on, life changed! I quit crying completely, my overeating has stopped, and I haven’t quit smoking (yet!) but am back down to the amount I would normally consume. I found myself looking at my neighbors differently. Instead of getting annoyed with them I would say “No, bless your spirits” when they went by. Our interactions with each other changed instantly. Today, if I think of my daughter’s death, there are still no tears, no negative feelings of her or her death. I have been given such a great gift with the discovery of The Healing Codes. If I were to rate my feelings today, they would be a zero! What a turn around! I can hardly wait to discover the other changes I’ll be going through!”

~~ Sydni

“I would stop eating before I would stop doing The Healing Codes!”

~~ S. Wade

“I remember my Dad spanking me in front of the neighbor when I was about four. He never really told me why he spanked me even though I knew I had been playing with matches. I was so hurt that I went upstairs and threw myself on the bed and told God I did not want to live anymore. When I was six, I had to have an appendectomy for acute appendicitis. Years later, my ileocecal valve began to give me discomfort so I would talk to my body and ask it what I did to create this discomfort. My sense was that I created the appendicitis by holding the stress of that experience since I was four. My father was killed when I was 15 --- I could not cry but about three tears and that was a week or so after the funeral. Even though I used forgiveness affirmations to forgive my Dad and this situation for 38 years, that love feeling was not there. Finally, after doing the Healing Codes for four weeks, I was able to allow myself to go back into that experience enough to release the trauma, and, for the first time in my life, I felt a sense of love and respect for my Dad. Finally, I would admit to myself that my best interest was the basis for his action. The Healing Codes seemed to dislodge the stress that I had been holding all these years so that transformation could occur.
“When I was on just my fourth day of the 12 days, I was allowing my truth statements about Love to flow and one of my statements was "On Valentines Day, I choose to receive a dozen purple roses but red will do. However, I’d be very happy with just one red rose and some Valentines. The next day, after some processing and the prayer, I was again letting my truth statements about Joy flow while doing the Codes. They went something like this: "I feel the joy of the doves that they found food to eat on my balcony right now. I choose to feel joy when I’m driving to the dentist today. I allow myself to feel joy when I’m at the dentist. I choose that the dentist be gentle and respect me, etc." (I’ve had at least three traumatic dental experiences.) When I got to the dentist’s, I have never had such a pleasant experience in a dental office in my life. Yes, I actually felt JOY when he so gently took his time with the injection. Tears were rolling down my face with JOY---there was NO pain whatsoever. When he finished, he told me about the five crowns he would need to replace and the cost of five gold crowns. It didn’t phase me. I even went so far as to tell him that I wanted to do something that he probably never had happen before in his life and I said, "I want to tip you, not much, but I just want to take this opportunity to share and let myself really feel the joy inside.” As I was scheduling my next appointment, I noticed that it was on Valentines Day and mentioned that to his assistant. She said, "Oh yes, that’s a good day to come in because the Dr. has asked me to pick up enough red roses on Sunday so everyone can have one on Monday.

“I wish to express my appreciation to Mrs. Loyd for going into the pits of Hell so that these Codes could eventually be received from the Universe via Dr. Loyd. The Healing Codes allows those of us who choose it to move stagnant energy out of our bodies and ultimately experience Transformation. ‘Ye are Gods; and all of you are children of the Most High.’ (Psalms 82:6)”

~~ Anna Marie

“I was on the telephone in discussion with a computer science person. Some of the conversation was foreign to me. I physically started to have rapid heart beats, shortness of breath and fragmented sentences. The person I was talking with paused and asked me if I was okay. I sat back in my chair, took a drink of water and a deep breath and commented that I had had a cellular memory surface. This happened two more times during the conversation, and each time I could certainly tell that it was a cellular memory occurring. Without the Healing Codes, I would never have been aware of what was taking place. EASY TO FIX THESE SYMPTOMS WITH THE HEALING CODES! I am so thankful to have at my finger tips a way to handle ‘fight or flight.’ Thank you Dr. Loyd.”

~~ Patricia

“I’d had chronic herpes for thirty years and lots of reoccurrences. I’ve been doing The Healing Codes for eight weeks, but not to get rid of herpes. Three weeks ago I realized that I wasn’t having symptoms and neuralgia like I used to. Thinking it was Lent and giving up chocolate, that’s what I gave credit to. A while later, I realized that it’s probably The Healing Codes that’s assisting me on the relief from herpes. So that’s my miracle, and I’m grateful. Thank you.”

~~ Susan
“I’ve been doing The Healing Codes for about 4 months, and over time lots of past physical injuries have been resolving. It’s very surprising how that healing process unfolds. One example is when I started noticing I had a pain across the top of my foot simultaneously with a pain in a muscle that extends from where you sit on the sit bones and down my leg a bit, and also into the buttock and a bit into the sciatica. It really puzzles me where this came from all of a sudden, because I hadn’t done anything to cause the pain. It took a couple of days while I was going through the Healing Codes process to remember that those were the identical symptoms from a time that my shoe caught in a small hole in the pavement as I was trying to run across the street before the light turned red. The rest of my body had continued to move forward and I was wrenched backward with my legs really wide apart because I was taking large strides. Those identical symptoms—I had them for a really long time, and they recurred over and over again if I got active or did stuff that was quite athletic. When I went through the Healing Codes process, it clicked that this old injury was finally resolving.

“Another example of how The Healing Codes has helped me process old injuries out of my body and resolve them: I had had a concussion to my inner ear from a car accident. It was pouring down rain, I couldn’t see the road, and I hit a huge pothole. It was so deep my car almost flipped on its side. As the car righted, my head hit the very hard Volvo headrest at a point right behind my ear (called the mastoid process), and I immediately had a concussion to my inner ear. For two years following I had severe vertigo until I found a treatment that resolved it. Just recently, I started getting a really strange headache in that same area over a period of about three days. I didn’t have any dizziness; I didn’t hit my head; I hadn’t bumped into anything. At the end of several days doing the Healing Codes, I just felt something was clearer and lighter in that area, and it was identical to where my head hit the hard Volvo headrest. So I feel that whatever trauma was incurred — and I felt trauma not just in the bone in the muscular area, but inside my head -- was resolving. I know this trauma has now been released from my energetic body.

“Also, for about a year and a half I had extreme swelling and congestion and lumps in my armpit down into the side of my breast. It was a very painful swelling and lumpiness, to the point that during the middle of the night I would actually wake up and cry out loud. I was afraid of waking my landlady who lives upstairs from me since my crying out was so loud because the pain was just so unbelievable. This happened on a regular basis, and it really disturbed my sleep and wasn’t helping my health at all. I had all kinds of special mammograms, ultrasounds, and mammograms of the armpit. After doing The Healing Codes for about two months, I brought it to my doctor’s attention that all that pain, swelling, and lumpiness was no longer there. It was completely gone.”

~~ Susie

“Thank you so much for all your help and encouragement on the phone. We are noticing some differences in our family from doing the Codes. The atmosphere at home is more peaceful. Our sons, 4 and 6, are not arguing and fighting as much with each other. That, in itself is a blessing! They were driving me crazy with their almost constant bickerings. I’m aware that my emotions and wrong beliefs are being healed. And I have hope now in some areas of our life that I had considered hopeless.”

~~ Judy

“Starting back from the beginning, from my childhood…my life wasn’t easy. Mentally, I wasn’t all what I should have been. As I was growing up I always had different kinds of
ailments. Nobody knew why. Parts of bones dying. Heart murmurs. Things that aren’t that unusual in children. But then growing up and getting older, I developed some uncommon things. At age sixteen I somehow got scarlet fever or rheumatic fever, which came very close to killing me. It took a heavy toll on me. All the while, I had had terrible migraines ever since a early age. When I was 9, I became unable to sleep without some kind of aid.

“Over the years I just kept getting more and more things. At age nineteen I was diagnosed with vaso depressor syncope, which means I cannot stay standing for more than fifteen minutes, or sometimes even sitting, without passing out. I also developed, somehow, fluttering and regurgitation or backflow in my heart. I had constant chest pain which hurt really badly if I was doing anything.

“So for the past two and a half years, I’ve been working a lot. I’ve been working for goals, which I thought everybody does. I’ve been working over 100 hours a week, averaging 90 hours. At 24, I could handle it. During that time I developed the heart problem. My migraines worsened daily... constant pain. I’d go to work and couldn’t do anything. I was throwing up at work frequently for no reason. The migraines were terrible... I was losing vision in one eye and both eyes. I was falling over a lot, almost blacking out.

“So I went to the doctor because I was tired of feeling tired. I could not keep up like I could two years ago and I wanted to know why. I went through a lot of tests. They found that I’d had two major blood vessels in my head shrink, but they didn’t know what caused it. They also found that because of overworking myself my heart muscle was weakened. After a lot more testing, they realized that all they could do was give me drugs to try and ease the pain a little bit. It somewhat worked, but I was up to 1200 mg of this drug that they didn’t really know much about, and it’s actually bad for the heart, too. I found that it was making things worse for me.

“When I found out that my heart was not doing so well I called my dad and told him the news. I told him that I didn’t know what to do because I wasn’t done living yet. For the first time in the past couple of years I actually wanted to live. I wanted to make an effort with this life, which was something new to me.

“He told me about Dr. Loyd and The Healing Codes. I didn’t really know what to expect from that, but I was willing to try because the doctors didn’t have anything for me. I also believe in natural ways over doctors, anyway. A week later the package arrived in the mail. When I first spoke with Dr. Loyd, he told me to go ahead and start trying some of the Codes right away because of the condition I was in and the pain. After the first two Codes – I did one for my migraines and one for my heart that evening – I could feel a significant difference. The magnitude of the pain dropped significantly. I thought this just might be it. I was pretty sure by then, actually.

“The next morning I woke up... no headache... no migraine whatsoever. That was the first time in years. I could not believe it. I kept on with the Codes. I have not had any migraines. I have not had any heart problems or chest pain. I stopped throwing up. Since three weeks after starting the Codes, I have not had any dizziness, I have not fallen over. I'm off all my medications. Basically, I'm 100% healed.

“I'd definitely recommend this process and I'd just have to ask anyone who is skeptical, “Do you really think that man is supposed to heal with all these drugs and this man-made crap, or do you not believe that God intended us to live well and supplied everything for us?” It's just a matter of discovering it and realizing it and doing it. It's basically common sense.”

~~ Matt
"The weekend before I talked to Dr. Loyd, friends of mine had to take their dog to the vet because he was basically dying. They found out that lyme’s disease was taking over his body and causing his kidneys to shut down. He’d lost a lot of weight, about thirty pounds. The vet told the family they were going to have to put him to sleep. His gums were bleach-white and his skin was really tight because he was so dehydrated. My friend didn’t know what was guiding him, but he came to me and started telling me what was going on with the dog. I started telling him about The Healing Codes. I said, ‘I don’t really know what else to say and you might think I’m crazy, but these Healing Codes, they just might work for him. They’re the only option that I have for myself and it might be the only option that you guys have.’

“The next morning the dog’s owners came over. I did a Code for him that morning and at lunchtime. The wife came over and knelt down and looked at the dog’s gums and jumped up and said, ‘Wait, look at his gums.’ We looked down and checked the dog’s gums out and they were bright red. Completely different from before when they were bleached white. She jumped up and gave me this big hug. They started telling me that the vet had said to look at the dog’s gums…if they stayed white his kidneys were still failing. They were given shots to give him if they weren’t able to take the dog to the vet in time. So I asked them, ‘What time did you give him the shot this morning?’ They said, ‘We didn’t. Whatever you did made that happen.’ I said, ‘I didn’t really do it, God did it.’ They said, ‘Whatever it was worked.’

“During 6 days of doing Codes on the dog, he gained back 7 pounds. The vet didn’t know what to think. He asked them what they were doing. They said ‘Giving him a lot of love.’ The vet said, ‘Whatever you’re doing keep doing it.’ After the week of doing Codes on the dog, the vet called them at 10 o’clock on a Sunday night, and told him that, ‘I don’t know what is going on…all the dog’s blood levels are just about back to normal. This does not happen. I’ve never seen this before. Ever.’ Incredible stuff.”

~~ Matt

“I wanted to tell you of the glorious enlightening of the scripture that has been shown to me. God has been merciful and patient with me. All my head knowledge of the Word had not gotten into my heart because of all the blocks. When the feelings that accompany the issues of trust, faith, unforgiveness, patience, etc., do not line up with what is going on in the body, take a big look at the red flags and do not ignore them. A pill won’t correct this, or surgery and so forth. But when the heart lines up with the head knowledge, WOW! I thank God for what he has given you to help us walk in the steps of the Savior.”

~~ Patricia

“I started the 12 day program about two weeks ago. I had a number of seborrheic keratosis on my forehead and on my head and a large number of them on my back. I noticed that after about four days, the one on my forehead began to dry up and flake off. Within about ten days it was totally gone. On my head, the ones there had all been the size of pencil erasers and they were all gone. One the size of a penny is 90% gone. All of those that were on my back have shrunk tremendously. I’ve had these for probably fifteen years. They itched and caused me some problems. The doctor looked at them just a couple of weeks before I started this program and said, “Yeah, we need to take it off, it’s getting pretty big.” Now they are disappearing and continue to disappear and I expect to have them all gone within another week or two. Thank you.”

~~ Wes
“I started with the method for an urgent issue. As I was doing the Codes for my endocrine system, I was not sure what truth focus statement felt right. We had recently been to a Kenneth Copeland Believers Convention where Kenneth taught us to "speak" the anointing that we desired over ourselves. I needed healing so I have been saying ‘I thank You Lord that your healing anointing is working in me now.’ On my second day of coding that is what automatically came out of my mouth. I thought that was so perfect, and felt really good about it. But God being the more than enough God that He is, said, ‘Now put the pertaining virtue and body part or system in the phrase.’ So I wrote out the one I was working on and said, ‘I thank You Lord that Your "Love" anointing is working in my "Endocrine" system now.’ As I did the Code I felt the intensity shoot way up and I began to vibrate all over. It was very powerful. Throughout the day while doing other things, if I just repeat the phrase it seems to reactivate the effect of the Codes. God is awesome!"

~~ Mary

“I received the entire The Healing Codes package and I’m blown away. It's incredible. I was already using the Codes for myself, my husband, my pastor and my ferret so I was already in awe. Now I’m almost overwhelmed at how much more it can do. Speaking of which, my ferret had a mast cell tumor under her front leg which was almost the size of a marble. In one week, it is now the size of a pea. Thank you so much for this!”

~~ Judith

“The contacts I wear are supposed to come out once a week for at least 4 hours. This is a big improvement over taking them out daily although taking them out is not a big problem. For me the big issue has been putting them in. There have been times when I would try and try and eventually have to give up and try again later. Of course until I succeeded I couldn't see to read. There were many times when I would spend half a day trying to get my contacts in and one terrible day that I spent eight hours trying without success. I wasn't willing to give up on contacts, but every week putting them back in was an experience I dreaded. A short time after starting to do The Healing Codes I was astonished when both contacts went in on the first try. I realized immediately that it had to be a result of doing the Codes although it was not something I had consciously worked on and probably would not have thought of The Healing Codes as being something that would fix this problem. It was a total surprise and what a relief! I realize that is the way contacts are supposed to work, but for me they always stuck to my finger rather than the eye.

“I have had chronic pain for years and consequently have taken all of the OTC pain remedies as well as many different prescription drugs. At the time I started to do The Healing Codes, I was consuming OTC pain remedies (Tylenol in particular) like they were M&M's, taking more and oftener than recommended as well as mixing in Ibuprofen and others. I was aware of possible problems but when in pain I simply shut my mind to the possibility. Pain was my major presenting problem. I cannot say yet that I am pain free although I have had several pain-free days. There has been one major and unexpected change. I’m not sure how long I had been doing the Codes when I realized that I had stopped taking all pain medication. I had not given any thought nor intended to do that. Somehow it just happened and had been that way for some time before I even consciously noticed. Taking something for pain just doesn't occur to me any more. It’s as if that decision has been made and does not need to be reconsidered. I have effortlessly eliminated the ingestion of toxic substances which I feel sure will speed up
my healing. It makes total sense although not something I would have thought of without The Healing Codes doing it for me. I’m sure my original thinking was more like I’ll take something for pain until the pain stops.

“All my life I have had a severe reaction to insect bites ranging from giant welts and extreme itching from a mosquito bite to total body swelling from something like a wasp, hornet, or bee necessitating a trip to the emergency room for treatment because of the possibility that my throat would swell shut and cut off my ability to breathe. The unbearable result of any bite was always the itching. No matter what bit me the itching would start immediately and would continue unless I went to get shots. Some time ago I discovered a homeopathic remedy that really did alleviate this. However recently I contracted a bite on the top of my foot that caused a welt and itching as bad or worse than anything I had previously encountered. My homeopathic remedy was not working; I could not stop scratching; I was desperate and frantic to make it stop. I decided to do the Codes from the Immune category requesting in my prayer that all the healing energy from the treatment be focused on stopping the itching from that bite. Within a few minutes I suddenly realized that it had stopped although I could not say exactly when that happened. It was strange that it had stopped so completely that I almost could not remember that there had been itching. One other unusual effect was that although bites (on me at least) itch off and on for a long time; even if I could stop it, something would set it off again - this particular bite never itched again!”

~~ Donna

“My father came out of a coma because of the Healing Codes treatments. I remember the 1st week of January that my brother who lived there said, "Dad is doing better than ever." I do thank you so much for the knowledge I learned from you and for the extra 6 months we got to have him. It was truly a miracle!!”

~~ Linda

“My life is so much more tolerable now that I use The Healing Codes regularly, though I have a ways to go. I received a decrease in my stress levels that was dramatic. I have grown as a person from the process and the affirmations. My perspective on myself has changed and I believe in my abilities as a person with less stress. I am working on my ethical issues little by little and when that conscious conflict is resolved my life will be different. I will be a more effective and functioning person. I look forward to accepting my power that I have been reluctant to accept. I am starting to understand my life and myself better. I can’t tell you how much I appreciate what you are doing for myself and others, and the hope you have given me for clearing my cell memories etc. I am standing in more appreciation than I have stood in and that is different than my expectations. The mental clarity and seeing a larger perspective is life changing also. Thank you.”

~~ Roxanne

“When we got The Healing Codes, we did the twelve days, and then I came back and went straight to diabetes. The blood sugar has not changed all that much, but what I have noticed is I tend to be more loving! I just feel more loving, I’m not holding resentment as long, forgiveness comes to my mind almost immediately. It’s wonderful and I wanted to share that with you.”

~~ Emmanuel
“I first heard you (Dr. Loyd) when you were interviewed on the Passion Series. I was very, very touched at that time, so the whole time, I was just having a very quiet cry. So that’s what I’m finding that The Healing Codes are like for me. I had energy moving in my legs immediately from hearing you on that interview.

“You talked about conscious conflict and that conscious conflict can slow down your healing. Well, from the moment that I heard about The Healing Codes, I had a conscious conflict in my own environment where it was cluttered and was no longer suiting the way I wanted it to be. I live on two acres in a very small place and it was just over the top. Immediately, without me saying anything to my husband, he sold antiques that were too big for the bedroom. By the time FedEx was delivering the package the following week, I had completely redecorated our bedroom. I talk about feng shui, I feel a lovely vibration. Beauty is coming into our inner environment.

“We’re honey harvesters, so in my mind I picture the honeycomb that the bees develop. I picture that we’ve buried these images that we have like the bees do—we’ve built a little honeycomb and put them in there. We say the images are positive or negative, but you know what, it’s just a picture. What the bees do, if it’s an egg they cover it up with a little bit of wax on the top, or if it’s the honey, when it’s the right proportion, again, they cover it with wax. So either way, it’s a gift. Either a little honey bee is going to come out when it’s ready, or they’re going to be able to access the nectar.

“So for me it’s like Christmas everyday. It’s like saying, ‘Okay, I’m going to open this gift and it doesn’t matter.’...I’m not going to say ‘Oh, this is some terrible experience and I’m feeling really bad about it.’ I know this is just a gift and I’m freeing up the energy, and that’s what I’m picturing. That all of these bubbles are just freed energy. And it doesn’t have a name, it’s just freed energy.

~~ Renee

“I attended one of your unbelievable sessions. My HRV was so low you were concerned for me. I did only the code you taught us then. My depression has lifted, and I have been so well I forgot about doing them. Oooooops!!”

~~ Marilyn

“I had a prolapsed bladder and uterus. Since doing the Healing Codes I feel that it doesn’t push down anymore. The whole pelvic area feels flatter and tighter. And I’m able to do AB lunges now. Before when I tried to do them it made my whole pelvic area feel worse.”

~~ Machiel

“I have had a slowdown in income, and it still, as of this moment, hasn’t begun to show up. However, I am delighted to report I am not in a panic, with heart palpitations and all that. In fact, I feel quite relaxed, peaceful and expectant, which is very, very different from the past. If it weren’t for The Healing Codes and the other spiritual studies I’m doing, I’m sure I would be most depressed at this point. There’s something inside of me saying all is well regardless of what I SEE—it’s what I FEEL!!! I’ve been spending a lot of time on the Joy category, and now I’ve moved into Peace: ‘I am learning to take in life without effort.’ Wow! Not beating myself up!!”

~~ Donna
Testimonials from Our Clients

"In my opinion, this is probably one of the greatest health breakthroughs in human history. The potential benefits to humanity are so great, they're difficult to comprehend."
~~ Frederick Mann

“I am so excited! I have used my newly purchased Healing Codes for three days. To reverse the effects of hypoglycemia, I have used the Love section. After a lifetime of low energy and 15 years of extremely low energy, I awoke on the third morning feeling almost normal and with a clear mind. I was actually productive in my work for the first time in months. Thank you so much!”
~~ Vicki

“I wanted to share the incredible results I’ve had with The Healing Codes. I’ve had scoliosis since I was seven, and I wore a body cast for about five years. By the time I hit my twenties, I was in chronic pain. Over the years, I’ve done chiropractic work, yoga, body work, supplements, and the list goes on. It was always very momentary relief. I guess I never handled and processed stress very well, so everything was a trigger from my external world and felt overwhelming. When I started The Healing Codes with my coach, I said, “Please keep it simple,” because I felt overwhelmed by all the information. She gave me a Code, and from the first time I did it, I felt dramatic results. First I felt this deep relaxation and a sense of peace. All my body pain was gone, and I felt much lighter and more calm, focused and fluid in my body movements. It’s been thirty years that I’ve had this body pain, and now I’m free of it. I’ve been doing The Healing Codes for about two and a half months now, and I’ve had a few different healing responses. My lungs are clearing out, there is a lot of detoxing, and my spine is straightening. Some of the bones that had fused from the stress of the scoliosis are now starting to open up. Huge changes! I’d been down to working three days a week because I couldn’t handle more, and it would take me almost three days to recover. Now I come home from work after three days and I feel great. I’m ready to enjoy life, and I seem to be handling the stress much differently. Thank you for the wonderful self-healing technique, Dr. Loyd, and thank you for sharing it with everyone.”
~~ Katharine

“My son had night terrors for about ten years, and we went to several doctors for help. They said, ‘He’ll grow out of it.’ But it didn’t happen. And then we met with Alex. He found the root cause of these night terrors and also bedwetting, and gave him a Code for it. The change was almost immediate. Within days these problems went away and haven’t been an issue since. For myself, I could tell that a skin cancer was coming back on my ear. Alex gave me a Code, and it was probably two weeks later that the spot on my ear was no longer there.

“When Dr. Loyd talks about ‘issues of the heart’ and The Healing Codes, it's natural for me to think that anything physical or spiritual or emotional begins in the heart because of what I've learned and what I see in scripture, as well. When I do a Code where I can visualize the symptoms, I can visualize the root cause. I can take that image captive and, by the grace of God, change that image that's in my heart so that healing can take place in my body or in my emotions. If you are thinking, ‘Wow, this is really far out. I don’t know if I understand this,’ I say just try it one time and see what a
difference it makes. It does work and it will bring healing to whatever problem you’re dealing with.

“T’ve worked at the spiritual outreach office at Lipscomb University and at a church in Nashville, where I have been a minister and elder. So much of The Healing Codes and what Alex is doing with this work is right out of scripture that I have no problems with it. It’s different from what medical people will tell you and what we’ve been taught, but when you see what’s being done, a lot of it is right out of scripture. I think that’s why it’s so successful. It gets to the root problem and does not treat the symptoms.”

~~ Steve

“After using The Healing Codes for 12 days, the work is helping me stop eating when my body has had enough. It is weird to throw away food, but I just can’t eat as much.”

~~ Susie

“I have received healing in my body, in my spirit, in my soul, and much of it is due to Dr. Alex Loyd’s Healing Codes. I’m 44 years old and a mother of five children. My husband and I pastor an 8,000 member church, and I’ve always been a happy, blessed person. About four years ago I started having health problems. First it was small things like chronic hoarseness, though that was large to me because I’m a singer. I went to specialists for three or four years, and every time I went to a doctor, there was something else wrong with me and I received a new diagnosis. These are some of the diagnoses I’ve received: Hashimoto’s thyroiditis, gall stones, chronic fatigue syndrome, Epstein-Barr virus, adenomyosis, fibroid tumors of the uterus, laryngeal pharyngeal reflux disease, low iron, low B-12, vitamin deficiencies in all aspects. For three years, I completely changed the way I ate. I tried everything. I took a questionnaire that also showed I was depressed. I think anyone would be depressed with all these physical problems! It got the point where I had to take a three month sabbatical from my work at our church.

“These things snowballed until I came to a point where I could not function, and I could not go on with life. My husband, my children and I were packing for vacation, and I stood in front of the suitcase and I just began to cry. I said, ‘I can’t do it. I can’t pack my suitcase.’ That was how much I could not function. I told my husband, ‘You and the kids go without me. I’m going to stay here for a week and try to determine what to do.’ I cried out to God and I said, ‘Lord, there is somebody in this world...I know. There has to be somebody in this world who can help me.’ I cried every day during that week, and I also went to see three different doctors. Just a few days later my brother called me and said, ‘Jennifer, they’re talking about your situation on a radio talk show. It sounds like there’s somebody who can help you.’ I ran to the radio and turned it on, and it was Dr. Alex Loyd and Dr. Ben Johnson. I only heard five minutes of the program because it was almost over. I got on their website, called their phone number, and I asked them, ‘Have you ever been able to help anyone with chronic fatigue syndrome?’ The person on the other end of the line said, ‘It’s not easy, but we can help you.’ I bought the program and began personal coaching sessions with one of their coaches.

“From the first moment I began to do one of the Codes they gave me, I began to feel a peace come into my life. Through a process of several weeks, my symptoms did not improve, but my heart began to feel hope, began to feel love, began to feel peace, began to feel joy. After about three weeks of doing these simple Codes three to five times a day, I got to a point where I felt so much joy in my heart that I began to say to myself, ‘Even if I am never healed of my physical problems, I could be happy this way for
the rest of my life.’ The joy that I felt connecting with God through these Codes was so much more than I had experienced in the years prior.

“I could only sleep for five hours a night. I would wake up in the middle of the night with thoughts rolling around in my head for hours so I couldn’t sleep or go back to sleep. I was also taking two to three naps a day. People at church had volunteered to bring food to our family because I was too fatigued to lift my hands, and I could not perform any of my normal household duties. After doing six weeks of The Healing Codes, as I lay down one night, I felt a warm feeling, starting at the top of my head, going all the way down through what felt like my veins, going all the way through my arms, my fingers, down into my body. When it was at about my waist, I fell sound asleep. I woke up the next morning feeling better physically than I’d felt for months, and I thought, ‘Wow, I’m getting better, I’m feeling better.’ That night, I slept six hours straight. The following night, I slept seven hours straight. After the third day, I began to realize that I was completely free of the fatigue symptoms. Completely free.

“In the year since that time, I have continued doing The Healing Codes at least twice a day, and I try to do three if I can. I have been completely healed of the fibroid tumors of the uterus, which were confirmed by ultrasound two years in a row. I’m currently not on any thyroid medication and my thyroid blood levels T3 and T4 are completely within normal range. The chronic hoarseness is completely gone. I supposedly have had gallstones for two years now, but I eat a normal diet and live a normal life. Every so often it flares up, but I have the tools now to attack that gallbladder problem and I feel like I’m going to be completely healed.

“I realize now that there was major stress in my life. Not just the five kids, the 8,000 member church, and the active lifestyle, but what I realized was that there was fear that I was allowing to infiltrate my heart and my mind every day of my life. Fears of not being good enough. Fears that something bad was going to happen to me. That my husband was going to die and that I was going to have to pastor the church. These fears were constant companions during the three years when I had health problems. I thought my problems were health related. Now I see my problems were heart related. What has happened is that with these Healing Codes, my heart has been healed through the power of God. My body has begun to heal itself and is still healing itself. I give glory to God, and I thank God for bringing Alex Loyd into my life. God bless you.”

~~ Jennifer

“I had a hiatal hernia that was bothering me. I like ice cream, but if I ate ice cream in the evening I would have to stay up late or sit up for quite awhile. My wife and I started addressing that problem with The Healing Codes before we really knew what we were doing. I noticed that in about three days, when some friends asked us to go out to dinner and we had ice cream after, it didn’t bother me at all. I haven’t been bothered by it since. The program was fairly easy to understand. And the more we did it and the more we read, the more we understood what we were actually doing. Talking to the coach was helpful too. I feel peace, now that we’ve gone through it. There is a sense of well-being.”

~~ Casey

“I got an email from Healthy Wealthy N Wise about The Healing Codes. I’ve been studying alternative medicine and energy and things like that for almost twenty years, and this was really fascinating to me. I thought I would just go for it and try it and haven’t looked back since. That was three months ago. I’ve done the Codes every day, two
and three times. I’ve been really consistent, working at it really hard, and journaling to keep track so I don’t forget everything. Working on stress levels was probably the main thing that drew my attention. How do these patterns get established and why? Why are some people stressed and some people aren’t? I was also interested in working on weight and fluid retention, and low energy. I’d been in a wreck several years ago and was still having problems like that. I just needed an overhaul. After doing The Healing Codes for a while I noticed that I was more aware when I got stressed and when I would stop breathing. I would stop and do The Codes or try to figure out what was causing the stress. Then I would Code for that and I would be a lot better and get back to being in a relaxed state. It’s a really great tool, very simple and easy. Dr. Alex and Dr. Ben explain things in a way that’s really easy for me to understand and follow. I plan to do The Healing Codes for the rest of my life. I still have my down days, but then I just work more with the Codes. The conference calls are very helpful. It’s really awesome that they take the time to keep in touch with all the people that are involved. That means a lot. And for them to have coaching available... it’s a very thorough program.”

~~ Mary

“...A lesion started showing up on my arm that I didn’t deal with for over a year. I was in an ongoing Bible study with a doctor, and he would watch it from time to time, but my schedule caused me to be out of town a lot. I was at the Bible study in a short sleeved shirt when the doctor saw what had happened with the lesion. He said, ‘Larry, let’s start dealing with this. This is a basal cell carcinoma. You need to go get this thing taken off before it metastasizes.’ That was Saturday morning.

‘I got a call from Alex on Monday morning saying, ‘We need to meet; we need to talk; I have some things I could use some help with from you, and I need to let you know what I’m doing.’ I couldn’t believe it as he started to tell me what he was doing, because from my biblical background, what he was saying seemed questionable. As he described what he was doing, I pulled up my sleeve and showed him the lesion on my arm. I said, ‘Are you telling me that what you’re doing could remove this?’ He said, ‘I can teach you what to do to get it removed.’ I said, ‘I need a couple of days to pray and then I’ll let you know if I’m willing to do this.’

‘After a couple of days I called him. He gave me Codes to do, and I started doing them faithfully. About the third day I saw a change in the lesion, and in about six weeks, it was totally gone. I’d been praying about it for over a year, and nothing had happened to change it. It was just getting worse. But in the six weeks doing the Healing Codes it was totally gone. I watched it disappear day by day, almost right before my eyes.

‘So that was my initial experience. Since then, I’ve had other problems that have shown up...and immediately, I turn and start dealing with it with these Codes. It’s absolutely phenomenal to me. I became a full believer in what was happening because I experienced it myself, and then I began extensive Bible study to help Alex explain in more detail from a scripture basis what was happening.”

~~ Larry Napier

“I have seen phenomenal results in my worst patients through using The Healing Codes.”

~~ Dr. Lou Oberstadt, D.C.
Harry: I’m Harry Loyd and my dad is Alex. This is my little brother George.

George: My name is George.

Harry: When we were on vacation, there was this sandbar a ways out in the ocean that we loved to go out and play on. We were out there but there was still a couple of feet of water in it and we were out there one day and George all of a sudden started crying. At first we weren’t sure what had happened. We thought he had stepped on a sharp piece of shell or something, but later dad told me that a jellyfish had stung him on his hand. So anyway, it was all swollen and dad worked on it for about two minutes and it wasn’t red and swollen and it didn’t hurt or anything anymore.

George: Daddy helped it feel better.

“My husband and I have been doing The Healing Codes together for about three months now. We’re finding that we’re not only feeling so much better generally, we’re happier, more outgoing, and more confident than we were. Even after fifty years of marriage there’s still a lot for us to learn and to do together. My husband had a bout with cancer about three and a half to four years ago. He had to have major surgery on the left side of his face and suffered through the radiation. He lost the sense of feeling and the ability to produce saliva, and lost a great deal of ability to taste. Those things are beginning to come back now. He has feeling on the left side of his head, and he is able to taste things that he hasn’t been able to taste for years. The dry mouth is going away. I swear he’s growing more hair on the top of his bald head. The doctors had said that he’d improved as much as he was going to. But with The Codes, he has been improving and we’re really excited about it. We feel very blessed.”

~~ Marilyn

“Last fall I began having serious, serious problems with stress. I was having blackouts. I immediately started looking for something to take care of stress. I found an article in a magazine about The Healing Codes, so I went to a meeting and listened to Dr. Loyd and Dr. Johnson speak. When Dr. Loyd said that no matter how you ‘pretty things up’—calling stress concern or caring about something—it all comes from fear. When he said that I almost fell out of my chair because it answered for me why I was as sick as I am today. I’ve had Chronic Fatigue since the 70’s. I have three viruses: CMV, Epstein-Barr, and shingle virus internally. I’ve had it so long that every part of my body is infected. Now I’m healing stress, so I’m healing my body. The most wonderful part for me is that when I went home to Texas for my young son’s wedding, I could enjoy it. All the stress was gone, all the gut clenching, all the standing stiff as a soldier with a smile plastered on my face went away. That’s how I had two other weddings—my daughter’s and my other son’s. This one was awesome, and it’s all because of The Healing Codes. Thank you! I’m a totally different person today than I was in November at the first meeting that I went to for The Healing Codes. I have had people, including one of the coaches, come up and say, ‘The difference – you are radiant! You can tell you’re healing.’ I get remarks like that all the time. I feel like I’m fifteen years younger than sixty-two. It’s like I’ve had a face lift. I walk around like I’m walking on a cloud. If a problem comes, I identify it immediately without even thinking about it and then deal with it using The Healing Codes.”

~~ Geneva
“I started doing The Healing Codes about a year and a half ago, in January. In April, my eighth grandchild was born. The baby was breach, so there was an emergency cesarean and the baby inhaled liquid into his lungs. He had to be in the ICU, and they said he’d have to stay at least two weeks. I wanted to do The Healing Codes on him, but I knew there would always be a lot of people watching, and it didn’t really seem feasible. So I thought, ‘I’m going to do The Healing Codes on him from a distance.’ It had been about 8:30 that they called me and said, ‘The doctor says that maybe within a couple of weeks he can go home.’ I did The Healing Codes, and around 10:30 they called and said, ‘Oh, guess what! The doctor just checked him and said he’s doing way better. They think he can go home in a week now.’ And three days later he got out of the hospital.

“I have seven children and eight grandchildren, so I do a lot and have a lot of stress sometimes. With The Healing Codes, I’ve found that just on a day-to-day basis I have peace living in the moment and being happy with what I do now, as opposed to thinking, ‘Oh, my goodness, I have to do this and do that and little Zane has knocked over this and…’ I also have teenagers of my own still in the house, but I just don’t feel stressed about it anymore.

“I had a really big breakthrough with forgiveness. There was an issue I felt like I could easily hold onto because the person deserved it. I was really elated to do all The Healing Codes, and very, very happy, but there was this one issue that was really bothering me. So I went back through The Healing Codes and did forgiveness again just for that specific issue. The change in my relationship with that person was amazing.

“My 25-year-old daughter, the one who had the baby healed, uses The Healing Codes regularly, whenever she can find the time. My 18-year-old son has used it three times and has an amazing experience every time. He quit playing a particular video game in just one session because he thought it was wasting his time. My fourteen-year-old son is really cool and won’t do anything like that. You know how that age group gets bummed and depressed all the time. He really got bad one morning when his brothers went on a fishing trip and they couldn’t or wouldn’t take him take him. He was very distraught and I was beside myself with what to do. So I just went in the other room and I did the Joy codes on him. I was reading some verses and read a couple to him, and he just perked up and listened and started talking and had a great day after that. He was smiling the entire day. He didn’t even know I did the Codes.”

~~ Tina

“I heard about The Healing Codes through my good friend who is a Healing Codes coach. I was an invalid and couldn’t do anything for myself. I had an on-the-job injury to my neck and shoulder that was producing severe headaches, and I was in severe, chronic pain every day. I was taking several medications that irritated my stomach, caused severe reactions from nausea, to being very hyper and sensitive, to not being coherent, to shortness of breath. When my friend told me about The Healing Codes, I said, ‘I’m not doing that, that’s just too far out.’ But then I tried it and it worked! I started to feel better, and then I had more energy. I thought, ‘This is just too good to be true.’ I decided to keep using The Healing Codes, but I was still very much afraid of it because I had tried everything. That was in June. By the time August came around, I was so much better. During that period, I was getting personal coaching, and I just kept getting stronger. I got more energy. I was able to do ballroom dancing. Shortly after that, I went back to work.

“Spiritually, my faith got stronger. I knew God didn’t forget about me. As I did The Codes, some days were pretty bad and some days were good, but the overall effect
was that I was healing. I had many pictures to heal around doctors and nurses and technicians and specialists who said that my pain was imaginary and that there was nothing else they could do for me. Here I was just doing some simple hand positions and saying a few statements and praying and asking for God's complete healing, and I got better!

“I went from looking like a shriveled up prune, dried in the sun for a very long time to a very vivacious and alive-again person inside and out. My headaches were reduced, my immune system got better, I was able to...simply clean the bathroom. It had been a major challenge to do anything, both mentally and physically. Even my bones feel stronger. My skin cleared up. My heart became uncluttered. My spirit was freed. I'm just a better person. Anything I used The Healing Codes for made me better and stronger, so much stronger that I forgot I had a physical injury. I was doing things that I had not been able to do for three or more years...I laugh more, I smile more. My relationships improved. My finances are still being worked out, but they did get better because I was able to return to work. “Before I started using The Healing Codes, I had thousands of dollars in medical bills and expenses. More medical bills than I was earning. So the cost of The Healing Codes was just a drop in the bucket. It's nice to not be putting the extra money out now because of doing The Healing Codes. Now I can go shopping. I can take vacations. I'm free to serve in ministry. I'm not bound by prescriptions and health care.

“The first one of the top five benefits I experienced with The Healing Codes is that my heart is not cluttered, and I don’t harbor bitterness and unforgiveness towards people. So forgiveness is the first one. The second one is that my relationships got better. Because my body was not consumed with pain and it was more down to a manageable level, I didn’t walk around with this frown on my face. My relationships are better because I’m not judging people for what they can’t give me. I’m able to give more freely without being critical of the love that I’m giving. The third thing is that The Healing Codes helped me to get centered again. I really thought that God had forgotten about me. The Healing Codes reminded me of God’s unfailing love. His love for me never changed. I was the one who cut him off. It helped me to refocus and restored my joy. The fourth thing was that it got me out of the victim mentality. I had a “woe is me” party for a bunch of years. The Healing Codes took me out of that victim mentality so I can use the gifts and talents that God gave me to help other people and to share what God has done. I can do that a lot better when that focus is not negatively upon me. The fifth thing that happened is that I have joy. Because I have joy, I laugh more. When I laugh more and have joy, then people want to be around me. That helps me to feel loved and accepted, and I enjoy being around them, too.

“If you’re considering using The Healing Codes, this is what I would say to you. Take your fears and put them in a box. Open up your mind and your heart and your spirit and allow God to come in and be in your fingers and in your truth statements to cancel out all those lies you’ve been thinking. Then, when you decide to return to that box of fears, there will be no more fear in there. If you are inhibited about trying and exploring these things, that’s fear. I strongly suggest that you put those aside and walk into a whole new life. A better life. A loving life. And a caring life, forever, until you die.”

~~ Marita

“I found out about The Healing Codes from a co-worker’s husband. I was minding my own business, and he sent me an email inviting me to learn about this energy healing technique, which is interesting to me because I’m always looking for better methods for my clients in my private practice. The thing that first impressed me was the integrity of
the people who were doing the training and the love that I felt coming off of Dr. Loyd. So I learned The Healing Codes. Energy medicine and energy psychology were something new to me. I was a bit skeptical, but went ahead and tried it. The major effect I experienced using the Codes was a sense of peace. I wasn’t aware of needing them for physical issues that much, but I get emotionally upset about things. I know with my therapy training that if there’s something in the present that’s bothering me, it’s a high level of disturbance, it’s normally because there is something earlier in my life that is unresolved. So I’ve been using The Healing Codes on emotional disturbances, and what I’ve noticed is that I don’t have to do a lot of digging around in my past. I can identify something relatively quickly and apply the Codes. If something was bothering me maybe at a level of a 10 or a 9 when I first started, within thirty minutes it would be down to maybe a 3 or a 2. And the basic sense I had was a sense of peace. Compared to some of the other healing methodologies, The Healing Codes is one of the simplest. If you really use the material and the exercises the way they were designed, you will have an experience that will prove to you that they are effective.”

~~ June

“I first heard about The Healing Codes from my wife a couple of years ago. Then a year ago I had to see a cardiologist for the first time in my life, with a very pronounced arrhythmia, which is irregular heartbeat, high blood pressure, swelling, a lot of fluid around the heart. They put me on a lot of medication. In the meantime, I started working with The Codes because I had developed high blood sugar. We were working on high blood sugar, high blood pressure, and the irregular heartbeat. This went on for six months, but I didn’t see any change or any improvement. I still had high blood pressure and high blood sugar. Then I went to the cardiologist yesterday. He found that my arrhythmia is gone, my weight is down, and my blood pressure is normal. So The Healing Codes was healing things that I wasn’t consciously working on and hadn’t even gotten to yet — it was healing other things that are obviously more pressing. I’m sure now it will probably get to the high blood sugar. So we are excited about all that. The learning curve for me was pretty quick because I had my wife as a 24-hour coach. I believed in The Healing Codes because she believes in them. I never really wavered over the six months, except I thought; ‘It’s probably going to take a lot longer on me because I’m stubborn.’ Evidently, though, it prioritizes and heals the most important things first. I love to listen to Dr. Loyd and Dr. Johnson. They’re not flashy. They’re not glitzy. They just speak right from the heart and they’re serious about it.”

~~ Larry

“I first heard Dr. Loyd on the radio talking with a naturopathic doctor. I’ve been into alternative medicine since 1973. I come from the medical profession. I retired my license, but I’m always looking for new avenues and ways of healing. I’ve been into all kinds of therapies, and my husband and I are massage therapists also. I had a problem with anxiety and panic attacks and had to take medication. It totally immobilized my life for a few years. I stayed locked in the house and didn’t go anywhere, so I was always searching for another way besides medication. When I had a panic attack, I couldn’t think, I couldn’t make decisions, and I would cry easily. I didn’t want people around me, but yet I needed people around me. I needed people making decisions for me. I didn’t want to be in crowds at all because I didn’t know what was going to happen. I would cry and worry the whole time I was there and be so afraid. Then I would have to come home and receive all kinds of comfort to be okay. Because I wasn’t okay. I was scared
to death. After using The Healing Codes for a few weeks, I would feel the panic and anxiety leaving me. I would have more peace and gentleness. I would be slower in walking and talking and not throwing things around. I could think things through and know that it wasn’t me doing the thinking anymore, that I was being directed by The Spirit and allowing him to work. I’ve been running ahead for years and haven’t been quiet. I now have a more quiet and gentle spirit. I never slept through the night, and I was never able to sleep on my back. So one thing I noticed was that I was able to lie on my back and stretch and sleep. My hands would be open now and more relaxed. My sleeping pattern has now changed. And my shoe wear pattern has changed in walking. I don’t know how to describe it other than that the wear pattern has changed on my shoes. I no longer think other people are mad at me when I pick up their strong emotions. This whole process is life-changing, and it didn’t take that long. I have to tell the whole world somehow! I tell everybody about it. I want them to purchase the package. Give it a try. You have a money-back guarantee...just try it. Because it will work. It will work!”

~~ Patricia

‘I’ve enjoyed doing The Healing Codes. I feel like I’ve helped more people with this than I ever did in dentistry.”

~~ Royal

“I first heard about The Healing Codes from the Mary Shrick show on the radio. My daughter has MS, so we went to seminars to help her. Recently I had a breast reduction and found out that I had breast cancer. So I thought, ‘I need to work these Healing Codes on myself.’ I’d been doing it haphazardly — I have rheumatoid arthritis and had been working on it haphazardly. When I found out I had cancer, I decided I needed to do it very diligently. I did the Twelve Day program, and then I was reading further to find out what I needed to do. What was my core belief that I needed to work on? I hit upon the endocrine system. When I saw that resentment was one of the wrong beliefs, I thought, ‘That’s me.’ I had been hurt about a year and a half ago by some people I go to church with. I started doing The Healing Codes on that, and the first three times I cried like a baby. It hit me very, very hard, and I felt compelled to write these people a note and ask for their forgiveness. I did that and then one by one, each one of them accepted my apology and forgiveness. I felt great peace after I’d written the notes, but much greater peace after they’d responded to that. After doing The Healing Codes, I feel closer to God. It was a conscious conflict I was experiencing. Even though I was going through the motions of doing things right, I knew in my heart that I wasn’t. When I did these Codes, it hit me in the heart and it’s really changed my life toward God and towards the people — very good Christian people — I knew I shouldn’t be feeling that way about. They were honest in the decisions they made that ended up hurting me. I feel peaceful now instead of resentful, and I thank God for that. I was having quite a bit of stress. I thought I was dealing with it very well. But I found out that within my thyroid/glandular system, I had some ill feelings bound up. My thyroid is getting much better because I’m relieving the stress that I was putting upon that part of my body. The Healing Codes relieves stress. It helps you be at peace and closer to God.”

~~ anonymous
“Between four and six years ago I was having some severe problems with panic anxiety that literally incapacitated me. In fact, there were many times when I was coming home from work and I truly did not know whether to just pull into Red River Mental Health and get some help there, or go on home. It was all I could do to just get home and go to my bedroom, and then I knew I was okay. It incapacitated me in other ways, too. My children were used to seeing ‘the look,’ as they called it, on my face. We would be in Wal-mart, after driving thirty miles to get there, buggy full of things, and ‘the look’ would come and they would know, ‘All right, we just have to leave the buggy in line, get to the car, and get home.’ That’s how bad it was. And I had tried everything. Stress management tools, nutritional changes, everything naturopathically speaking and allopathically [traditional medicine] speaking. I was getting nowhere. Well, that’s not true. I was getting worse and worse.

“I heard about Dr. Alex Loyd and what he was doing, called him, and began to work with him. I actually got my life back. I needed help so desperately that I went ahead and tried this, just to get the help, thinking the whole time, ‘Boy, I hope this isn’t New Age…I hope I haven’t crossed some sort of line…’ And I haven’t. So now the first thing I do is explain to people how this works and what it is. Something people need to keep in their minds is that, if it’s truth, it’s from God. The bottom line is, this is scientifically proven. It works. God gave us this, and we need to leave no stone unturned when it comes to our health. I try to get people to understand that they have to be the managing partner, the CEO, if you will, of their own health. It’s not up to their doctors to get them healthy. It’s not up to the PAs. It’s up to you to take charge of your health. And to do so, you need to equip yourself with every bit of information you can and apply that to yourself. Encouraging people to be the managing partner and CEO is what I spend most of my time doing. It seemed like I worked on Dr. Alex Loyd for years, asking him to be on my radio show to share this with the world. He has something that changed my life, and once you’ve experienced that, you want others to know about it as well. I’m delighted now that he’s doing this all over the world, and many, many people are being helped as a result.

“It’s not just panic and anxiety that The Healing Codes helps, though you would be surprised at how many people that affects, both men and women. I’ve seen them heal unexplained problems in health. As a naturopath, I look for deficiencies, and I’m pretty good at finding deficiencies. But if your body is not open to receiving those nutrients I’m trying to get into your body, we’re still at square one, basically. We may be a little bit ahead of the game, but it’s like one step forward, two steps back. As I look at my patients, those who have ordered The Healing Codes, I’ve seen changes that I could not manage to have acted in a person’s body. Changes in blood pressure, in diabetes, in depression, and even in degenerative, chronic problems like arthritis. You normally don’t think of stress as causing arthritis. Well, do these things happen directly or do they happen indirectly? Probably more indirectly.

“Let me define what I mean by that. I love how Dr. Alex Loyd talks about, “There are two types of cells. Those that are turned on, actuated to receive nutrients and to let toxins out, and those that are in that protective ‘I can’t let anything happen now…we’re under stress’ – mode.” So regardless of what your issue is, what your symptom is, the bottom line is that your cells are either ready to receive what we’re trying to get to them, or they can’t. So regardless of what you feel your symptoms are indicating, if you take care of the stress, then everything that you do – changes in lifestyle, exercising more, eating correctly – has a chance to work in your body. Otherwise, it’s like water rolling off a duck’s back. It’s just not going to get in there to get it done. I find that between 60% and 80% of my patients know stress is a problem, but actually, using the gold standard
Testimonials from Our Clients

test, HRV, pretty much 100% of us suffer from some stress-related issues. Once we address that, it’s amazing to see the differences in people’s lives.

“Hope is the basis of it. It really truly is. One thing I compliment people on is telling others about the healing that has happened either with us or with someone else. Most of the time practitioners – they don’t mean to do this – dash people’s hopes. When you hear the prognosis of cancer, or diabetes and it’s incurable and you have a long row to hoe, that’s discouraging. So it’s the positive changes we see in people’s lives that are contagious. And they can’t help but share that with one another.”

~~ Dr. Mary Schrick
Radio host of “The 3rd Opinion”

“This healing work is excellent. It has helped my son with respiratory problems. I am using it myself for the Kindness virtue which meets a physical problem I have.”

~~ Barbara

“My mother, who has been teaching nursing and holistic health forever, bought The Healing Codes. Recently, one of my dearest friend’s sisters died. It was a true tragedy because it was not the cancer that she HAD (emphasis HAD) that was the cause of death. My mother worked with her using The Healing Codes for a period of time and the cancer in her spine was ELIMINATED. The brain tumor she had was shrinking and the MRI proved it. Go Codes!!!!! That is the good news. The bad news is that she died anyway, but only because she felt it was the only way she could leave a truly abusive relationship. Which only emphasizes that it is indeed stress that causes death. Glad the truth is finally getting out.”

~~ anonymous

“I’ve been working with The Healing Codes for three or four years. When I began, I had self-esteem issues, financial problems, and health issues. I’d searched for a long time for answers and was always working on success principles and programs and trying to change my life. I’d had some success with a lot of the things I’d done, but I lacked consistency. When I heard about Alex, I became a client and started to work on issues like carpal tunnel, back problems, and anxiety. All of those things started going away, but I also noticed this sense of peace that I had in my life. I started hearing comments from people about how different I was. It was pretty amazing. A lot of people really noticed a change in me.

“For years I’ve loved to study successful people and what their activities are, why they’re successful. It’s always been a mystery to me why certain goals I had set for what I wanted my life to be happened so easily using techniques like visualization and affirmations, while others would not happen at all. I really researched that. When I started doing The Healing Codes, I noticed my belief system changing, so I started using them to help me get clear on the vision I wanted for my life. Then, to explain it in a nutshell, I watched scenes of the life I wanted to live as if watching a movie, really living the life in my mind that I wanted for my future. I would pay attention to what was going on with my self-talk and be aware if that familiar knot in my stomach would creep in. I started watching the belief systems I had. I used The Healing Codes to heal the pictures that I discovered were the source of the blocks that kept me from moving forward.
"As I was able to heal things, and noticed things changing in my life, I really got excited. At that point, I developed a program for myself where I would get up in the morning and I would try to get myself in a place where I was feeling nothing but love, peace and joy. At that point I would pay attention to the thoughts that would creep in. I would start to look through my belief system and see what it was that I was feeling at that level, things that you’re usually not consciously aware of unless you are really focused on identifying sabotaging beliefs and behaviors. When I feel my body going into that fight or flight response, I get out my manual, I go through the different categories, the belief systems, I read and reflect on what sets off that feeling for me and where it becomes more intense. I then do The Healing Codes for it and get myself to a place of calm. I do this process consistently and amazing things happen. It’s been very exciting for me.

“As I was able to heal the belief systems, I found that I could get myself to that place where I could actually sit very calmly, very relaxed and watch this vision of my life, watching the outcome I desired while staying focused in a place of love in my heart. As I consistently did this, it was just amazing to see the change in my life. I earned a bonus car. I’m now driving a new Cadillac CTS. My income skyrocketed from what it was two or three years ago. I’ve set new goals for my life. And when I follow the process I described, the changes have been amazing. It’s almost scary how quickly my life improved once The Healing Codes healed the underlying cause of the blocks.

“I wouldn’t say that nothing worked before. The thing that surprised me was that I would have success with certain things but that I didn’t seem to have control over my success because it wasn’t consistent. I felt that I worked equally hard with the amount of effort and energy I put in, but it didn’t always work. Looking back through notes I’ve kept, I found that where I didn’t have those hidden issues, those limiting belief systems, and the cellular memories, I was able to be in that place of love, peace or joy and think about the things I wanted in my life, move forward with various things that would allow them to happen, and they would happen. People would come into my life, opportunities would present themselves and that kind of thing. But with some things involving finances, career, things that were important to me, I lacked self confidence and deep down didn’t truly believe in the possibility of it becoming reality for me. I was in such a state of anxiety over it--centered on the problems in my life, allowing my negative memories to run things subconsciously without even realizing it, and engaging in constant negative self talk--that I was blocking any possibilities of success with what I wanted.

“I’ve come to understand that we have so many opportunities around us, but when we’re so focused on our own world and our problems and our panic and our fears, we’re not even seeing them because of our beliefs. As I healed the memories of the things that were the cause of my incorrect thinking and limiting beliefs with The Healing Codes, I became more of an open, happy, joyful person and my life changed dramatically. I go about my days feeling good because I am focused on the hope of what tomorrow will bring instead of activating pictures from unhappier times from my past that have a tendency to keep the same momentum going. When I began to heal the root cause of anxiety, self doubt and the limiting beliefs, that’s when things really started to change for me.”

~~ Teri

“I have just completed the 12 Days using The Healing Codes. I had been so excited about receiving them and starting to work, that of course for the first day, Unforgiveness, I did the complete method as outlined in the manual. I had MANY unresolved
unforgiveness issues, some about me forgiving others, but mostly about me forgiving myself. This was a huge area for me—I listed things and cried, listed more things and cried more, listed more things and sobbed... you get the picture. After I completed both exercises for Unforgiveness and went back to review my notes, I could not even “find” the emotions which had been so strong as I made my list and found my picture. It was almost as if those things had happened to another person. I was amazed and grateful. Many of those issues had surrounded feelings of guilt I had over unresolved areas in our life at the time of my husband’s sudden death in 2003. I had become extremely upset any time I thought about them and felt I never could forgive myself for certain things. After doing the Healing Codes I felt such peace and now, 12 days later, still have total peace when I go back to those memories -- no emotion at all, really. For days 2 through 12, I actually did the “short version” of the codes, partly because I did not want to face such strong emotions again, and partly because of time. Starting about day 6, I suddenly realized I had slept the previous couple of nights straight through for a solid 8 hours, something I had not done for literally years! I have continued to sleep well, instead of tossing and turning and waking up numerous times as I had for so long. Now I will be contacting my coach to work on specific issues and will definitely be reporting back, as I know God -- through Dr. Loyd and The Healing Codes -- will bring healing to all areas my life and the lives of my family. I thank God for Dr. Loyd and for all of you at The Healing Codes who have persisted and persevered to bring this great gift to all of us. The future looks bright now as it has not for a long time. God Bless You.”

~~ Gwen

“I want to thank you for these wonderful Healing Codes. My four-month chronic back problem, that prevented me from walking across a store or standing in one place for more than a minute, healed from day one.”

~~ Darlene

“I was aware The Healing Codes were used in the beginning for emotional issues, and you later began to discover them working on physical issues as well. I purchased the Codes to use for a physical issue. The irony has been to see that the more diligent I am to do the Codes for my physical issue the more emotional healing I experience. I have received excellent counseling and been a part of 12-Step groups. Even though I know I have experienced much healing from those modalities, The Healing Codes have taken healthy behavior for me from a conscious thought process to an automatic behavior. It is a whole new level of freedom and for that I am very grateful.”

~~ Jamie

“Since I started The Healing Codes last winter, not only have I experienced dramatic coronary healing with my rejection fraction increasing from 29 to 50, blood pressure dropping by 32% etc., but my general feeling of wellness has been much higher than before the Codes. This has increased my stamina, my attitude and outlook each day, which has made my business days easier, shorter and more effective than before The Healing Codes.”

~~ Larry
"Thank you so much for bringing this work forward. I think it's great work and very much needed."

~~ Eleanor

"I'm doing awesome with the Healing Codes. God is guiding me beautifully, and I'm doing them with quite a few people. After just a couple of times doing The Healing Codes on my daughter's uterus pain that she has had for a few years, it is gone. This pain had been so intense that she felt at times she might need to go to the emergency room. Her self confidence is soaring because she doesn't have to feel that pain anymore. As her mother, I'm so honored to be able to help her since it was my energy when I was pretty sick during her growing up that brought about the cellular memory in her that was causing the pain. My son is feeling some shifts in the keloids that sit right on his heart chakra. He also absorbed a lot of my energy when he was growing up. I know these will be history very shortly.

"I also have a healing codes story. A week ago I had to have a molar removed in the back of my mouth. Three days before my appointment I did The Healing Codes of peace on myself once. The next two days I did The Healing Codes of peace twice. The day of the extraction, I did The Healing Codes of peace one time before I left home. The doctor had to press on my head to get this tooth out. He said the tooth was really imbedded in there. The nurse sent me home with a 800 mg. pain pill and some gauze. I could feel the novocaine wearing off as I drove home, and there wasn't any pain. When the novocaine totally wore off there was still no pain. I proceeded to do the Codes three more times that day and I was fine. In the evening I was actually feeling a slight itching feeling like you get when something is healing. Absolutely Awesome!

"I'm also doing Codes on a family with children with autism. It is so beautiful to watch. God has me just doing Healing Codes on the parents. The parents are having their own healing, and the boys are feeling healing within themselves due to the changes in the energy coming from their parents. Their precious mother has thanked me a couple of times being open to this amazing gift from God. I keep telling her this is only the tip of the iceberg. There is more to come!"

~~ Kathy

"I have really reduced my stress, and I can accomplish more in a day. My thinking is more efficient and productive. I can come up with a solution and then stay with it. I am making progress with doing more things for myself instead of always doing things for others. I am more able to speak my mind and confront things people who hurt me or people who are doing something that isn't effective. I can at least give my opinion now. It might be I am becoming more assertive. I like The Healing Codes because I can do this myself. I appreciate having this system for healing myself or bringing myself back into balance. I feel less dependent on others. I like the feeling of being independent."

~~ Roxanne

"I received my Healing Codes package in the late afternoon and did the Love Codes right then for my hypertension. About three hours later I checked my blood pressure and it was 188/106. I did the Codes again and my pressure was 148/79. I have gotten as low as 128/67 since I started the Healing Codes. That's the lowest blood pressure I can ever remember having."

~~ Kenneth
"This morning while I was attending a seminar, my back seized up on me—I could not stand up straight, and it hurt to walk and sit. I also felt tremendous pain near my kidneys. I went to my room to lie down and try to relax. I had purchased *The Healing Codes* package from you yesterday but had not had a chance to read anything about it yet. I decided to try to figure it out. I looked up "pain" in the back of the book and was able to follow the simple instructions in about 5 minutes. I started feeling better. I continued to do the codes for a few more minutes. After that I returned to the seminar. I no longer had any pain! I could walk, dance, and move freely. Two friends who had seen me in pain earlier were shocked to see me moving around. Thank you *Healing Codes*! With no training, following some very simple instructions, I was able to eliminate the pain."

~~ Michele

“There have been several wonderful healings since I started the *Healing Codes*. I had trigger finger syndrome in my left thumb which has greatly improved. I also had a severe tooth ache that subsided after a few days. A localized infection on my forearm that was spreading to my wrist is almost completely healed. My primary focus has been on my dry mouth. I was getting up every two hours for a drink of water. Now there are nights when I can go four to five hours before I need water. I'm looking forward to sleeping through the entire night sometime soon. My coach has given me wonderful support in my healing.”

~~ Willie

“I was diagnosed 11 months ago with breast cancer for the second time. I started *The Healing Codes* right after diagnosis, and today I am 98% healed from live cancer cells.

“To start at the beginning, eight years ago I was diagnosed with stage one breast cancer, and I had a double mastectomy and did every form of chemical treatment. I was supposedly healed by these treatments, but I knew had cancer because of my emotions, and the chemo didn’t touch them at all. The chances of the cancer coming back were about 6% which is nothing, but apparently the chemo did not work.

“So this time I am concentrating on the emotional side. I went to Dr. Alex, and he said, “Just do *The Healing Codes* and don’t ask any questions!” (Dr. Loyd knew how Jeff and I have to know exactly why we do something and how it works.) The next morning, I was lying in bed and working on some issues with *The Healing Codes* like Dr. Alex had showed me. I had no idea what I was doing, but I did it anyway, and I felt this unbelievable breathing through my chest. I was always a shallow breather, and this was the first time in at least 15 years that I took a breath and felt it go all the way through my chest. I could never take a deep breath, in spite of the fact that I taught aerobics for 14 years and was in really good shape. This breathing problem was a huge issue in my life, but within 24 hours *The Healing Codes* released some emotional issues that let me breathe all the way through. I felt like a little kid — it was just the most unbelievable thing. Even my children were saying, “You’re so giddy!” I called Jeff because he was out of town, and the first thing he said when he returned from his trip was, “Let me hear you breathe.”

“I believe that when the breathing problem healed, it was the start of healing my cancer. I felt better than I had EVER felt! Now 10 or 11 months later the tests show the cancer is 98% healed from a physical standpoint, and I feel good. For a number of months I went though some significant physical pain but for the last three weeks have
been pretty much pain free. I had a number of healing responses as toxins were coming out of my body, but I plowed on through and just dealt with it. I prayed a lot!

“I don’t know anyone else who goes as far with natural foods, exercise, etc., but the reason I was in this situation was emotional. The Healing Codes freed me from all the emotional baggage that I didn’t know I had. A holistic chiropractor I had seen for years was shocked when I was diagnosed with cancer again. From his standpoint there was not one organ down, there was no switching – I didn’t have any physical problems! He knew that emotionally there must be something going on, so he sent me for hypnotherapy, but that just wasn’t my thing. With The Healing Codes it’s really cool—you can do it anytime you want to through the day. You don’t have to set an appointment or go anywhere. You are healing yourself and it’s really great!

“I’ve learned so much through the first and second cancers. God is so amazing and strong, and if you give him your heart he can do anything. Cancer is nothing. I thought my life was close to perfect, but I didn’t know how to handle stress. The Healing Codes helped me give things to God to be healed.”

~~ Jill

“The Healing Codes have been incredible for me. I haven’t had a health issue like you hear on some of the testimonials. But for me it’s been like this – you know when you have a really great day? That’s what it’s been like for me every day since I’ve been using it!”

~~ Lynn

“Thank you for giving me another tool for healing myself and others. During the past five days I have not used Reiki to allow The Healing Codes to demonstrate its benefit in regulating my blood pressure and pulse so I can go off my medication permanently with my doctor’s permission. I began on the afternoon after our conversation and finished the study this morning, I set the intention. I did the Healing Code. I was given various pictures by Spirit to assist in healing. I found my blood pressure and pulse, after the initial baseline reading for the day which I took immediately after getting out of bed as my doctor had requested, lowered on average 15 points after I completed the Healing Code and pictures for 15 minutes. To illustrate:

<table>
<thead>
<tr>
<th>Morning baseline</th>
<th>After morning Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>164/97 pulse 117</td>
<td>153/82 pulse 95</td>
</tr>
<tr>
<td>153/89 pulse 109</td>
<td>144/88 pulse 97</td>
</tr>
<tr>
<td>180/107 pulse 112</td>
<td>168/88 pulse 91</td>
</tr>
</tbody>
</table>

Spirit gave me a picture after I asked my Angels and Spirit for a permanent healing.

<table>
<thead>
<tr>
<th>Morning baseline</th>
<th>After morning Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>117/78 pulse 118</td>
<td>147/81 pulse 103</td>
</tr>
<tr>
<td>143/85 pulse 100</td>
<td>130/81 pulse 95</td>
</tr>
</tbody>
</table>

Again, words can not express how grateful I am for the missing piece so I will be allowed by my medical doctor to permanently go off my high blood pressure medication and will have more tools to use in my expanding Reiki practice.”

~~ Sally

“I have been using The Healing Codes for 1 year. The issues I wanted to heal had to do with achieving abundance and contentment in my life. I’ve had pictures in my life that have always led me to believe I have to work hard for everything in my life vs. having it come easily and effortlessly. After a few months, I didn’t feel so worried about the things I didn’t have in my life and started feeling more content. After 8 months, I began to
Testimonials from Our Clients

manifest things in my life. Here are just 2 examples: My family decided it was time to get a puppy but it had to be a non-allergenic type because my husband has asthma, and also a breed that was good with kids. We decided on a cockapoo, and I put an ad on the cockapoo website for puppy breeders. A heartbroken dog-lover emailed me about a 1 year old male cockapoo she had rescued. I didn’t reply to the email as we wanted a puppy. Then she got my number from a breeder I visited. We ended up adopting this dog. He was already house trained and is great with my kids and saved us over $700. The other thing we manifested is our dream home. My husband and I had made a list of everything we ever wanted in a home and put it away. Shortly afterwards, he drove a different way home and passed by a house in our town I have always admired that was for sale by owner. We saw it that night and made an offer the next day that was accepted immediately. We put our house on the market the next day and sold it in a record 2 1/2 weeks by ourselves. When we found our original list we realized this house had everything on our list and more. It’s everything we ever dreamed of.”

~~ Lisa

“At a Healing Codes training, volunteers were asked to come to the front of the room to be observed by the class as they were monitored for Heart Rate Variability while thinking about an issue that caused intense emotions. I volunteered because I had found myself in an increasing state of fight or flight over a business decision I had made a few weeks earlier. I was feeling extreme financial pressure at the time and the image of walking out to my mailbox to retrieve what was sure to be a stack of bills for the startup, was a trigger that had been putting me in an absolute state of panic. The most disturbing part of this was that I had done my due diligence before making the decision, had felt very good about it, and had even established clients for my services. I had nothing to regret at that point. I knew the knot in my stomach and the crippling fear wasn’t founded on present reality.

“When summoned to the front of the room, I sat down on a chair. The large screen was out of my view but the people in the room were able to observe the results of my HRV. Dr. Loyd had me close my eyes and relax as he began doing The Healing Codes on me with the intention of healing the pictures associated with my issue. I was pretty oblivious to what was going on in the room and on the screen. I found myself focusing on the physical feeling of anxiety and wondering if The Healing Codes would work in this situation. I kept seeing that image of walking to the mailbox with a sense of dread. I was trying to keep the image out of mind so I could relax, but the sense of doom was very strong.

“An amazing thing happened. I’m not sure how long it took, but I suddenly noticed that the knot in my stomach was melting away. I found my thoughts drifting to memories of other endeavors that had been successful. A sense of confidence came over me. The realization that I had initially taken the proper steps to be successful led to the conviction that I just needed to get to work and follow the plan I had set for myself. The panic I had been feeling almost seemed comical as a sense of peace came over me, because I realized how unfounded the panic was. Two days later, I was still feeling very balanced as I thought about going to the mailbox, and another HRV reading showed proof that I was still in a balanced state.

“Doing this work has allowed me to experience a level of peace that I never dreamed was possible. I am extremely grateful for that.”

~~ Teri
“Here are my blood pressure readings for the last five mornings, then the readings after a 6 minute Healing Codes treatment. With results like these, you could use 3 audience participants and 3 blood pressure monitors and give live demonstrations during your presentations.

<table>
<thead>
<tr>
<th>Before</th>
<th>Differential</th>
<th>After</th>
<th>Differential</th>
</tr>
</thead>
<tbody>
<tr>
<td>107/60</td>
<td>47</td>
<td>100/59</td>
<td>41</td>
</tr>
<tr>
<td>105/59</td>
<td>46</td>
<td>78/52</td>
<td>26</td>
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<tr>
<td>97/59</td>
<td>38</td>
<td>83/55</td>
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<tr>
<td>95/55</td>
<td>40</td>
<td>83/55</td>
<td>28</td>
</tr>
<tr>
<td>100/55</td>
<td>45</td>
<td>84/58</td>
<td>26</td>
</tr>
</tbody>
</table>

~~ David

“I had a client in Florida who was so excited when she started The Healing Codes and said, ‘Well, I’m stopping my medicine for a racing heart.’ I cringed and said, ‘We really don’t recommend that.’ I was talking to her this week, and she said ‘I went to the doctor, I had the blood work done, and there’s no problem with me stopping the medicine. I don’t need it anymore. And I no longer have sugar.’ So both her racing heart and her diabetes are gone. She says next she’s working on her cholesterol.”

~~ Dee

“I have the codes and do love them. I felt right away more inner peace. I am also working on several immediate health issues which are getting better. Thank you for listening to God and for getting this information out to us, and for supplying a way for us to introduce to our friends to The Healing Codes. I feel very strongly that I want everyone I know to get this.”

~~ Nancy

“I purchased the Healing Codes, I am working with them, and I love them. I feel much better physically. Thank you so much.”

~~ Milka

I always love talking with you and listening to you, Alex. I learn so many new things every time I do. That’s why I always try to listen to you and Ben reveal the miraculous nature of THC on your conference calls. I recently used a custom Code to eliminate every single limiting and debilitating Cellular Memory in my body...except one. The one that’s emitting the frequency that’s causing the tinnitus in my left ear, and has been for years. But according to my testing, The Healing Codes have obliterated over 400 limiting and debilitating Cellular Memories from my body in the past year. I began applying my custom Code on November the 4th. In ten days, the remaining 108 limiting cellular memories left my body...I can feel that they have, physically and emotionally.

~~ Fran

“Dr. Alex Loyd and Dr. Ben Johnson were keynote speakers at our most recent PQI international conference in Ixtapa Mexico. There were hundreds of people there from all over the world. Over a three day period Dr. Loyd worked with 142 people who had something bothering them physically or non-physically. Dr. Loyd gave each person the appropriate healing code for the cellular memory most connected to the thing bothering
Testimonials from Our Clients

them the most. All 142 people self-reported that the memory had gone to a zero within a few minutes – a 100% success rate! All three days there were people laughing, crying for joy, and waiting in line around their booth. People even reported dramatic physical healing resulting from self-administering one healing code. The word miracle was the word heard most often. One lady from Montreal Canada who called it a miracle had remarked before doing the healing code that “if that memory went to a zero she would put posters of Dr. Loyd in every room of her house”. As many healings like this one occurred, word spread through the conference that you could have a life-changing experience at The Healing Codes booth. I think at one point they had over one hundred people on a waiting list for personal healing codes. They also spoke 5 times at the conference and we had to turn people away from several of those as word had spread about The Healing Codes.”

~~ Dr. Ellen Stubenhaus, PQI Board Member

Testimonials for Personal Coding with a Certified Coach

“I am amazed at the Healing Codes. I bought them last month, and I have been working with my coach on physical issues. The transformation is amazing, and the pain has almost gone. The doctors said there was nothing wrong, but I had great pain in my hips and shoulders and inflammation of a tendon in my foot. Except for the foot, which is much better, everything else has gone!! I am a therapist and have healed a great many people but I just could not heal myself until now!! I thank you.”

~~ Florence

"Since starting the Codes given to me by a Healing Codes Coach for my chronic issue, the intensity of the early memory picture we found has decreased from a 9.5 to a 2. It is hard to put into words how therapeutic this has been. I didn’t realize before receiving that coaching call how much power that old picture really held in my life. It is so freeing for that picture to be healed and no longer holding power over me.”

~~ Carol

“After I bought The Healing Codes, I began working with my coach on a frightening issue for me. I had to stand up against my daughter to protect my granddaughter and had to go to court for custody and protection. I was terrified of going to court. I didn’t want to melt down and was very worried about how the whole thing was going to go. I felt like my stomach was in knots, and was nauseated, even dizzy at times, and felt like I was losing my balance. My palms were sweating a lot even just thinking about what I had to go through. When I did the Picture/Memory Finder to work on the earliest time I had been frightened like this, I remembered an event when I was about three or four years old. I used to talk to little fairies, and an uncle of mine scared the living daylights out of me by telling me that I was imagining this, that I had to stop it, that it was wrong, and I was bad, etc, etc. As I did the custom Healing Code my coach gave me for this one childhood event when I was afraid of speaking up for my truth, I realized my fears were also connected to the time I was molested when I was five years old. I had
subconsciously willed myself to be paralyzed for six months afterwards as a way of protecting myself. My fear of empowerment and standing up for what I believed came up very strongly. Within an hour of doing my Healing Code, I started to become nauseated and then feverish, and I ended up being sick for almost a week. [This was a strong healing response as the body got rid of such toxic fears and emotions.] The wonderful thing about this whole experience was that my fear about standing up for myself was much dissipated, and I was able to stand up and go to court. For the first time in my life I felt really, really, really strong. I was a little nervous, but I felt like I had a pillar of light and strength moving through the core of my being that I never had before. I didn’t have the meltdown I was terrified of. I didn’t lose it in court. Instead, my heart just opened up much bigger to the situation and how difficult this was for all of us, my daughter and granddaughter and me. Since then I’ve also been able to stand up to other people and speak my truth, and not let things build up and then have a blow up. So just doing this clearing has been absolutely amazing for me. I’m very grateful for The Codes. I’m working on lots of different issues doing my 12 days right now, and I’m finding lots of things healing and releasing and shifting in my consciousness and in my body.”

~~ Ingrid

“I have been dealing with Post Traumatic Stress Disorder. The Healing Codes and the helpful coaching are definitely shifting me deeply in the areas that have been the most challenging for me. It is amazing to see how stable I feel given what I’ve been dealing with... It’s tough territory, and I’ve been doing so much better than I would have in the past. I am so grateful for my growth and shifting positively!”

~~ Susan

“Since learning The Healing Codes from a certified coach, my usually stressed and very aggressive 8-year-old boy has had an amazing turn around. The results were immediate, and the aggression has continued to dissolve away in the month since then. My son (and myself too) is much more relaxed and calm in his approach to everyday activities. The few tantrums that have started have stopped very quickly and been forgotten (these used to last an hour or more). He has a much better sleep now. These used to be short and broken, but now he is asleep soon after bed (and after ‘Codes’, which he requests himself) and sleeps soundly until morning. My son has always had a bed wetting problem but he has not wet the bed since we were taught the Healing Codes. We will continue to practice the Codes, as I’m sure we will both benefit. I am very grateful for the help and would thoroughly recommend this therapy to anyone who needs to feel happier and healthier. Thanks so much for the coaching.”

~~ Karen

“First I would like to praise God for giving Dr. Loyd The Healing Codes and bless him for listening and taking action. Thank you, thank you, thank you. I ordered The Healing Codes and dove right in. When I had my first session with my coach, I told her that I had this problem with my ears, which were very itchy and scaly. After the phone conversation I had to get ready and go to work, so didn’t have a chance to do the custom Code. Meanwhile my ears were driving me crazy with there itching. On my lunch break, I did the Code and the itching went away and has not itched since. Praise the Lord.
“Before my second session I received an email from my mother, 84, that she was having anxiety, where she dreaded leaving the house. Once she got out the door and got going she was usually ok, but she had a real tough time leaving. I knew she had an appointment in downtown San Francisco and that the weather was going to be rainy so, I called her and had gotten some pictures from her when my coach called for our session. I told my mother I was going to treat for her, and my coach agreed that I could use the coaching call for my mother. We went through the steps and found which picture to treat for. After the call I did the treatment and passed it on to my mother in Love as recommended. I hadn’t got it down to a zero yet so later on I treated again getting it to zero and again passed it on to her in Love. The next evening I received an email from her saying my treatment had worked, as she didn't have any anxiety even though it was rainy and dark enough to use headlights when she went into town for her appointment. I called her and could immediately tell by her voice she was a lot better and more cheerful. She said that not only did the treatment work but she felt better. Thank you for providing The Healing Codes to the world and for your support.”

~~ John

“I like having a Healing Codes coach. I feel so trusting when she pauses for divine guidance on positions that are customized for my situation. I get relief from following her instructions. And she is easy to talk to. Imagine my surprise when I found out she is calling from across the country. I pictured her in California. I can tell her anything and I do not feel judged. Our twice weekly check-ins are concise and to the point. It is interesting to me that my saying "I am healing" can be evaluated by her. I can just be myself and she cheers me on. The other day I thought of thanking her again for such a positive experience.”

~~ Susie (ongoing client)

“My coach’s coaching was of such value. She helped me in a big way to more fully understand the Healing Codes system. I had so many questions at first, and she guided me step-by-step in how to use the book more effectively. In the beginning, I got caught up in keeping track of the time of each exercise and the hand positions. She taught me a better way—feeling intuitively when it was time to move on to the next position—that helped to reduce any tension or anxiety I had about whether or not I was doing it right. One issue I dealt with was a skin rash on the side of my face, my neck and eyelids. I’d been to a doctor who prescribed a cream medication, but it didn’t help one bit. I wasn’t quite sure how to use the Healing Codes for this problem, so my coach suggested a custom Code and helped me come up with a focus statement. Within 1-1/2 weeks, the skin rash was so much better, and within 2-1/2 weeks it was gone. I am much more confident in using the Healing Codes on my own now because of her powerful coaching skills, her belief in the empowerment of her clients, and her constant encouragement.”

~~ Merdith
Testimonials from Our Clients

And the stories go on and on............We can’t wait to add yours!
Disclaimter & Informed Consent

The Healing Codes are for informational and educational purposes only. They are not intended to diagnose, prescribe, treat, or cure any disease or mental condition. The Healing Codes techniques are self-help techniques used for balancing bio-energetic systems, relaxation, and stress reduction and are not intended as a substitute for medical care. No action or inaction should be taken based solely on the contents herein; instead, readers or viewers should consult appropriate health professionals on any matter relating to their health. The FDA has not evaluated this information and we make no curative claims. We only relate the reported experience of clients and pre- and post-session Heart Rate Variability tests. Accordingly, this book and the methods it describes should not be substituted for the advice and treatment of a physician or other licensed health-care professional.

The Healing Codes only treat the destructive pictures of the heart and are intended to be used only as directed. Sporadic or non-committal use of Codes may slow the picture-healing process. No one is advised to discontinue or avoid medical or psychological consultations. The Healing Codes theory and practice are based on experience, and pre- and post-session Heart Rate Variability tests. We make no claim that these HRV tests are controlled, clinical, or double blind.

Although this literature and our results reflect our experiences, your results cannot be guaranteed. The Healing Codes coaches practice as bio-energetic consultants and do not practice under any license such as a medical doctor, psychologist, psychotherapist, chiropractor, lawyer, nutritionist, or naturopath. According to Paul Harris Ph.D., “this is the only health field where there has never in history been a validated case of harm.” Energetic consulting is not currently regulated by any licensing board in the United States. Any spiritual guidance provided by The Healing Codes is not part of any recognized religion, nor is it intended as the practice of clinical psychology.

The Healing Codes coaches are certified by The Healing Codes organization. Coaches are screened, and only a percentage of applicants are chosen. Those chosen go through a self-study course. Coaches are released to do coaching work only after completing the course and receiving testing and certification by Dr. Loyd.

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In 1996 it could be said that I was “living happily ever after” in Colorado Springs, Colorado. My medical practice was exceptional, the patients were wonderful, and my side business of real estate had been very successful. I was enjoying my family and had plenty of time for hunting, fishing and skiing. Life was good!

During this time, my father had undergone triple bypass surgery and then needed his carotid arteries cleaned out because his leg arteries were clogged. He asked me about some unconventional therapies, which were not FDA approved. As he began to recover and his arteries cleared out I became intrigued. The more I looked at herbs and nutritional supplements, as well as off-label uses of FDA approved agents, the more I realized that I had just been treating symptoms, not changing disease. I began to become disillusioned with drugs and their myriad side effects. There were whole worlds of effective therapies out there that no one had told me about in my formal medical education. I knew I needed to learn more about them. The adventure had begun.

I returned to my native State of Georgia, where I began to devour all the material that I could find on herbs, nutritional supplements, homeopathy, and other alternative medical therapies. It was like going to medical school all over again. I eventually decided there was so much information out there that I needed formal training. I went back and got my Naturopathic Medical Degree (NMD). Since then, I have strived to offer my patients the best of both worlds. I am combining viable conventional medical approaches with appropriate alternative therapies to create the most effective healing programs for my patients. By doing so, I have achieved much more success treating chronic degenerative diseases, including cancer--an area I eventually chose to specialize in--than I’d previously achieved using conventional medicine alone. Despite my significantly improved success rate, however, like any other physician, I still experienced cases where, no matter what methods I employed, the patient did not respond. It was these cases that kept me searching for a healing method that might work for everyone, regardless of their situation.

One of the great obstacles that I have faced as an integrative cancer physician is the emotional/spiritual issues that my patients have to overcome in order to get well. I have literally had patients die after they became free of their cancer because they could not overcome anger, fear, feeling unloved, unforgiveness, or other issues in their lives. To help my patients more effectively deal with their unresolved emotional/spiritual issues, I’ve investigated many therapies, including traditional counseling, Thought Field Therapy (TFT), Emotional Freedom Technique (EFT), Healing Touch, Tapas Acupressure Technique (TAT), Quantum Techniques, and others. Some of these helped some, and some were more significant than others. But none were adequate to the task of being able to work for everybody.
The truth of the matter is that we seldom run across a truly new therapy, especially one that can potentially change the landscape of medicine as we know it. Just think of the possibilities of a world without Prozac, Lipitor, insulin, or anti-hypertensives. When this coincides with our own personal point of need it can be a truly phenomenal event. I didn’t know it at the time, but the new therapy I was searching for is “The Healing Codes,” developed by Dr. Alex Loyd, who I am pleased today to call my friend and partner.

In my cancer clinic in Atlanta we are very progressive. We look at the many causes of cancer and try to design specific therapies for each one. I believe the causes of cancer are a combination of heavy metals, viruses, cellular oxygen deprivation, metabolic acidosis, and emotional/spiritual issues. We can deal with heavy metals quite effectively using a variety of intravenous and oral agents. A virus and other viral-like particles are much more difficult to deal with, but they can be handled with certain antiviral preparations and other non-FDA approved agents. Addressing cellular oxygen deprivation, for which Otto Warburg won the Nobel Prize for medicine in 1932 when he proved that lack of oxygen is an important cause of cancer, is a slower process. There are intravenous agents to shift the oxygen hemoglobin dissociation curve. This is intimately related to metabolic acidosis and to ongoing diet changes, which are absolutely necessary. Still, addressing all of these issues remains imminently doable. It was the emotional/spiritual issues that remained a major obstacle to getting my patients well. Finding a solution to that problem became an increasingly important quest for me as I continued my medical practice.

During my search for the sake of my patients, I began to have some physical problems of my own, primarily fatigue and muscle fasciculation (involuntary contraction or twitching of muscle fibers). Initially, I tried to ignore them, passing them off as a result of the spinal cord injury that I sustained in 1996. But over time, my condition worsened. Muscles would be jiggling in the calf of my leg and at the same time muscles would be in spasm in my back or my upper arms. You could sit there and watch these muscles just jumping up and down under my skin. In addition, I became quite fatigued, even from walking up a short flight of stairs, and my voice grew weak. I decided it was time to visit my orthopedic surgeon, who is also a personal friend. After he conducted his examination of me, it was with great reluctance that he informed me that his diagnosis was amyotrophic lateral sclerosis, commonly known as Lou Gehrig’s disease. I was not happy with this diagnosis, so I promptly sought out another physician friend for a second opinion. He, too, made the same diagnosis. I went home and pored over my medical books. What I discovered was pretty grim. Eighty percent of people with Lou Gehrig’s disease die within 5 years of developing symptoms, and I had been experiencing them for at least a year! According to the statistics surrounding this disease, I had just lived 25 to 50 percent of the remainder of my life. Many of my cancer patients had a better prognosis than this.

Shortly after my diagnosis, I attended a seminar where I heard Dr. Alex Loyd speak about his new work – The Healing Codes. I found it quite intriguing that, as he began to work with his counseling patients and they began to heal emotionally, they also began to heal physically. This was entirely unexpected but proved to be true, as he saw more and more patients heal physically. With my new diagnosis in hand I redoubled my efforts in investigating Dr. Loyd’s discovery.
The philosophical basis was important to me because if the philosophy was flawed the work would be flawed. The basic concept of The Healing Codes method is that all memory is stored as pictures, and that these pictures have non-truths or lies in them which, if left uncorrected, eventually result in emotional and/or physical disease. I didn't have any problem with memory being stored as pictures, as the brain works quite similarly to a supercomputer. The idea of non-truths or lies in these pictures was a little new to me but it made perfect sense. Everyone back to Freud and beyond had proposed that we tied up energy in an earlier state and were subsequently unable to deal with life's problems later on. What was new was the concept that these events, these pictures, were not true. For instance, if someone felt unloved, was he or she truly unworthy of love? Of course not! If we felt incompetent, did it mean our body and mind were truly incapable of performing that action? Probably not. More likely, we just didn't think we could. So I was OK with that. But how could this translate into disease?

I tried to compare this to a computer model that I could understand. We are created with certain programs. One of our programs is the "self-healing" program. As we believe non-truths, the files of this program become corrupted, causing the program to run more and more slowly and eventually fail. If you could figure out a way to uncorrupt the files—voila!—the body's innate ability to heal itself as designed by God would be restored! This was logical in a computer model and viable in a human model. But how do you go about removing incorrect data and replacing it with corrected data? This came down to a matter of physics for me, since everything, including digital information, ultimately exists as its most common denominator, energy, with a corresponding vibrational frequency. Any frequency can be changed if we only know how to do so.

I now felt comfortable with the science and philosophy of The Healing Codes. It was time to take the plunge, so I signed up for an instructional seminar. The instruction was good, and I began to learn some simple techniques used by The Healing Codes coaches. I also decided to purchase an hour of healing work from Dr. Loyd for my own personal use.

I had two things I wanted to work on immediately. First and foremost was my new diagnosis of Lou Gehrig's disease. I also had a long-standing problem with insomnia, which was so severe that for the last few decades I had not been to sleep without a sleep aid at night. I received a Code for my insomnia to be performed three times each day. The first night, after doing only one Code, I went to sleep and slept all night. For the next five weeks, I did not take a single sleep aid. I'm not going to sit here and say that I have never taken one subsequently, as I travel extensively and strange beds and unique noises make for difficult circumstances at times. Nevertheless, my sleep pattern has remained remarkably improved, and I seldom take a sleep aid. As for my muscle fasciculation's, fatigue, and other Lou Gehrig's symptoms—they are gone. After only three months of practicing The Healing Codes, I returned to the surgeon who first diagnosed me. He ran the test for Lou Gehrig's (EMG) and found it to be 100% gone. I have been symptom-free for more than a year now. For those of you who don't know—there is no cure for Lou Gehrig's disease.

After personally experiencing the results of The Healing Codes techniques, I elected to learn the work in its entirety. I have also trained the staff in my cancer clinic in Atlanta, so that my patients can have the benefits of this great work, as well. Based on the results my staff and I are seeing, I now know that I have found the healing method I was
searching for. I know of nothing else that addresses and heals emotional and physical issues so effectively and completely.

I recently found myself one Friday night with nothing to do, so my children and I decided to watch a movie. Not wanting to make a foray out into the cold to the local video store, the children combed through our video collection. Finding a copy of *2001: A Space Odyssey*, they wanted to know what it was about, having never seen it. As I thought about the movie’s theme—that humanity is on the verge of another evolutionary leap—I thought about the rate at which our knowledge in all fields of science is increasing in an exponential fashion. The same thing is happening in medicine. I have long believed that we are ready to move to a different level in the healing paradigm.

At the beginning of human history, both medicine and healing were a spiritual function. When we became sick we consulted God and prayed for healing. Next came the era of botanical medicine, when people took herbs in order to heal. This was followed by the era of physical medicine, where saws and scalpels were used as a means of surgically removing tumors and growths considered as the cause of disease. Currently we are in the chemical era, with our myriad drugs and their myriad side effects.

If one begins to comprehend frequency and the dynamics of plasma physics, which was espoused by Einstein in 1925 in his famous equation $E=MC^2$, one begins to understand that absolutely nothing is impossible. I believe that we are now beginning to comprehend and use energy in ways that were only conceived of in the past, and which are returning us to a greater understanding of our bio-energetic nature. I feel like Buzz Lightyear has come to life and is urging us “to Infinity and beyond!” It is going to be a great adventure in learning and healing.

The Healing Codes has made a bold leap into the realm of energy healing. It has avoided the mysticism that usually surrounds such therapies. It is philosophically and scientifically sound. Not to mention that it works! I’m living proof of that!

~~ Ben S. Johnson, M.D., N.M.D., D.O.
Introduction

I welcome you to what we believe is the most effective natural healing system in the world today. It is so distinctive, both in theory and application, that it is more correct to call it a new science. The basic concepts and physical mechanisms of The Healing Codes were discovered in 2001 and validated by the most widely accepted diagnostic tests over the next year.

Since 2001, thousands of people all over the world have reported healing from various problems using the principles contained in this package. Many of these people had physical and/or nonphysical problems that fell into the “incurable” category. In fact, we have yet to find any issue that The Healing Codes will not positively affect. We are not aware of anyone who is using The Healing Codes as directed who has developed a major disease following the application of its exercises.

Various doctors and health practitioners, after experiencing The Healing Codes for themselves and their patients, have commented that it appears to put the body into a deep healing state. The most wonderful aspect of The Healing Codes process is that this is not a Code that we do for you or on you. These reported healings come exclusively from people activating The Healing Codes themselves to remove underlying stress and impact the unhealed pictures of the heart.

So, what is our take on all of this? We believe that we have discovered the nonphysical and unseen source of almost all illness and disease, and the hidden physical control system in the body that fixes the problem – automatically.

Does this sound like a miracle? If so, then consider this quote by St. Augustine: “Miracles happen, not in opposition to Nature, but in opposition to what we know of Nature.” Because of The Healing Codes, our knowledge about the nature of healing and disease has expanded, making the possibility of healing greater than ever before. To understand why I make such a bold statement, let me share with you how The Healing Codes came to be.
Like most couples, when my wife Tracey and I said “I do” in 1986, we believed that the rest of our life together would be “happily ever after.” But within months we came to realize that something was terribly wrong, and eventually we both wanted out. After visiting a number of doctors, we resigned ourselves to the fact that Tracey was clinically depressed, and probably had been for most of her life. They told us the depression was caused from a chemical imbalance in Tracey and that the only things that would help were antidepressant drugs. I remember asking, “What caused the chemical imbalance?” The response was that it was probably genetic and inherited from someone in her family, maybe even from several generations away. I then asked, “Whoever it originated with in her family tree – what caused it in that person?” The doctor looked at me like I had just punched him in the stomach and said, “We don’t really know.” (I now know the answer to that one: it was caused by stress in whatever ancestor it originated in. More on that later.) Needless to say, I was devastated!

Tracey’s depression affected everything in our lives. I quit meeting my friends for tennis, basketball, or just socializing because Tracey could not bear to be alone. Very small things would send her to her room with the door locked, or to the kitchen for a pan of brownies. My job at the time was working with teenagers as a full-time minister, which involved many events and trips. These were the most difficult of all. Tracey would either have to stay home alone or come with me and be scared of the teenagers. Either one was awful. It was very difficult for me to do my work because I was constantly worried about my wife. It was far worse for Tracey, who felt like she was living a nightmare that she could not wake up from. Then came the drugs.

We had great hope that antidepressants would be the answer. Tracey tried a variety of depression medications over several years. Some helped her depression and some didn’t; but she was always depressed, and with all of them Tracey had side effects. I can vividly remember waking up in the middle of the night with Tracey screaming. When we turned on the bedside lamp we discovered that the sheets around her were streaked in blood. As I went for the phone to call 911, I wondered if Tracey would make it. It appeared that she was hemorrhaging internally. Would we get to the hospital in time? How would I raise our son if she died? It was at about this point in my thoughts that we discovered what had happened. Tracey, as a side effect of her medication, had been clawing her legs with her fingernails during her sleep. She eventually clawed enough skin off her legs to cause them to bleed onto the sheets. There were many other side effects; this one happened twice that I remember. So the agony continued.

Everything in our marriage was strained to the breaking point. Counseling helped, in that we didn’t feel so alone in our torment, but Tracey was still chronically depressed.
Dr. Loyd’s Story

I guess you could say we learned to cope with it better. It was during this counseling and coping time that Tracey and I made a recommitment to our marriage and to each other. We were indeed in it for better or worse. I was determined to find a solution for Tracey’s depression. I believed with all my heart that God wanted Tracey to be healthy, whole, joyful, and at peace.

During the first 12 years of our marriage I prayed daily for Tracey’s depression to be healed. I was not praying for any new exercise or therapy, only for my wife to be at peace. Tracey’s depression put me on a career path change in an attempt to become a professional at dealing with depression. Five years of graduate work in psychology and four years studying naturopathic medicine left me equipped with numerous techniques, some personally developed, that would temporarily address Tracey’s and my clients’ symptoms, but these techniques did not eliminate the cause. Most problems came back again and again. This was frustrating to me, but at least we had found a way to relieve Tracey’s depression symptoms without drugs or their side effects. My clients and many colleagues told me that the program I had developed was more effective than anything else they knew of. Based on the successes I was having, I traveled with two other doctors and lectured on my methods for a couple of years. While this encouragement was gratifying, I still believed Tracey and my clients could be healed completely, not merely have temporary relief. So I kept praying, studying, and searching.

Many of the advancements I was able to make were related to the field of quantum and particle physics. I learned so many things that were never taught in my two doctoral programs covering nine years. What follow are some of the key insights I gained as a result of my quest.

1. I learned that many of the greatest minds that had ever lived had predicted, based on their hard science research, that some day all medicine would be based on controlling energy in the body.

2. I learned that everything at its root is an energy frequency (E=MC\(^2\)) and that illness and disease can be traced to an unhealthy energy frequency. (This is precisely the way an MRI determines health problems.)

3. I was astounded to find out that if you can change the unhealthy frequency to a healthy one, the illness or disease would go away without drugs, surgery, counseling, or even effort!

4. I discovered that many ways to change “unhealthy” frequencies to “healthy” frequencies had already been discovered and validated – one was so powerful it literally had a healing effect on human DNA.

These four insights held great promise for my quest to help Tracey. The problem was that I could not find any validated treatment that could pinpoint the unhealthy frequencies in the body that were causing the health problems, nor could I change them to healthy frequencies with consistency and permanence. It seemed like most of the pieces had been found and validated but there was something still missing.

Then came the discovery that changed our lives forever, one that I believe can change your life, as well.
I will never forget that moment as long as I live. I was sitting in the Los Angeles airport waiting for my flight home. I had been in L.A. for four days attending a seminar on quantum physics and healing conducted by a doctor who was one of the pioneers in the field. I was tired from the intense study and couldn’t wait to see Tracey, Harry, and George (my 8- and 1-year-old sons). Then my cell phone rang—it was Tracey. As soon as I heard her voice cold chills ran all over my body; she was severely depressed. She shared with me the agony she was in and how Harry didn’t understand her being sick in this way. If I had been with Tracey I could have alleviated her symptoms with some techniques I knew, but not from 3,000 miles away. I talked to her as long as I could, trying to comfort and encourage her to hang in there until I got home. I put away my phone when the flight attendant asked me to and immediately started praying for Tracey and Harry. I had prayed countless times over the past 12 years, but this time would prove to be different from any other.

As I prayed, I started seeing the healing mechanisms that we have now been using since 2001. There were no voices, I didn’t see angels out my window, and I didn’t experience anything I would call mystical. However, I knew what I was being shown was from God, just like I knew my name was Alex. It was like I was reading the how-to blueprint of a miraculous healing system in the body that had never been discovered. I immediately took out my pad and starting writing what I saw in my mind’s eye. At one point I literally said out loud, “God, You’re either going to have to slow down or remind me of all this later. I can’t write that fast!” (Then I looked around a little embarrassed that someone might have heard me.) My hand was cramping and my pad was overflowing with all that I was writing down. I knew that this was the solution I had been searching for, and believed with all my heart that this new system would heal Tracey and my clients, not just relieve their symptoms. I believed that these new mechanisms would find the unhealthy frequencies in the body and change them to healthy ones. I was certain that this could change health all over the world. I believed then, as I do now, that what today I call The Healing Codes was a gift from God. After all the years of study I had done, it was three hours praying on a plane that delivered what I had longed for.

There were two parts to this discovery.

**The Theory:** There is one source of all health and illness.

**The Application:** There is a previously undiscovered mechanism in the body which, if activated, can address problems at that source.

Both parts of the discovery, as far as I knew, were original. Later research revealed that the theory involved many components researched and even proven by Nobel Prize winners. I knew that people would not accept what I’d discovered just because I believed it. This breakthrough had to be validated by mainstream medical diagnostic tests and individual results if people were to believe the truth about this wonderful new healing mechanism.
A Year of Validation

For the next year my focus was on monitoring results and scientific validation. I integrated the new discoveries into my everyday work with clients.

Client results

Throughout the year, my clients not only consistently healed the psychological issues we were targeting, but surprisingly, many also saw the disappearance of physiological disorders that we had not even discussed. Unexpectedly, the Codes were addressing the whole person. Potentially I had discovered The Healing Codes put in the body by God to heal anything. I also did Heart Rate Variability (HRV) scans before and after using The Healing Codes with as many people as I could. My test results have no precedent in 30 years of scientific research on HRV.

Diagnostic test validation

For more than 30 years, heart rate variability has been mainstream medicine’s state-of-the-art means for measuring the current peace/stress levels of the autonomic nervous system. HRV is in the same category of tests as MRIs and CT scans, in that, according to experts, it does not respond in any way to the “it’s all in your head” placebo effect. HRV is also considered by many to be the best indicator of mortality, and is a staple in neonatal and cardio care units all over the world. In his recent book Stop the Nightmares of Trauma, Dr. Roger Callahan, Ph.D., states that during the last 30 years there have been only two cited treatments that consistently removed stress from the nervous system, taking it from out-of-balance to in-balance, as measured by HRV. One test was conducted on humans and the other was on dogs. Both took a minimum of six weeks to bring the nervous system into balance and to remove the stress. In fact, the autonomic nervous system’s extreme resistance to rapid change is why it is so difficult to change the body’s metabolism, lose weight, or break a destructive habit.

Six weeks, to balance? How about 20 minutes?

Over the last three years we have performed HRV testing before and after sessions using The Healing Codes with people all over the United States and Canada. What we have discovered is that approximately eight out of ten times, we can teach normal individuals how to bring their bodies from scientifically diagnosed out-of-balance stress levels to in-balance levels within 20 minutes using our self-applied exercises. Even more astounding, when we retest individuals 24 hours later, the majority will still be in-balance, still experiencing drastic reductions of their stress levels, although no additional Codes have been done. (A number of therapies have recently documented being able to balance HRV in a short period of time. But none, so far as I am aware, have been able to show the treatment still holding 24 hours later. In fact, many treatments will only keep the person in balance a few minutes.)

In the fall of 2003, during a training workshop in Kansas City, we filmed a number of these pre- and post-session HRV treatments. One person went from out-of-balance to in-balance in about 7 minutes and was still in-balance two days later! The entire test was filmed and witnessed by the conference attendees. Why am I making such a big deal about this? Because I have been told by an array of experts (MDs and
manufacturers of HRV equipment) that “these results are impossible; there is nothing on planet earth that will do this.” And yet the HRV testing itself proved that The Healing Codes could produce such results. While these were not double-blind, controlled, or clinical studies, they were all I needed, combined with my client’s results, to be able to show open-minded people that The Healing Codes method is scientifically verifiable and has enormous possibilities for helping people who are hurting.

Over the last three years our clients have informed us of many pre- and post-session tests that they have done on their own while performing The Healing Codes. These tests have included MRIs, CT scans, EEGs, EKGs, blood tests, dark field microscopy, bio-resonance testing, pH testing, ultrasound, and a number of others. Our clients have consistently reported (and sometimes sent us copies of the tests) miraculous results, shocked doctors, and celebrations.

We have received testimonials from our clients that relate healing experiences from just about everything you can imagine—from poison ivy to critical diseases, to just about everything in between. This has happened in spite of the fact that we have never targeted any disease or any physical problem. The only issues we target are the destructive, unhealed images in the heart, the source of stress. What I was not originally expecting, is that when you remove the destructive images in the heart and subsequently remove stress from the body, the neuro-immune system can then heal just about anything on its own.

Toward the end of the year of validation, with my clients and with HRV results in hand, I shifted my practice over completely to using The Healing Codes. My results, my clients’ experiences, and their referrals to me went through the roof. In 2002, I started training doctors and other healthcare practitioners in how to guide individuals through the activation of The Healing Codes. Now, with the release of this package, you too can activate The Healing Codes for yourself and your family.

So, as you work through these Codes yourself and address the destructive images of your heart, you will actually be healing all aspects of your life.
Notes
Some Facts to Consider

**Stress Kills:** According to the Centers for Disease Control and Prevention (CDC), Stanford University Medical School, and numerous health experts, the number one killer on the planet is stress. Up to 95% of all physical and nonphysical health problems have stress as their origin. Every time we have a health problem we should be asking, “What stress is causing this, and how can I eliminate it?”

**Wrong Beliefs Cause Stress:** According to research at Stanford University by Bruce Lipton, Ph.D., stress originates from wrong beliefs about our circumstances and ourselves. These wrong beliefs cause us to misinterpret our circumstances as threatening, which creates internal stress. (These beliefs are often unconscious, and are always an interpretation of a destructive internal image.)

**The Real Problem:** The destructive internal images broadcast a fear signal all over the body, sending the nervous system into a state of fight or flight. This state is synonymous with stress. Over time the fight or flight syndrome will lead to illness and disease (Bruce Lipton).

**The Greatest Minds Of Modern Times Predicted A Breakthrough Based On The Body’s Own Energy Resources**

“All matter is energy.”
~~ Albert Einstein

“All living organisms emit an energy field.”
~~ Semyon D. Kirlian. U.S.S.R.

“The energy field starts it all.”
~~ Prof. Harold Burr, Ph.D., Yale University

“Body chemistry is governed by quantum cellular fields.”
~~ Prof. Murray Gell-Mann, Nobel Prize Laureate, USA

“Future medicine will be based on controlling energy in the body.”
~~ Prof. William Tiller, Nobel Prize Laureate, Stanford University

“Diseases are to be diagnosed and prevented via energy field assessment.”
~~ George Crile, Sr., M.D., Founder of the Cleveland Clinic

“Treating humans without the concept of energy is treating dead matter.”
~~ Albert Szent-Gyorgyi, M.D., Nobel Prize Laureate, Hungary
Some Facts to Consider

A Significant Discovery

The Institute of HeartMath in California has identified an internal healing resource so powerful it literally has a healing effect on damaged DNA. (We will discuss this later.)

This discovery offered great promise . . . . However, there were two major obstacles.

1. 90% of the time the source of a problem is unconscious. If you don’t know the source, how do you address it?

2. Paradoxically, the self-protection mechanisms in the body resist being healed.

The Solution: The Healing Codes

The discovery of The Healing Codes revealed the physical mechanism that automatically activates the resource identified by the Institute of HeartMath. As stated in the previous section, the validity of The Healing Codes is established by:

1. Clients’ reports of self-healing from all manner of problems, including many regarded as incurable.

2. Mainstream diagnostic tests (Heart Rate Variability) showing that stress is consistently removed from the body following the practice of The Healing Codes in a way unprecedented in 30 years of medical research and practice.

The Healing Codes system, by focusing solely and exclusively on the destructive pictures in the heart, is able to heal the stress and the wrong beliefs which underlie the physical and nonphysical problems in our lives.
How The Healing Codes Work

One of the most common questions posed to me about The Healing Codes is, “How does it work? Is it spiritual, physical, emotional, self-help, mystical, conscious or unconscious?”

My answer is that it works like a drinking fountain.

Let me explain. Everybody knows what a drinking fountain is. And regardless of who uses it—old people, young people, middle-aged people, blacks, whites, Asians, Indians, Christians, Jews, Buddhists, Muslims, Hindus, atheists, and so on—the fountain will provide drinking water for all of us exactly the way it’s supposed to. Why? Because it is built to work on the basis of hard-and-fast laws of nature, i.e., gravity, pressure, mechanics, etc.

The Healing Codes also work because of hard-and-fast laws of nature from the field of quantum physics. This is a key point to remember. These laws, like the laws that cause the water fountain to work, have been validated and accepted for at least 75 years. The Healing Codes allow us to perform healing in a way we have never done before because we are discovering new ways to use quantum physics, just like the inventor of the water fountain discovered a new way to apply gravity, pressure, and mechanics to make drinking water available to us in a new delivery system. In both cases, the laws have always existed. It’s our understanding of how to apply them that has grown, resulting in improvements in our lives. Just as we are still discovering new ways to use quantum physics these days—like taking pictures with your cell phone and sending them across the country to a friend’s cell phone, all within seconds—we are also continuing to discover new ways to heal.

In short, The Healing Codes is a physical mechanism built into the body by God that consistently and predictably removes stress from the body. This, too, is a key point to remember: God designed our bodies to be able to maintain optimal health!

Theory, Underpinnings, and Research

The Healing Codes appear to be like a hidden fuse box that, when the correct switches are flipped back on, will allow healing of almost anything. It does this by removing the stress from the body, thus allowing the neuro-immune system to take over its job of healing whatever is wrong in the body.

The Centers for Disease Control and Prevention (CDC) in Atlanta estimate that 80% of all health care dollars are spent on illnesses related to stress. Research at Stanford University by cellular biologist Dr. Bruce Lipton found this figure to be low (see www.brucealipon.com). Dr. Lipton’s research indicated that over 95% of all illnesses occur because of stress in the body’s autonomic nervous system.
A recent study published in the *Wall Street Journal* stated that the money spent on health care in the United States has exceeded 15% of our gross national product. At the heart (literally!) of this epidemic of illness is unhealed stress caused by the false pictures and unhealed energy patterns stored in our body/mind. There is even evidence that genetic diseases originate somewhere in our family tree because stress damaged the genes of our ancestors. The wonderful news is that research from the Institute of HeartMath indicates that if the stress can be removed, the genes will often heal.

According to Dr. Lipton, internal stress is caused by deeply held wrong beliefs. These beliefs cause us to interpret circumstances as threatening, when in actuality they aren’t. This wrong interpretation of our circumstances causes the unhealthy activation of what we have come to know as the “fight-or-flight” syndrome.

There are three components of the fight-or-flight syndrome:

1. The autonomic nervous system creates stress so that we can run faster or fight harder, literally to survive the current event.

2. Resources, including blood flow, nutrients, waste removal, and oxygenation, are shifted away from our internal organs, immune system, and higher intellectual functioning and shifted to large muscle groups and the brain stem, where reactive thinking occurs.

3. Individual cells receive an alarm message from the nervous system to shift out of growth and into the self-protection mode. (Cells in growth mode are impervious to illness and disease; cells in self-protection mode are susceptible to illness and disease.)

Dr. Lipton explains that if the body stays in this state long enough, illness and disease are likely to follow. This is the process that creates disease 95% of the time. Dr. Lipton goes on to show that the reason we are getting sicker as a population, even though our technology and research are improving, is because we are going into the fight-or-flight mode daily. Innocuous events such as the phone ringing, driving our car, going to the mailbox, or looking at our checkbook can trigger stress. The body was designed to go into the fight-or-flight mode only when our lives are threatened, and then immediately go back into growth mode when the threat has ended.

We remain in the fight or flight mode so consistently throughout the day because of our false and unhealed mental images and their associated wrong beliefs, which in turn constantly create negative feelings and behavior.

**But, where do these wrong beliefs that make us sick come from?**

Thoughts are conscious reasoning about something.

Feelings are subjective experiences of something.

Beliefs are interpretations of something.

Behavior is a goal-directed action to achieve something.
The images of our heart are THE SOMETHING!

According to Pierce Howard, Ph.D., author of *The Owner’s Manual for the Brain*, data is encoded into us in the form of images. *These images are the literal hard drive programming that determines how everything else operates.* In other words, there would be no wrong beliefs that make us sick were it not for the false and destructive images that are stored in our hearts and minds.

Rich Glenn, Ph.D., says it another way in his book *Transformation*, stating that “the disruption in the body’s energy system can be traced back to a disruptive picture; the replacement of that picture creates a permanent healing effect.”

Dr. Glenn advises: “Become aware and mindful of the fact that your current pictures are influencing your life, including your physical, emotional and spiritual well-being.”

Research by Dr. Glenn, Dr. Howard, and many others, leads to the conclusion that destructive, often unconscious, images cause physical and nonphysical illnesses.

**The Healing Codes heals the destructive images!**

*It heals by changing the underlying destructive energy pattern, or frequency, of the image to a healthy one.* This is eighth-grade science, or at least it was when I was in eighth-grade. 99% of the life on earth is maintained by the energy of the sun. On the other hand, another form of light energy, radiation, kills every living thing in its path, which makes it useful for killing cancer cells. Both are light and energy; one has a destructive energy pattern while the other has a healthy energy pattern. These energy patterns are called frequencies. It works the same way in the body. The cancer cell gives off a destructive energy pattern (frequency) which is identified on an MRI and which a doctor interprets as a possible cancer cell. The healthy cell gives off a healthy energy pattern (frequency), and the MRI portrays it as a healthy cell.

These truths about energy patterns have been proven fact for most every scientist since Albert Einstein first wrote $E=mc^2$ on his blackboard. However, they haven’t always been applied by science to understand healing.

**Sometimes what seems like a miracle is simply a new discovery.**

In the words of St. Augustine, “Miracles happen, not in opposition to Nature, but in opposition to what we know of Nature.”

Hundreds of years ago, physician Ignatz Philipp Semmelweiss, a Hungarian physician was laughed out of medicine for saying that it would be best for a doctor to wash his hands before delivering a baby. He believed there were “germs that could not be seen.” His practice of washing his hands had caused his patients’ rate of infection and death to drop dramatically as compared to other doctors. In spite of his results, his beliefs were dismissed because they were new and had not been proven yet.

Similarly, though we have known for a long time that destructive energy patterns cause stress and health problems, little is being done by modern medicine to resolve these
patterns. The reason you haven’t heard more about these truths is that no one has found a reliable, consistent, predictable, validated way to change destructive energy patterns to healthy ones in the body. Moreover, even attempting to do so does not fit the paradigm of modern medicine, which is focused on biochemistry, not bio-energy. Based on our experience and research, however, we believe that healing these destructive energy patterns is precisely what The Healing Codes does. And the news is even better than that! \textit{The Healing Codes works without our having to be consciously aware of the destructive images, beliefs, thoughts and feelings that are being healed.}

The hidden fuse box in the body that we spoke of earlier is collectively located in four locations on the neck and head. When these areas are showered with healthy energy, that energy spreads to the destructive images stored in the body/mind, ultimately affecting the physiology of the body. This showering of positive, healthy energy is done by the hands and fingers which, when focused, constantly emit healthy energy that flows from all areas of the body. Sounds simple? It is!

\textbf{Healing energy directed at different combinations of the four healing centers of the body is needed to heal different unhealthy beliefs and images.} These healing combinations could be compared to the four amino acids that make up DNA. Every difference in every person in the world is determined by a unique combination of these four amino acids. Let’s go a little deeper now with the underlying principles.

This is brand new technology, and the validation of how it works is still a work in progress. This is not at all unusual, even for things that have been used for decades by millions of people. For instance, we may not have a clue as to how particular medicines work, but we believe they do, and so we take them. You may be surprised to know that researchers are uncertain how many common medicines work, despite years—in many cases, decades or more—of their use. The following are just a few examples out of the \textit{Physicians Desk Reference} (PDR), a primary reference used by physicians to guide them in the use of pharmaceutical drugs:

\textbf{Accutane:} “The exact mechanism of Accutane is unknown.”

\textbf{Zoloft:} “The mechanism of sertraline [Zoloft] is \textit{presumed} to be linked to its inhibition of CNS neuronal uptake of serotonin.” [Emphasis added.]

\textbf{Xanax:} “Exact mechanism of action is unknown.”

\textbf{Risperdal:} “The mechanism of Risperdal, like all other anti-psychotics, is unknown.”

\textbf{Depakote:} “The mechanism by which valproate [Depakote] exerts its therapeutic effects has not been established.”

The above is a representative sample from several major categories of drugs. The PDR is filled with many other drugs whose method of action is also unknown or uncertain.

So, back to how our research and experience lead us to believe The Healing Codes heal. If you follow the path of the healthy energy as it travels through the four healing centers into the body, the physical systems you would discover would include:

- The higher functioning left and right brain, and the hypothalamus.
The reactive emotional brain including the amygdala and hippocampus.

The pituitary gland, often referred to as the master gland that controls the major endocrine processes of the body.

The spinal column and autonomic nervous system.

In other words, you would discover the control centers for every system, every organ, and every cell of the body.

This fits beautifully with another key point to remember, the recent research findings that our memories and images may literally be stored in the energy information field of every cell of the body, similarly to DNA. (This would also explain why organ transplant patients may experience memories of the donor.) When you do the Codes with the appropriate combination of the four healing centers, you are literally showering every cell in the body with healthy healing energy.

What makes us believe that this has been the missing link in the health field?

If our problems are the result of destructive pictures, the thing that makes the picture destructive is unhealthy energy that emanates from the pictures and the cells that contain them. Just as cancer cells give off a destructive frequency as measured by an MRI, destructive images also give off destructive frequencies. When those cells are showered with the healthy energy from the Codes, the negative energy is literally overpowered by the positive energy, just like turning the lights on in a dark room. In fact, unhealthy frequencies are associated with dark color wavelengths. After this change occurs, the image will resonate with healthy energy which will contribute to the good health of the cells, organs, and system that it resides in.

What is this healing energy?

Just as science discovered decades ago that all colors of light are contained in pure white, similarly we believe that all virtues are contained in pure love (courage, truth, loyalty, joy, peace, patience, etc.). In fact, we believe that the frequency of pure love will heal anything – and may be the only thing that will.

What is our scientific basis for this?

In the last few years several individuals have been able to isolate and quantify the frequencies of love and other virtues. The frequency of love resides in us in every loving memory of our heart. Let me prove it to you. Think about the most joyful, loving memory of your life. Take a moment to fully relive this memory with your eyes closed, calling it back into life again. What do you feel? Don’t you feel good? Don’t you re-experience, at least to some degree, the loving event – even if it occurred decades ago? Why does that happen? Because the instant you access and activate a loving memory, the frequency of love is transmitted all over your body, and it has a corresponding physiological healing effect.
Just as this wonderful process of our loving memories transmits healing frequencies all over our bodies, false, painful, destructive and distorted memories are what cause illness and disease. According to Dr. Lipton’s research, these destructive memories broadcast a signal in the body that causes us to interpret current circumstances as threatening even when they aren’t. This is what puts and keeps our body under stress. I encourage you to do an experiment with this as well. Recall a memory that is still painful for you and notice how you feel. If you think of this memory long enough, you will not only feel bad, you will literally shift your cells into the “self-protection mode” and your nervous system into “fight-or-flight.”

Your unconscious mind can be focused on these destructive images without you ever knowing it. When this happens, it has the same damaging effect to the physiology of your body. Many people walk around every day with this “process of illness and disease” occurring, and they never know it until they become very ill.

The critical issue we are talking about with the images and pictures is cellular memory. Data is stored in the cells of your body in the form of images. Every image is stored in the context of a memory. The research linking health to cellular memory is coming out faster than we can keep up with it.

In September of 2004, Southwestern University Medical School in Dallas, Texas, released research that concluded that our best hope of healing incurable illness and disease in the future may very well depend on finding a way to heal destructive cellular memories. Their research found that the cellular memories are basically the health control mechanism of every cell -- as the cellular memory goes, so goes the cell. They found this to be true not only with humans but also with animals and plants.

UCLA Medical Center research was reported on May 10, 2005, by USA Today and ABC News to conclude that childhood chronic pain and illness is caused by non-physical factors. These factors include the anxiety and psychological stress of their parents. UCLA reported that "energy work" had been found effective in alleviating this pain.

Dr. John Sarna at New York University School of Medicine reports research that "most people suffering from incurable pain suffer from repressed anxiety, anger, and rage". These memories trigger stress in the body. "This repressed anger and rage is kept in the unconscious mind. In other words, you do not know you have this inside of you because you are not conscious of it."

The Institute of Heart Math reports research indicating that the reactivation of stored memories can literally have a healing or damaging effect on human DNA. Reactivating destructive memories in a person has a damaging effect on their DNA which is in a test tube at a distance from the person. Reactivating healthy memories has a healing effect on the same damaged DNA. (See www.heartmath.com)

Dr. R.G. Hamer, a doctor in Spain, reports that after 4 to 5 years 6,000 out of 6,500 mostly advanced cancer patients were still alive due to his therapy. Dr. Hamer believes the cause of cancer is a conflict-shock-experience [destructive memory]. His theory has been supported by CT scans, the Siemens Corporation, and research at the University of Trnava in Slovakia in 1998. "The conflict [destructive memory] causes a continuous stress. If the conflict does not become resolved soon, the long-lasting stress will lead to specific symptoms and the development of cancer or another disease. The main task in
every case of cancer is to find the original emotional shock experience and make sure that it has been healed or is being healed."

The good news is that the key to healing things at their root is found inside the human heart, not in anything outside of us. All that is needed is a way to take the power of the love resources of the heart to heal the destructive images that lead to illness.

If the love resources are already inside us broadcasting their healing signals, why don’t these images heal on their own?

The problem is that there are certain memories or images that seem to be guarded from receiving healing when healing frequencies are broadcast all over the body. This is similar to a hidden or repressed memory in psychology, although in this case we may be completely aware of the memory. It is as if the mind has literally built a fort or stronghold around certain memories. It does this to protect us from the pain of something similar happening to us again. Preventing pain is fine, but by protecting the destructive images in this way, it can also prevent the resources of the body from reaching and healing the destructive images. What is needed is a way to infuse the healing frequencies into the images that are causing the problem but which are not receiving the healing energy.

This is exactly what The Healing Codes do. By accessing the love and healthy resources from all over the body, The Healing Codes then transmit those frequencies through the fingers into the four healing centers to change the energy patterns from destructive images to healthy ones, even the ones being guarded. People tell us over and over again that as they are doing The Healing Codes, hurtful memories seem to just "melt away" and, as they do, physical symptoms also disappear. I am not aware of any other system in the world that has a proven way to do this.

I believe this is exactly what those Nobel Prize-winning physicists were predicting when they made comments such as that of Dr. William Tiller, who said, “Future medicine will be based on controlling energy frequencies in the body.”

With that, I welcome you again to The Healing Codes. May it change your life as it has mine.
The Healing Codes are for informational and educational purposes only. They are not intended to diagnose, prescribe, treat, or cure any disease or mental condition. They should not be substituted for the advice and treatment of a physician or other licensed health-care professional.

_The Healing Codes do not work directly on any physical problems. These Codes focus exclusively on healing the destructive memory pictures in the heart._

As your stress level decreases, we believe your own immune system will be enabled to heal you as it is intended to if you do The Healing Codes as described in this manual. We make this statement based on the extensive results reported to us by those who have put The Healing Codes to work for them. In order for it to work for you, however, _you must apply it._ The responsibility for doing so is yours alone. Another way to think about this is: someone could leave you an inheritance of millions of dollars, but if you never went to the bank to get your money, you would never benefit from this gift.

_The ability to heal your life is now literally in your hands, if you choose to take it up and use it._
Overview of The Healing Codes System

The Healing Codes system is so easy to use that some people find it difficult to believe anything so simple can be so effective. Then again, The Healing Codes package is so full of bonus material, some people feel overwhelmed wondering what to do with it all.

The Basics

A Healing Code is one set of easy hand positions that activate one or more of four healing centers located on the head and neck. The Healing Codes system uses 12 pairs of Codes to address 12 categories of important issues. These Codes heal the stress that causes most emotional and physical problems in a person’s life. At its most basic, using The Healing Codes system is doing these 12 pairs of Codes until your emotional and physical issues are healed. Period. Everything else is an amplification or a refinement of this basic healing system.

Getting Started

Choose one of these three ways to begin using The Healing Codes system:

*The Quick and Easy Start Program.* See page 35.
Using only the Pocket Guide, begin your healing work by doing the 12 sets of Healing Codes without focusing on your issues.

*Phase One: 12 Days to a Changed Life.* See page 37.
Using the Manual (and the Journal of Progress if you want to track your healing journey), do the 12 sets of Codes following the Steps to Healing that are given in each healing category.

*Method for Use with an Urgent Issue.* See page 36.
Using the Problem Reference Chart at the back of the Manual (page 143), find the category that contains your issue and focus on that one until your problem is healed. We do not recommend this method unless you have a very short-term need, because all 12 areas of your life must be healed for your problems to be fully healed.

Personal Coding

The next step is to call or email your certified coach if you would like to receive Custom Healing Codes to address the problems that are bothering you the most. This is not counseling, so you will not need to share your issues. Personalized Codes are very effective and will prepare you for further healing. This step is optional, but highly recommended.
Overview of The Healing Codes System

Ongoing Healing

There are three ways to proceed from here, and we suggest you use this Manual for all three. Many of the physical and emotional issues of your life that are being healed as you do the Codes are listed in the 12 categories. It is interesting to see what they are because you will likely not be consciously aware of most of them. You don’t have to read the background or scientific basis of this system to continue doing the Codes, but you might find those sections of the manual helpful and interesting.

*Continue to rotate repeatedly through the 12 Healing Codes categories in order.*
following the Steps to Healing provided in each category in this Manual. You may do this with finding memories and using Truth Focus Statements, or without them as you did in the Quick and Easy Start Program.

*Phase Two: Healing of the Heart.* See page 37.
Using the Manual (and the Journal if you wish) you work on the issues that are bothering you the most AND you rotate through all of The Healing Codes categories.

*Continue to use the Method for Use with an Urgent Issue.*
You may continue this method indefinitely, changing to a new category as each issue is healed. We have found that issues do not heal as quickly this way because the unconscious aspects of them are not being addressed as completely.

When All Your Issues Are Healed

*Phase Three: Maintenance and Prevention.* See page 38.
You may use The Healing Codes to prevent the effects of ongoing stress in your life.

The following section of The Healing Codes Manual, “A Description of the 12 Healing Codes Categories,” explains each component of the categories. You may want to read it before you begin Phase Two in order to have a deeper understanding of why each component contributes to your healing. The descriptions of negative emotions and unhealthy beliefs can help you think of Truth Focus Statements you might want to create for yourself. Or you may turn directly to Day 1 and begin the next stage of your healing work.

We highly recommend that you read “Timing and Doing the Codes” (page 49) and “Tips, Treating Others, and Living a Balanced Life” (page 131).
Description of the 12 Healing Codes Categories

There are twelve Healing Codes categories comprised of two types: the Inhibitors and the Core Healing System virtues. For healing to take place, there are three major Inhibitors to healing that must be removed from the heart and nine Core Healing System virtues to be instilled in the heart. Each category heals a different issue and has its own unique Codes.

The Three Inhibitors: Unforgiveness, Harmful Actions, and Unhealthy Beliefs.

The Nine Core Healing System Virtues:
Love, Joy, Peace, Patience, Kindness, Goodness, Trust, Humility and Self-Control.

The three Inhibitor categories have five components:
1. Primary Issue or Problem
2. Picture/Memory Finder
3. Truth Focus Statements
4. Prayer or Request
5. Two Healing Codes

The nine Core Healing System categories have 12 possible components:

In addition to the five above, there seven more possible components.

6. Virtue
7. Negative Emotions
8. Unhealthy Beliefs
9. Harmful Actions
10. Body System
11. Parts of the Body System
12. Physical Symptoms

Each component is described in detail in the following pages.
Description of the 12 Healing Codes Categories

1. **Primary Issue or Problem**

   This is the issue or problem that you will address by doing The Healing Codes on any given day.

   In Phases One and Three, the issue you work on is determined by the healing category assigned for that day. Beginning with Unforgiveness and ending with Self-Control, you focus on healing each of the twelve categories in sequence.

   In Phase Two, you identify the issue or problem bothering you the most at that time, and this determines the healing category you will choose. This could be a negative emotion, a physical symptom, a bad habit, etc. The Problem Reference Chart beginning on page 143 can help you locate the category you want.

2. **Picture/Memory Finder (optional)**

   This simple exercise helps you find the pictures or images stored in your cellular memory that are causing your problem. When you heal the destructive images, you automatically heal unhealthy beliefs and negative emotions, plus you heal the stress in the body which has been linked to just about every known illness or disease.

   The image may be a still picture or a moving one. Even when you can’t visualize a scene, you still have all the details you need. The feelings and beliefs are the most important parts of the memory. You may also remember the time, place, people involved, tastes, smells, sounds or sensations. Remembering every possible detail is not important or necessary for healing. If you can’t see a picture or visualize a scene, just focus on the feeling.

   First you identify your feelings about the problem that bothers you most. Then you find your earliest or strongest memory of a time you felt similar emotions. This does not mean you cannot heal unless you remember the earliest time that something similar occurred. You work with the memories available to your conscious mind. The memories that you are unable to recall will also be healed as you go through the process. When you do the Codes, you will not have to focus on the negative pictures you find because you will be given a positive Truth Focus Statement to concentrate on. This is one of the great beauties of The Healing Codes.

   Step-by-step instructions for the Picture/Memory Finder are given on page 39.

3. **Truth Focus Statements**

   These are positive statements of a truth or a virtue related to the issue you are healing. You select statements to correct the unhealthy beliefs or lies or negative emotions you find in the picture you want to heal. When the picture is healed, the truth and the virtue will remain.

   Many people think of statements like these as affirmations. However, we have found that *affirmations which are not the truth for that person can actually be*
harmful and make a problem worse by putting the person into internal conflict. An example of this would be an affirmation stating that “I already have perfect health,” when I not only do not have perfect health, but I am doing the Codes because I have health problems! Stating this can actually create stress in the autonomic nervous system as measured by diagnostic tests. Creating more stress works against our purposes.

We refer to our statements as “Truth Focus Statements” because they are designed to cause a shift in your beliefs by stating a truth you know is genuine. You have the problem because you believe a lie in your heart. The solution to this is the truth, not just a positive statement.

We invite you to use any of the Truth Focus Statements we suggest as models in each healing category, or to come up with your own statements that are the truth for you. Focus on one or read them all while doing the Codes. You may also use statements from other categories. Visualize them, meditate on them, say them out loud, or just repeat the statement in your mind.

Some clients have found success in using this generic Truth Focus statement. As they take in a DEEP breath they say, “I am breathing in God’s love, life and light.” As they slowly breathe out they say, “I am breathing out __________” (whatever the negative emotions of the issue may be). This is healing in two ways: it promotes deep breathing and reinforces that it is God’s love, life and light that will sustain us to better healing.

4. Prayer or Request

Many recent studies have concluded that prayer is one of the most powerful healing events on planet earth. In each category, the prayer for healing is provided for you to say or to use as a model for praying in your own words. If you prefer not to pray, you should request that your heart do the healing you need.

I pray/request that all known and unknown images, beliefs and cellular memories, and all resulting physical issues related to my __________ [insert problem(s) being worked on] be found, opened, and healed by filling me 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.

You say this prayer or request for healing before you begin to concentrate on the Truth Focus Statement(s) you selected and do the Codes. Every problem you have in that category is included in the wording of the prayer, even if you are not aware of struggling with it. Because most of the beliefs and images that make us sick are unconscious, we can’t identify all of them. However, including them is essential to permanent healing.

The request to increase the effectiveness by one hundred times or more asks the heart to give the healing high priority and to allocate all available resources to heal the problem and related issues.
5. **Two Codes**

Two healing Codes are assigned in each category. They are to be used for any and all issues or problems in that category during all phases of your healing work.

All of the Codes direct energy from your hands to a combination of the four healing centers on the neck and head. The four healing centers are located over the Adam’s apple, the corners of the jaw, the temples, and the area above the bridge of the nose. Descriptions of the healing centers and illustrations of the hand positions begin on page 40.

No special training is needed to direct the energy. You just hold your hands in position two to three inches over the healing centers. Your body’s natural ability to heal is enhanced by The Healing Codes through the elimination of stress.

6. **Virtue**

A virtue is a positive life quality that is evidence of healed images in the heart. Healed images result from removing the lies from images and replacing them with truth. The virtues are used in creating the Truth Focus Statements and are the major focus as you do the Core Healing System Codes.

These are the nine virtues that make up everything that is true, excellent, holy, courageous, beautiful, lasting, admirable, or praiseworthy.

<table>
<thead>
<tr>
<th>Love</th>
<th>Joy</th>
<th>Peace</th>
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<tbody>
<tr>
<td>Patience</td>
<td>Kindness</td>
<td>Goodness</td>
</tr>
<tr>
<td>Trust</td>
<td>Humility</td>
<td>Self-control</td>
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</tbody>
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Targeting a virtue can also be a way you choose which category will be your primary category in Phase Two. If you feel like the biggest problem you have in your life is a lack of self-discipline, then you would choose the Self-Control category to work on instilling that virtue. Or you could say, “What I want more than anything else in my life is joy,” so you would choose the Joy category.

As you concentrate on the Truth Focus Statements while doing the Codes in the Core Healing System, the negative emotions, unhealthy beliefs, and harmful actions that block the development of these virtues are removed. You become more and more able to choose what is good and right for your life.

7. **Negative Emotions**

Each of the virtues in the Core Healing System has one or more associated negative emotions that can keep you from healing. We would call these the “major” or “parent” negative emotions, and they may have subgroups into the dozens. For example, the Patience category has an associated negative emotion of anger. Anger, however, is the parent to many other emotions, like resentment, bitterness, frustration, etc. We do not attempt to list all of the possible associated negative emotions, only the parent emotions.
During Phase Two, if a negative emotion is the problem that bothers you most, you would choose the category that contains the emotion that is closest to what you feel. Then, when doing the Picture/Memory Finder and selecting a Truth Focus Statement, always focus on exactly what you feel.

Example: I feel bitter, and so I choose the Patience category because anger is the closest to the emotion I feel. However, for healing purposes my focus will be on bitterness, not anger.

The parent negative emotions and their offspring are:

**Pride:** unforgiveness, judgmentalness, entitlement, wrongful pride, arrogance, scorn, false humility; being overbearing, pious, prejudiced, narrow-minded, boastful, know-it-all, dogmatic, holier-than-thou.

**Anger:** impatience, frustration, resentment, hate, antagonism; being vengeful, aggressive, mean, sullen, destructive, self destructive.

**Lust/Desire/Craving:** greed, envy, possessiveness, compulsion, addiction, overindulgence, recklessness, denial; seeking love substitutes; being manipulative, demanding.

**Fear:** insecurity, distrust, anxiety, doubt, nervousness, worry, defensiveness, withdrawal, panic, dread, suspiciousness; feeling tense, frightened, terrified, paralyzed, afraid of punishment.

**Grief:** sadness, unhappiness, guilt; feeling hurt, inferior, rejected, neglected, betrayed; 'poor me.'

**Apathy:** worthlessness, insignificance, depression, helplessness, laziness, hopelessness, despair; feeling too tired, discouraged, flawed.

**Shame:** disgrace, dishonor, condemnation, humiliation, embarrassment; feeling inadequate, miserable, despised.

You may notice that some of these are not emotions in the way we normally think of emotions. However, we can “feel” entitlement, inferiority, or laziness in a very real way.

8. **Unhealthy Beliefs**

Each of the virtues in the Core Healing System has one or more associated unhealthy, destructive beliefs that can keep you from healing.

Every belief is an interpretation of an internal image, and an unhealthy belief is a misinterpretation of an image which then distorts our view of things in our lives. Our beliefs become the lens through which we look at everything. The problem is that an unhealthy belief results in our seeing things in our lives in a distorted, harmful way.
During Phase Two, if an unhealthy belief is the problem that bothers you most, you would choose the category that contains the unhealthy belief that is closest to what you believe. Then, when doing the Picture/Memory Finder and selecting a Truth Focus Statement, you would focus on exactly what you believe.

Example: The Love category has an associated unhealthy belief that “I am unlovable.” Assume you actually believe that you are loved by some people, but do not receive the love you desire from your spouse. You would choose the Love category because it has the belief closest to what you feel, but you would focus on exactly what you believe: “I don’t receive the love I desire from my spouse.”

There could be hundreds of unhealthy beliefs that cause a problem in our lives. We attempt only to list the major, most common ones.

**Unhealthy Beliefs regarding LOVE:**

*Shame-based:* I am unlovable. Who could possibly love me? I will do anything and everything to get them to love me.

*Apathy-based:* What’s the use? I can’t make them love me. I can’t love them.

*Grief-based:* Love leads to loss. I can’t stand any more pain. It hurts too much to love.

*Fear-based:* I am afraid I will be rejected. I had better hold back my love.

*Anger-based:* If they don’t love me, it’s their fault. They annoy me anyway. If they know what’s good for them, they will give me what I want.

*Lust/Craving/Desire-based:* I would do anything for an indication of approval or love.

*Pride-based:* I don’t need their love. Who are they anyway? They should be grateful that I give them my time and attention. Who needs them?

**Unhealthy Beliefs regarding JOY:**

*Shame-based:* There is no joy for me. I don’t bring joy to anyone either.

*Apathy-based:* Why try for happiness? I’m doomed.

*Grief-based:* After what happened to me? Such betrayal, abandonment, loss!

*Fear-based:* Who knows when the other shoe will drop? I’m always on edge.

*Anger-based:* Happiness is as unpredictable as people. Get them all in a headlock and you’ll be safe.

*Lust/Craving/Desire-based:* I will be happy just as soon as I get my next ‘fix’ of __________ (money, work, promotion, sex, drugs, new car, approval, etc.)
Description of the 12 Healing Codes Categories

*Pride-based:* Power and money will make me joyful. Forget that other stuff!

*Unhealthy Beliefs regarding PEACE:*

*Shame-based:* There is no peace for me. I don’t deserve peace.

*Apathy-based:* Why even try to get peace? It is useless to try.

*Grief-based:* I lost any chance for peace when I lost ____. I caused _____ to lose peace.

*Fear-based:* I am afraid I will never have peace. If I have peace, bad things will take it away. I am afraid I have upset _____ and will again.

*Anger-based:* I am angry that peace eludes me. Peace is a ridiculous goal. Peace for others is not my goal either.

*Lust/Craving/Desire-based:* If I can just get more _____ I will have peace. My lack of peace is due to my lack of ____.

*Pride-based:* I don’t need peace or anything else. I protect myself by degrading the value of peace.

*Unhealthy Beliefs regarding PATIENCE:*

*Shame-based:* No wonder no one has patience with me. I don’t even have patience with me!

*Apathy-based:* Why even bother to consider patience, why it’s missing, or its value? It is too much trouble and ultimately is a waste of time.

*Grief-based:* I lost. Waiting for anything just reminds me of the pain of that loss and what the future inevitably holds for me.

*Fear-based:* He/she is going to be angry with me no matter what I do or don’t do. This delay means I am not going to get what I need and want. Better to start preparing myself now for that disappointment.

*Anger-based:* Patience doesn’t make things happen; impatience does! I have to push and push for results. The energy of anger, impatience, and frustration covers my fear and forces others to do what I want.

*Lust/Craving/Desire-based:* I can’t wait! I must have it now! I can’t rest until I get it! I don’t want to wait. Why should I?

*Pride-based:* Patience is for others, not me. Let them wait. My wants take priority. They should realize that.
Unhealthy Beliefs regarding KINDNESS:

_Shame-based:_ If they knew me, they would hate me. I don’t deserve kindness or anything else other than punishment and scorn.

_Apathy-based:_ Seeking kindness is like chasing my shadow. I can’t catch it no matter what I do. Unkindness, on the other hand, finds me automatically.

_Grief-based:_ People should have been kind to me weren’t. I didn’t learn to be kind to myself or others. I had plenty of times when I could have been kind, but I didn’t do it. I lost.

_Fear-based:_ Uh oh... here comes pain and cruelty again. There is a black cloud hanging over everything. My fears are supposed to keep me safe but they seal me off from the kindness of others.

_Anger-based:_ Kindness means I get taken advantage of. People don’t respect kindness; they respect money and power. The weak want me to be kind. I want them out of my way.

_Lust/Craving/Desire-based:_ I can manipulate people into being kind to me. I can milk kindness from them like they were cows. I need their kindness but I can’t share it with them. There is not enough to go around.

_Pride-based:_ I deserve kindness. I am kind to those who deserve it but not to those who don’t deserve it. Why waste kindness on the undeserving?

Unhealthy Beliefs regarding GOODNESS:

_Shame-based:_ I am so far from goodness that I can’t have it or express it. I am pathetic.

_Apathy-based:_ It is useless trying to attain this condition. I have tried everything but I am so obviously sinful and flawed.

_Grief-based:_ I don’t understand how I could have lost my inherent goodness as a person. I lost my connection to God and good by being a bad person.

_Fear-based:_ If people knew of my lack of goodness I would be rejected instantly. This must be why things are so difficult for me in life.

_Anger-based:_ ‘The good die young.’ I will take what I want by force. Everyone is faking being good. They are phony.

_Lust/Craving/Desire-based:_ I will fake goodness if that will get me what I want. I’d rather have ‘feeling good’ than ‘goodness.’

_Pride-based:_ Being a ‘goody two shoes’ is a joke. I’d rather be bluntly honest and tell people how it is!
Unhealthy Beliefs regarding TRUST:

*Shame-based:* I am awful; I have done awful things, and thought awful thoughts. I can’t trust in anything except the coming punishment that I deserve.

*Apathy-based:* I can’t rely on the unreliable. I don’t know what it means to feel trust and probably never will.

*Grief-based:* I can’t trust anyone after what I have experienced, after what I have done, and after what I have seen. There is a hole in my heart where trust should be.

*Fear-based:* Right behind the façade of trust is the pain of surprise. If I trust that things will work out and get better, then the coming pain is just that much more upsetting.

*Anger-based:* It is better to realize that everyone is out for himself, including me. Dog-eat-dog and survival-of-the-fittest and all that.

*Lust/Craving/Desire-based:* I trust what I have in my own hands, in my bank account, what I own, and what I control. The more I have, the more I can control others. That’s what I trust.

*Pride-based:* I am trustworthy. The only times I do bad things is when its justified.

Unhealthy Beliefs regarding HUMILITY:

*Shame-based:* I am so below being humble that I wonder if I should even occupy space and breathe air that might be better used by someone else.

*Apathy-based:* Who cares? It is useless to try to be humble even though the Bible encourages it.

*Grief-based:* Having lost precious things doesn’t lead to humility. I can’t tell broken-hearted from humble.

*Fear-based:* Every time I start to feel good about myself something bad happens. I am afraid I will be humbled more.

*Anger-based:* I feel like kicking humble people. Being wimpy doesn’t get you anywhere. It gets you stepped on like a doormat.

*Lust/Craving/Desire-based:* As soon as I am a millionaire and have everything I want I will become humble. In the meantime, get me what I want!

*Pride-based:* They deserve to be humble. They accurately appreciate their own insignificance. In all humility, I am better than that.
Unhealthy Beliefs regarding SELF-CONTROL:

**Shame-based**: If I had any self-control, I and my life wouldn't be such a mess.

**Apathy-based**: No matter how many times I tried to do or not do something, it didn't work. Why continue trying?

**Grief-based**: Lack of self-control caused me to lose what I valued most. I couldn't make myself do the right thing, and I have been paying for it ever since.

**Fear-based**: Self-control is like an opponent you have to wrestle to the floor and never let up. As soon as I relax, the darker side takes right over.

**Anger-based**: People pay attention when I rant and rave. I don't control myself; I control them.

**Lust/Craving/Desire-based**: I can stop _____ any time I want. I just don’t want to! Plus, it is more fun doing _____.

**Pride-based**: People are pathetic when they can’t control themselves. That is the cause of most people’s problems. When I choose excess, it is a choice, not a weakness in my character.

9. **Harmful Actions**

Harmful actions result from our attempts to numb our pain. They are unhealthy actions we take in order to seek pleasure and avoid pain, rather than seek the love we actually need. Harmful actions can be almost impossible to change until the underlying images and beliefs that are motivating the actions are healed.

The negative emotions that arise from destructive pictures can dominate a person’s life to the point where they develop addictions in order to numb the pain of the emotions. (You can be addicted to almost anything – T.V., drugs, work, sports, alcohol, books, food, etc.)

The harmful actions addressed by The Healing Codes and the issue categories they are found in are:

<table>
<thead>
<tr>
<th>Action</th>
<th>Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-protection</td>
<td>Harmful Action</td>
</tr>
<tr>
<td>Self-gratification</td>
<td>Harmful Action</td>
</tr>
<tr>
<td>Actions to pleasure the 5 senses</td>
<td>Harmful Action</td>
</tr>
<tr>
<td>Unhealthy Actions to get things</td>
<td>Harmful Action</td>
</tr>
<tr>
<td>Actions to gain approval of others</td>
<td>Harmful Action</td>
</tr>
<tr>
<td>Selfishness</td>
<td>Love</td>
</tr>
<tr>
<td>Attempts to pull others down</td>
<td>Trust</td>
</tr>
<tr>
<td>Manipulation</td>
<td>Humility</td>
</tr>
<tr>
<td>Manipulation, deceit, giving up</td>
<td>Self-Control</td>
</tr>
</tbody>
</table>
During Phase Two, if a harmful action is the problem that bothers you most, you would choose the category that contains the harmful action that is closest to your problem. Then, when doing the Picture/Memory Finder and selecting a Truth Focus Statement, you would focus on exactly what your harmful action is.

**Example:** If you feel the biggest problem in your life is a habit of over-eating, then you would choose the Harmful Action Inhibitor category, because over-eating is one of the issues associated with that category. Or you could say, “What I want more than anything else in my life is to have only healthy food desires,” so you would choose the Harmful Action Inhibitor category as your primary category.

Harmful action is the only component that does not have a representative in every Core Healing System category.

10. **Body System**

There is one major body system associated with each Core Healing System category.

The body systems are:

<table>
<thead>
<tr>
<th>Endocrine</th>
<th>Skin</th>
<th>Gastrointestinal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Immune</td>
<td>Central Nervous</td>
<td>Respiratory</td>
</tr>
<tr>
<td>Reproductive</td>
<td>Circulatory</td>
<td>Muscular/Skeletal</td>
</tr>
</tbody>
</table>

During Phase Two, you can use a body system that is causing you problems to determine which category in the Core Healing System should be your primary category. You will use the feelings you have about the physical problem to do the Picture/Memory Finder and work on the images you identify.

**Example:** If the issue bothering you most in your life is a gastrointestinal problem, you would choose the Peace category as your primary category because it contains the gastrointestinal system. Then you would do the Peace Codes for the picture(s) you identify.

11. **Parts of the Body System**

These are the individual parts (liver, kidneys, gallbladder, etc.) that make up the body system (gastrointestinal, etc.) for each Core Healing System category.

Each of the nine body systems has associated parts that are most affected by the destructive images, unhealthy beliefs, and negative emotions of that category. *These correlations are not hard and fast rules. They are tendencies that have exceptions.* As we have stated before, no one is aware of all the issues in their life, so it may not be clear how or why your body might be affected by these issues. We are also not saying, by any means, that you will have every problem listed in a certain category, so please do not impose that on yourself.

During Phase Two, you can use an individual part of a body system that is causing
you problems to determine which category in the Core Healing System should be your primary category. You will use the feelings you have about the physical problem to do the Picture/Memory Finder and work on the images you identify.

Example: If the issue bothering you most in your life is a gall bladder problem, you would choose the Peace category as your primary category because it contains the gall bladder. Then you would do the Peace Codes for the picture(s) you identify.

12. Physical Symptoms

Physical symptoms (trouble breathing, sneezing, etc.) or physical problems (diabetes, acid reflux, allergies, etc.) that are most common to each body system are listed in the nine Core Healing System categories.

During Phase Two, you can use a physical symptom or physical problem to determine which category in the Core Healing System should be your primary category. You will use the feelings you have about the physical symptom or problem to do the Picture/Memory Finder and work on the images you identify.

Example: Maybe you cannot think of an unhealthy belief, negative emotion, body system, or part of a body system, but you know that the symptoms that have bothered you most in your life are outbreaks and rashes on your skin. You would choose the Joy category as your primary category because it contains those symptoms. Then you would do the Joy Codes for the picture(s) you identify.
The 12 Days:

A Step-by-Step Guide

To a Changed Life

“Cherish your visions and your dreams as they are the children of your soul;
the blueprints of your ultimate accomplishments.”

~~ Napoleon Hill
Notes
Quick and Easy Start Program

1. Use only the little Pocket Guide that came with your Healing Codes package, and find a place where you will not be interrupted.

2. Do one Healing Codes category a day for 12 Days, beginning with Unforgiveness.

3. Ignore the Steps to Healing and the Picture/Memory Finder for now.

4. Before you begin your session, always say the Prayer or Request for Healing.

5. Relax, breathe deeply, and focus on love, gratitude, or anything peaceful while you do the Codes.

6. Do Code #1 before Code #2 and alternate between them throughout the day. You may do one Code at a time or both Codes together. (The Codes are also called Exercises in some of the material.)

7. Do all the hand positions for each Code in order, rotating between the hand positions about every 30 seconds. (It is not necessary to time these exactly.)

8. Do each Code for at least the minimum amount of time and number of times a day that are given with each Code. Or you may do one Healing Codes session a day that is at least 30 minutes long.

9. Notify your coach when you are nearing Day 12 to set an appointment for receiving your first custom Code. Custom Codes target your individual problem precisely.

10. If you do not want to take advantage of the coaching, proceed to Phase Two.

Your Healing Codes package also contains audio CDs on which Dr. Loyd leads you through doing each Code. There is one track where he explains a category, followed by separate tracks for the two Codes/Exercises in that category. With the pleasant sound of a brook in the background, Dr. Loyd leads you through the hand positions with the time for each Code divided evenly among the positions (i.e., they do not rotate every 30 seconds).

For the Quick and Easy Start Program, you will want to skip the explanatory tracks. Simply say the Prayer or Request for Healing in your Pocket Guide, close your eyes, and be led through each Code.
Method for Use with an Urgent Issue

1. Find The Healing Codes category that contains the issue that bothers you most in the Problem Reference Chart beginning on page 143.

2. Alternate between the two Codes in that category until the issue gets better and is no longer what bothers you most.

3. Find the next category that now contains the issue that bothers you most, and alternate between the two Codes in that category until the issue gets better.

4. Continue this process indefinitely.

If you begin with this method, we still advise you to read the instructions for all three phases and to try to complete the 12 Days To a Changed Life at some point.

You may receive deeper healing in all areas of your life if you go through the entire healing process, including the Picture/Memory Finder and the Truth Focus Statements. However, many people have been healed by simply doing the Codes and focusing on peaceful, loving thoughts as they do them. The Healing Codes work no matter what method you choose for doing them.
Summary of the Three Phases

If you prefer to identify and understand the cellular memories contributing to the issues you are healing right from the start, begin your Healing Codes work with Phase One. If not, you may begin with the Quick and Easy Start Program described on page 35.

Phase One: 12 Days To A Changed Life

Phase One addresses the twelve major issues that help you identify destructive memory pictures in your body/mind and the stress they cause. During this phase, you will spend one day on each category, doing the two Codes assigned for that day. This process will guide you through removing the three major Inhibitors to healing, and instilling the nine Core Healing System virtues which support healing. As you progress through Phase One, you will directly or indirectly address every issue of your life. The difference between Phase One and the Quick and Easy Start Program is that in Phase One in-depth Steps to Healing are given in each category, and more information is provided about what is being healed as you do the Codes each day.

We recommend that you begin with either the Quick and Easy Start Program or Phase One: 12 Days To A Changed Life. We have found that this actually works better than starting with the category that contains the problem or issue that bothers you the most. After going through the 12-day process, it would not be surprising to find your primary issue(s) significantly or completely healed as well.

In Phase One, you simply work through the 12 issues in order, beginning with Unforgiveness and ending with Self-Control. All the instructions for Phase One and Phase Two are provided in each category in the Steps to Healing.

Phase Two: Healing Of The Heart

Phase Two begins the day after you complete Phase One. Phase Two Codes are done in 3-day sets. When the entire sequence of sets is complete, you will have focused on your primary issues, and also addressed each of your secondary issues. This 27-day sequence is repeated until there is no issue bothering you at the time.

Days One & Two of each 3-day set focus on your primary issue (the one bothering you most at the time), using the category that contains that issue. The Problem Reference Chart beginning on page 143 will help you identify the category you want to use.

On Days One and Two of each 3-day set, follow these steps:

1. Identify the problem that is bothering you the most.

   If the problem is a situation, do the Picture/Memory Finder first, then select the
category that contains the primary emotion(s) you identify.

If the problem is a harmful action, select the category that contains this type of harmful action. (Do the healing work on exactly what your harmful action is.)

If the problem is an unhealthy belief, select the category that contains a belief closest to what you believe. (Do the healing work on exactly what you believe.)

If the problem is a body system, a part of a body system, or a physical symptom, select the category that contains the physical problem.

2. Follow the instructions in the category you choose just as you did for Phase One. Begin with Step 5, the Picture/Memory Finder, because you have already identified your issue.

3. Do Code #1 on Day One and Code #2 on Day Two.

Day Three focuses on a secondary issue by rotating through the nine Core Healing System categories in sequence, beginning with Love. This ensures that you work on developing all the Core Healing System virtues continually, even if they don’t arise as primary issues, because they are necessary for complete and permanent healing.

   Do both Codes on Day Three.

Day Four becomes a new Day One. It begins a new 3-day set by focusing for the next two days on whatever your primary issue is at that time. You may continue to work on the same primary issue through as many sets as necessary and then begin a new one. Conclude your next 3-day set with the next secondary issue (the next Core Healing System category).

Two Month Check Up: Every two months you will return to the three major Inhibitors to healing and do both Codes for each one for two days (or as needed). If you are on schedule, this would be after two 27-day cycles through the Core Healing System 3-day sets.

   Phase Three: Maintenance and Prevention

Phase Three begins when there is no issue currently bothering you. When this occurs, simply repeat the Phase One process for a few minutes a day indefinitely.

When something does start bothering you, simply shift back to Phase Two. In this way, you can prevent the effects of further stress caused by new destructive pictures.

Suggestions

A typical example of using The Healing Codes is given in the section How to Do a Healing Code from Start to Finish (page 127). If you work for a while without achieving the results you desire, try the suggestions given in the section Tips, Treating Others, and Living a Balanced Life (page 131). Many of your questions may be answered in the Frequently Asked Questions section (page 135).
The Picture/Memory Finder

You may use the Picture/Memory Finder for Step 5 in the Steps to Healing in each category. This step is optional, but can speed up healing by getting at the earliest memories that are related to the issue you want to heal.

1. List all the emotions you feel when you think about the problem that you have chosen to heal.

2. Recall your earliest or strongest memory of a time when you felt the same emotions. This does not have to be a memory of a similar situation or event; it only has to contain the same feelings. It may be a memory of a general time period or situation in your life instead of one specific incident. If so, then identify what is important about that time period or ongoing situation.

   Note: The memory does not have to be of an actual event. The unconscious mind does not differentiate between what is real and what is imagined. A disturbing image created by the imagination (ex: fears of future financial problems) should be treated just like a memory of an actual event.

3. List all the beliefs and any additional feelings associated with that memory.

4. Rate your discomfort on a scale from 0 to 10 (10 being the most discomfort) when remembering the event, beliefs, and feelings. This gives you a baseline to measure how much your picture has healed. When it goes down to a 0 or 1, it is healed.

You now have the picture or image that you will use for choosing your Truth Focus Statement(s) and doing your Healing Codes.

The image may be a still picture or a moving one. Even when you can’t visualize a scene, you still have all the details you need. The feelings and beliefs are the most important parts of the memory. You may also remember the time, place, people involved, tastes, smells, sounds or sensations. Remembering every possible detail is not important or necessary for healing. If you can’t see a picture or visualize a scene, just focus on the feeling.

If you have trouble finding an early memory or picture that contains all your feelings from the problem that bothers you most, try focusing on the one strongest feeling or belief from the problem. Then find your earliest or strongest memory/picture of that one feeling or belief (ex: earliest memory of anger or of believing life is not fair). If you still have trouble finding an early picture, just relax and don’t worry about the pictures. The Healing Codes will still heal the past images underlying your present feelings about your present problem. Try the Picture/Memory Finder again the next time.
The Healing Codes Hand Positions

The Codes assigned in each category use a combination of hand positions aimed at one or two of the four healing centers on the neck and head.

The Four Healing Centers

Adam’s Apple: directly over the Adam’s apple.

Temples: one half inch above the temple, and one half inch toward the back of the head, on either or both sides of the head.

Bridge: in between the bridge of the nose and the middle of the eyebrow, if the eyebrows were grown together.

Jaw: on the bottom back corner of the jawbone, on either or both sides of the head.

Performing the Codes

All Codes are done by aiming all five fingertips (not the prints or nails) of each hand at the appropriate healing center from two to three inches away. Pretend that the tips of your fingers are little flashlights aiming at the healing center. It doesn’t matter if your fingers are straight or curved (whatever is most comfortable for you), only that the fingertips are aimed at the area surrounding the healing center.

For the normal positions, your fingertips are two to three inches off the body from the healing center. For the resting positions, your fingertips aim across the top of the healing center from two to three inches below or beside the center. Having your fingertips two to three inches away from the body is several times more effective than touching the healing centers with the fingers. It creates an energy field over the entrance of the healing center that allows the body to automatically produce the precise positive/negative energy pattern needed for healing.

Each of the four healing centers has a normal hand position and a resting hand position except the Adam’s apple, whose normal position is the resting position. The resting positions are provided so you can rest your hands on your body and do the treatments more comfortably. Add a few minutes to the Code when using the resting positions. If your arms become too fatigued to continue the position for the specified amount of time, try the resting positions, or prop your arms up with a pillow, or rest your elbows on a table or desk. Better yet, have a friend or loved one do the Codes on you, and then you do them on them. This is even more effective than doing the Codes on yourself.

If your hands drift off the center, healing will still occur. Your intention to heal is far more important than being perfect at holding the hand positions.
The Adam’s Apple Position

Resting your arms on your chest, hold your fingertips two to three inches below the Adam’s Apple, and aim your fingertips across the top of the healing center.
The Temples Position

Place your fingertips in a circle around your temple area and move your fingertips two to three inches out from your body.
The Temples-Resting Position

Resting your hands on your cheeks, aim your fingertips across the top of the healing center from two to three inches below the temple area.
The Bridge Position

Aim your fingertips at the area between the bridge of the nose and the middle of the eyebrow, as if the eyebrows were grown together, and move your hands two to three inches out from your body.
The Bridge-Resting Position

Resting your hands on your cheeks, aim your fingertips across the top of the healing center from two to three inches below the bridge area.
The Healing Codes Hand Positions

The Jaw Position

Place your fingertips in a circle around the back corner of the jawbone, a little below the earlobe, and move your fingertips two to three inches out from your body.
The Jaw-Resting Position

Resting your hands on your cheeks, aim your fingertips backward across the top of the healing center from two to three inches away from the jaw area.
Notes
Timing and Doing the Codes

Always rate your discomfort with your issue on a scale from 0 to 10 (10 being the most discomfort) before doing any treatment. This is the best way to measure your progress. Always do the Codes in a quiet, private, place where you can relax without distractions or interruptions. The only exception to this is what we call “bonus time.”

**Bonus time** is when you do Codes over and above the specified amount of time given with each Code. You can do bonus time Codes in the car, airport, while talking, or watching T.V. – just about anywhere or anytime. Bonus time does not replace the timed Codes, and it is not as effective as the intensive Codes, but it does increase your healing work.

Timing the Codes

There is a range of time assigned to spend on each Code, as well as a range for the number of times to do the Code per day. These are listed in the Code information for each category. If you rated your discomfort high on the 0 to 10 scale, you will want to do the greater amount of time suggested for the Codes. If you gave it a low rating, you may feel that the lesser amount of time is enough. You can do more time than required, but we advise that you always do at least the minimum amount.

Spend about 30 seconds on each position, and keep rotating through all the positions until the time is over. This is very effective. If you find it hard to concentrate on the Truth Focus Statements while changing positions this often, you can hold the positions longer and rotate through the positions only once or twice. The guided Healing Codes on the audio CDs are a relaxing and easy way to do the Codes without having to refer to the manual for which position is next.

Within the total number of minutes for each Code, simply try to divide the time evenly among the positions. For instance, if you are supposed to do your Code for 10 minutes and there are four positions, you would do each one for about 2.5 minutes. The best way to do this is . . . guess. It can be distracting to set a timer or watch the clock. If you get to the end of your 10 minutes and you still have three positions left to do, just go a little longer and do the other three. Always do all positions of your Code. NO EXCEPTIONS!

Intensive Codes

With the intensive Codes, you do the Codes in the same focused manner as the timed Codes and completely disregard the number of minutes and number of repetitions per day listed with each Code (except for always doing the minimum). Intensive Codes are recommended instead of the timed Codes if:
1. You want to see a faster change in your problems.

2. You feel your problem is more severe.

3. You have not yet experienced the results you want.

To do the intensive Codes, simply rotate evenly among the Code positions without regard to minutes or repetitions. Spend as much time as you can each day doing the Codes. We consider 30 minutes, once a day, to be the minimum amount of time to do the intensive Codes. In general, you are doing the intensive Codes whenever you are treating yourself above the greater suggested timed amount.

**If You Begin to Feel Worse Instead of Better**

If you do the Healing Codes for a while and then start to feel worse, this may be what we call a healing response. This is actually a positive sign that you are healing by getting rid of toxins in your system. Chemical and physical toxins can make you feel somewhat ill as they are cleared out of your system, and emotional toxins can also make themselves felt as they are healed. Please read about healing responses on page 131 in the section *Tips, Treating Others, and Living a Balanced Life*. This section explains what a healing response is and how to deal with it easily.
The Three Inhibitors to Healing

Unforgiveness

Harmful Actions

Unhealthy Beliefs

These three issues must be addressed and removed from your heart if permanent healing is to take place. If they remain, they will block or inhibit your heart’s ability to heal the rest of the issues in your life.

Many of the negative emotions which are targeted by the Core Healing System in Days 9 through 12 result from holding onto unforgiveness and unhealthy beliefs. These negative emotions cannot heal completely until the unforgiveness and unhealthy beliefs are healed. Although one day of working on them might not heal everything related to these issues, the assigned Prayer/Request, Truth Focus Statements and Codes will definitely shift the energy surrounding these problems to remove their ability to block healing. As you heal all the related areas of your life in the other categories, these issues will be healing, too, and you may be surprised at how little power they hold over your emotions when you return to them for your two-month checkup. Revisiting these categories every two months ensures that your heart will stay free of issues that could inhibit your healing.

Continuing to take harmful actions creates what we call a “conscious conflict” within you. Conscious conflict occurs when you know that what you are doing is wrong, and yet you continue to do it. Harmful actions can be one of the most difficult areas to heal, but change will occur as you heal the other issues that contribute to the problem. To remove the blocks to healing created by harmful actions and conscious conflicts, all you need to do is to desire to change, and then begin taking even the tiniest baby steps in that direction. As you continue to heal all the areas of your life, choosing only healthy actions will become easier and easier.
Day 1: Inhibitor #1 - Unforgiveness

Healing unforgiveness is absolutely essential to overall healing. Doctors, therapists, ministers, and healers of all types have told me that they routinely see all manner of sickness and disease arise from unforgiveness. Not only have I observed this as well, I don't know if I've ever seen a serious illness where there was not an unforgiveness issue at the root.

The Unforgiveness Codes heal images that are blocking the heart's desire to forgive, to ask for forgiveness, or to be released from another's unforgiveness. Forgiving does not mean finding a way to excuse someone, but it does mean giving up the desire to punish them. Forgiveness releases you from the power a wrongful action still has over you. If something in your life needs to be made right with someone else, healing the unforgiveness issues will help you do that. However, healing the images is not a substitute for taking the required action to make it right.
Unforgiveness

Notes
Unforgiveness

Steps to Healing

Optional Steps:

1. List all the unforgiveness issues, past and present, that come to your mind. State who is involved and who is not forgiving (you, them, or both). Include any unforgiveness issues between you and God.

2. List all the feelings you have when you think about each one of these problems.

3. Rate your discomfort on a scale from 0 to 10 (10 being the most discomfort) when you think about each of these problems.

4. Select the problem with the highest rating of discomfort.

5. Complete the Picture/Memory Finder (p. 39) on this problem.

   *Begin with Step 5 above when you are in Phase Two if this category contains the issue that is bothering you most.*

Recommended Step:

6. Select one or more Truth Focus Statements that correct the lies or unhealthy beliefs or negative emotions that you have concerning this issue. Please feel free to reword ours or write your own to fit your needs exactly.

Required Steps:

7. If you have not done so already, rate your discomfort on a scale from 0 to 10 (10 being the most discomfort) when you think about the issue(s) you want to heal.

8. Say the Prayer or Request for healing. Include all the problems you identified—past and present, physical and non-physical—in your intention for receiving complete healing.

9. Do the assigned Codes while focusing on the Truth Statement(s), not on your problem. Or you may focus on love, gratitude, healing, or the virtue related to this issue. Or simply relax and focus on the positive as you do the Codes.

10. Think about the issue or problem again, and rate your discomfort from 0 to 10. Also rate your early memory if you did the Picture/Memory Finder.

11. If your discomfort level on your early memory has been reduced to a 0 or 1, but your problem is still at 2 or higher, next time do the Picture/Memory Finder on your next earliest memory or next strongest feeling similar to the problem that is bothering you most.

12. If your discomfort level on the problem that was bothering you most has been reduced to a 0 or 1, next time start over on the problem that now bothers you the most.
Prayer or Request

I pray/request that all known and unknown images, beliefs and cellular memories, and all resulting physical issues related to my [insert problem(s) being worked on] be found, opened, and healed by filling me 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.

Code #1:

1. Jaw with both hands
2. Temples with both hands
3. Bridge with both hands
4. Temples with both hands
5. Adam’s apple with both hands
6. Temples with both hands

At least 3 to 11 minutes for the Code
At least 1 to 4 times a day

Code #2:

1. Temples with both hands
2. Bridge with both hands
3. Temples with both hands
4. Bridge with both hands.
5. Temples with both hands
6. Temples with both hands (again)
7. Adam’s apple with both hands
8. Temples with both hands

At least 6 to 10 minutes for the Code
At least 1 to 6 times a day
Truth Focus Statements

My unforgiveness may not hurt the person I refuse to forgive, but it will definitely hurt me.

Forgiving others will heal me.

Forgiveness cuts the chains that bind me to the person who has hurt me.

If I forgive others, I will be forgiven.

When I forgive, I am not excusing someone’s wrong behavior, but I am giving up the desire to punish.

I will choose what’s right, and heal while doing it.

Love and forgiveness will help me to rise above any obstacle, difficulty, or heartache.

I will not allow someone else’s treatment of me to create who I am. I will be forgiving and free of the past.

No one can take away my right to choose how I respond to any circumstance. I want to choose the attitude of love and forgiveness -- always!

I can’t control how someone treats me, but I can control how I respond.

God forgives me and loves me. I will forgive myself and love myself.

When I forgive, I learn to see things as God sees them, to understand why God allowed them to happen, and to know that it will all work together for good.
Notes
Day 2: Inhibitor #2 - Harmful Actions

Harmful actions are desires and behaviors we continue to repeat even though they take us farther away from what we really want in life. You may find yourself doing one of these things and not even know why you’re doing it. It’s as if it’s programmed into you. And it is programmed into you. Our pictures guide us toward certain behaviors and make it difficult to begin new behaviors. Over time the repetition of a behavior and the conditions surrounding it can become part of our cellular memory. The discussion of conscious conflict on page 51 explains why it is so important to address these issues and how they heal as you do the Codes.

What determines whether an action is healthy or unhealthy is often not so much what is done, but why it is done. Anything done out of an unhealthy fear or as a substitute for love is either self-protection or self-gratification. These motivations are both potentially damaging to your health. Many of the examples given below are harmless if done in moderation and for healthy reasons.

Harmful actions usually fall into one or both of the following two categories.

Self-gratification

Self-gratification involves doing something that feels good to relieve stress or numb emotional pain. Just about anything that feels good can be used for self-gratification.

There are three types of self-gratification desires and behaviors.

1. **Harmful desires of the 5 senses.** These are desires to spend time in ways that feel good to the five senses. Behaviors in this category include: eating, drinking, taking drugs, unhealthy sexual desires and behaviors, watching television or movies, reading, listening to music, etc.

2. **Harmful desires for stuff.** These are desires to acquire possessions to make us feel better about ourselves. Possessions in this category include: money, clothes, houses, cars, collectibles, jewelry, gadgets, etc. . . . just about anything money can buy.

3. **Harmful prideful desires.** These are desires to portray a certain image to others, and to have people think about us and treat us in certain ways. Actions motivated by prideful desires include: excessive attention to appearance, trying to win awards and achieve things for the wrong reasons, using relationships for status-building purposes, doing things you don’t believe in for ulterior motives, etc.
Self-protection

Self-protection involves doing something to distract yourself from emotional pain, or to control your circumstances to keep pain from happening again. It builds walls to keep people and situations out.

Common methods of self-protection include: staying alone, extreme shyness, reading, studying, staying busy, workaholism, trying to be perfect, trying to project a certain image to others out of fear, painstaking attempts to control your circumstances to guard against further painful circumstances recurring, etc.
Steps to Healing

Optional Steps:

1. List all the harmful actions taken by you or people who affected you, past and present, that come to your mind. Include both self-gratification and self-protection.

2. List all the feelings you have when you think about each one of these problems.

3. Rate your discomfort on a scale from 0 to 10 (10 being the most discomfort) when you think about each of these problems.

4. Select the problem with the highest rating of discomfort.

5. Complete the Picture/Memory Finder (p. 39) on this problem.

   Begin with Step 5 above when you are in Phase Two if this category contains the issue that is bothering you most.

Recommended Step:

6. Select one or more Truth Focus Statements that correct the lies or unhealthy beliefs or negative emotions that you have concerning this issue. Please feel free to reword ours or write your own to fit your needs exactly.

Required Steps:

7. If you have not done so already, rate your discomfort on a scale from 0 to 10 (10 being the most discomfort) when you think about the issue(s) you want to heal.

8. Say the Prayer or Request for healing. Include all the problems you identified—past and present, physical and non-physical—in your intention for receiving complete healing.

9. Do the assigned Codes while focusing on the Truth Statement(s), not on your problem. Or you may focus on love, gratitude, healing, or the virtue related to this issue. Or simply relax and focus on the positive as you do the Codes.

10. Think about the issue or problem again, and rate your discomfort from 0 to 10. Also rate your early memory if you did the Picture/Memory Finder.

11. If your discomfort level on your early memory has been reduced to a 0 or 1, but your problem is still at 2 or higher, next time do the Picture/Memory Finder on your next earliest memory or next strongest feeling similar to the problem that is bothering you most.

12. If your discomfort level on the problem that was bothering you most has been reduced to a 0 or 1, next time start over on the problem that now bothers you the most.
Prayer or Request

I pray/request that all known and unknown images, beliefs and cellular memories, and all resulting physical issues related to my ____________ [insert problem(s) being worked on] be found, opened, and healed by filling me 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.

Code #1:

1. Temples with both hands
2. Adam’s apple with both hands

At least 6 to 12 minutes for the Code
At least 1 to 4 times a day

Code #2:

1. Adam’s apple with both hands
2. Temples with both hands
3. Bridge with right hand; Adam’s apple with left hand
4. Bridge with both hands

At least 6 to 7 minutes for the Code
At least 2 to 5 times a day
Truth Focus Statements

I want people to care about me because of who I am on the inside, not because of how I appear on the outside.

Unconditional love is the only thing that truly satisfies.

I want to respond in truth and love instead of reacting in fear.

I can learn to make good choices and create new patterns in my life.

I want to be open to others so I can experience love and joy in my life.

If I give up trying to control everything around me, I may be surprised by love and joy.

Numbing my pain won’t erase my pain. Facing my pain can heal it forever.

The things I use to numb my pain never last. I want to find lasting satisfaction in life.

I want to relax and be at peace with myself and the world around me.

I want to focus on the person I am becoming, not on the person I was.

Acquiring things doesn’t change the real me. I want to become a person who feels complete just as I am.

Things that feel good to my heart will truly satisfy, and they are usually free.

I want to focus on making my heart feel good, not my senses.

I want to enjoy life, not run from it.

Loving and respecting myself will lead me to love and respect others, and they will love and respect me in return.
Day 3: Inhibitor #3 - Unhealthy Beliefs

Unhealthy beliefs create stress in our bodies, shift our cells into self-protection mode, and kick our autonomic nervous system into fight or flight mode. In other words, wrong beliefs make us sick.

There are nine categories of unhealthy, destructive beliefs that will distort the way you view your life. They are:

1. I am unlovable. I am insignificant. I am flawed.
2. I am hopeless. I am worthless. Life is hopeless.
3. Something bad will happen. The future will be like the past. I’m not okay.
4. Something must change right now for me to be okay.
5. People will take advantage of me. People are too sensitive.
6. I am bad. I am not good enough. I am unforgivable.
7. People are out to get me. I must be in control. It’s not fair.
8. People must think well of me for me to be okay.
9. I can’t do it. I am not capable. Others should do it for me. It’s not fair.

These are things we believe, and frequently don’t know why. These beliefs cause us to live in self-destructive ways, and they create the stress in our body that leads to illness and disease.

If you have a destructive belief that is not listed above, choose or write your own and do the Codes on exactly what you believe.
Unhealthy Beliefs

Notes
Steps to Healing

Optional Steps:

1. List all the unhealthy beliefs you have held or others have imposed on you, past and present, that come to your mind.

2. List all the feelings you have when you think about each one of these problems.

3. Rate your discomfort on a scale from 0 to 10 (10 being the most discomfort) when you think about each of these problems.

4. Select the problem with the highest rating of discomfort.

5. Complete the Picture/Memory Finder (p. 39) on this problem.

   Begin with Step 5 above when you are in Phase Two if this category contains the issue that is bothering you most.

Recommended Step:

6. Select one or more Truth Focus Statements that correct the lies or unhealthy beliefs or negative emotions that you have concerning this issue. Please feel free to reword ours or write your own to fit your needs exactly.

Required Steps:

7. If you have not done so already, rate your discomfort on a scale from 0 to 10 (10 being the most discomfort) when you think about the issue(s) you want to heal.

8. Say the Prayer or Request for healing. Include all the problems you identified—past and present, physical and non-physical—in your intention for receiving complete healing.

9. Do the assigned Codes while focusing on the Truth Statement(s), not on your problem. Or you may focus on love, gratitude, healing, or the virtue related to this issue. Or simply relax and focus on the positive as you do the Codes.

10. Think about the issue or problem again, and rate your discomfort from 0 to 10. Also rate your early memory if you did the Picture/Memory Finder.

11. If your discomfort level on your early memory has been reduced to a 0 or 1, but your problem is still at 2 or higher, next time do the Picture/Memory Finder on your next earliest memory or next strongest feeling similar to the problem that is bothering you most.

12. If your discomfort level on the problem that was bothering you most has been reduced to a 0 or 1, next time start over on the problem that now bothers you the most.
Prayer or Request

I pray/request that all known and unknown images, beliefs and cellular memories, and all resulting physical issues related to my [insert problem(s) being worked on] be found, opened, and healed by filling me 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.

Code #1:

1. Adam’s apple with both hands
2. Jaw with both hands

At least 6 to 10 minutes for the Code
At least 2 to 4 times a day

Code #2:

1. Jaw with both hands
2. Bridge with right hand; Adam’s apple with left hand
3. Adam’s apple with both hands
4. Temples with both hands

At least 9 to 12 minutes for the Code
At least 2 to 4 times a day
Truth Focus Statements

If I do something wrong it’s because I believe something wrong. My awareness is expanding so I believe what is right.

I want to believe the truth in my heart.

Believing the truth will set me free.

As my heart heals, I will learn to believe these truths and feel them in my heart:

   I am lovable.
   I am forgiven.
   I am valuable.
   The future is full of hope.
   I can keep myself safe and secure.
   I can enjoy each moment.
   I can trust myself and others.
   I can love myself for who I am.
   I have the power to choose and to act on my choices.
The Core Healing System

Love

Joy

Peace

Patience

Kindness

Goodness

Trust

Humility

Self-Control

The Core Healing System is made up of nine healing virtues that must be instilled in your heart for complete healing in your life. Unlike the Inhibitor categories, the Core Healing System categories include multiple physical and nonphysical issues. When completing the Picture/Memory Finder in the Core Healing System, consider every issue in that category for images that could be harming your physical and emotional health.

If there are several issues bothering you equally, prioritize physical issues first and nonphysical issues second. Although The Healing Codes System does not work directly on any physical problems, focusing on healing the destructive pictures in the heart related to physical problems is an important aspect of freeing your body to heal itself.

When saying the Prayer/Request before you start doing your Codes, include your intention to heal every issue in that category that you identified as a problem, plus all of the body system components, even if you do not believe some of them are problems for you. The Healing Codes aims to heal problems at their source, and usually the source is unconscious. If you do not have that problem, including it in doing the Codes will have a preventative effect.
**Day 4: Core Healing Virtue #1 - Love**

**Virtue:** Love

**Negative Emotions:** Unforgiveness, insignificance, resentment

**Unhealthy Beliefs:** I am unlovable. I am insignificant. I am flawed.

**Harmful Action:** Selfishness

Non-physical cellular memories and stress tend to affect this physical body system and lead to these symptoms:

**Body System:** Endocrine

**Common Symptoms:** low energy, hormonal problems, always tired, no sex drive, weight gain.

**Endocrine System**

The endocrine system is made up of various glands throughout the body that secrete hormones into the bloodstream to have a distinct effect on other organs or tissues.

**Parts of Endocrine System:**

1. Hypothalamus/pituitary
2. Thyroid
3. Adrenals
4. Gonads
5. Pancreas

**Associated Problems and Symptoms:**

1. *Hypothalamus/pituitary.* Increased or decreased function of the thyroid, adrenals or gonads. Pituitary tumor: headache and vision changes.

2. *Thyroid.* Hyperthyroidism (the “Don Knotts syndrome”): hyper, intense, large eyes and slim. Hypothyroidism: tired, puffy skin, low temperature.

4. **Gonads.** Testosterone, estrogen and progesterone levels: abnormal sexual function and desire.

5. **Pancreas.** Insulin levels: insulin-dependent and non-insulin-dependent diabetes.
Love

Steps to Healing

Optional Steps:

1. List all the love issues, past and present, that come to your mind. See page 26 for common wrong beliefs about this issue.

2. List all the feelings you have when you think about each one of these problems.

3. Rate your discomfort on a scale from 0 to 10 (10 being the most discomfort) when you think about each of these problems.

4. Select the problem with the highest rating of discomfort.

5. Complete the Picture/Memory Finder (p. 39) on this problem.

   *Begin with Step 5 above when you are in Phase Two if this category contains the issue that is bothering you most.*

Recommended Step:

6. Select one or more Truth Focus Statements that correct the lies or unhealthy beliefs or negative emotions that you have concerning this issue. Please feel free to reword ours or write your own to fit your needs exactly.

Required Steps:

7. If you have not done so already, rate your discomfort on a scale from 0 to 10 (10 being the most discomfort) when you think about the issue(s) you want to heal.

8. Say the Prayer or Request for healing. Include all the problems you identified—past and present, physical and non-physical—in your intention for receiving complete healing.

9. Do the assigned Codes while focusing on the Truth Statement(s), not on your problem. Or you may focus on love, gratitude, healing, or the virtue related to this issue. Or simply relax and focus on the positive as you do the Codes.

10. Think about the issue or problem again, and rate your discomfort from 0 to 10. Also rate your early memory if you did the Picture/Memory Finder.

11. If your discomfort level on your early memory has been reduced to a 0 or 1, but your problem is still at 2 or higher, next time do the Picture/Memory Finder on your next earliest memory or next strongest feeling similar to the problem that is bothering you most.

12. If your discomfort level on the problem that was bothering you most has been reduced to a 0 or 1, next time start over on the problem that now bothers you the most.
Prayer or Request

I pray/request that all known and unknown images, beliefs and cellular memories, and all resulting physical issues related to my ____________ [insert problem(s) being worked on] be found, opened, and healed by filling me 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.

Code #1:

1. Adam’s apple with both hands
2. Temple with right hand; Bridge with left hand
3. Temple with both hands
4. Bridge with both hands

At least 6 to 8 minutes for the Code
At least 1 to 5 times a day

Code #2:

1. Bridge with right hand; Adam’s apple with left hand
2. Temple with both hands
3. Adam’s apple with right hand; Jaw with left hand

At least 7 to 9 minutes for the Code
At least 2 to 5 times a day
Love

Truth Focus Statements

I want to learn to give and receive unconditional love:
   Attention: a willingness to put my focus on someone else
   Respect: feeling no need to change or mold someone, but simply accept them
   Appreciation: feeling appreciation, gratitude and admiration for them as they are

God is love, and God loves me. Nothing in the universe can stop the love of God.

It is safe for me to love myself.

By doing this healing work, I am learning to care for my body, mind and spirit.

My body is a miraculous creation. I will learn to lovingly care for it.

By loving myself, I am giving myself the power to be more and more a person I respect.

I can make choices that will help me love myself and others.

God’s love heals me.

Love is the light of the world, dispelling the darkness.
Notes
Day 5: Core Healing Virtue #2 - Joy

Virtue: Joy

Negative Emotions: Sadness, depression; feeling inferior, worthless, flawed

Unhealthy Beliefs: I am hopeless. I am worthless. Life is hopeless.

Non-physical cellular memories and stress tend to affect this physical body system and lead to these symptoms:

Body System: Integumentary (skin)

Common Symptoms: dry skin, acne, eczema, seborrhea, brittle nails, ringworm, athlete’s foot, other fungus, infection, cysts.

Integumentary System

Parts of the Integumentary System:

1. Skin
2. Oil and lubrication glands
3. Hair

Associated Problems and Symptoms:

Joy

Steps to Healing

Optional Steps:

1. List all the joy issues, past and present, that come to your mind. See page 26 for common wrong beliefs about this issue.

2. List all the feelings you have when you think about each one of these problems.

3. Rate your discomfort on a scale from 0 to 10 (10 being the most discomfort) when you think about each of these problems.

4. Select the problem with the highest rating of discomfort.

5. Complete the Picture/Memory Finder (p. 39) on this problem.

   Begin with Step 5 above when you are in Phase Two if this category contains the issue that is bothering you most.

Recommended Step:

6. Select one or more Truth Focus Statements that correct the lies or unhealthy beliefs or negative emotions that you have concerning this issue. Please feel free to reword ours or write your own to fit your needs exactly.

Required Steps:

7. If you have not done so already, rate your discomfort on a scale from 0 to 10 (10 being the most discomfort) when you think about the issue(s) you want to heal.

8. Say the Prayer or Request for healing. Include all the problems you identified—past and present, physical and non-physical—in your intention for receiving complete healing.

9. Do the assigned Codes while focusing on the Truth Statement(s), not on your problem. Or you may focus on love, gratitude, healing, or the virtue related to this issue. Or simply relax and focus on the positive as you do the Codes.

10. Think about the issue or problem again, and rate your discomfort from 0 to 10. Also rate your early memory if you did the Picture/Memory Finder.

11. If your discomfort level on your early memory has been reduced to a 0 or 1, but your problem is still at 2 or higher, next time do the Picture/Memory Finder on your next earliest memory or next strongest feeling similar to the problem that is bothering you most.

12. If your discomfort level on the problem that was bothering you most has been reduced to a 0 or 1, next time start over on the problem that now bothers you the most.
Prayer or Request

I pray/request that all known and unknown images, beliefs and cellular memories, and all resulting physical issues related to my ______________ [insert problem(s) being worked on] be found, opened, and healed by filling me 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.

Code #1:

1. Temple with both hands
2. Adam’s apple with right hand; Bridge with left hand
3. Temple with right hand; Jaw with left hand

At least 7 to 9 minutes for the Code
At least 1 to 3 times a day

Code #2:

1. Temple with right hand; Jaw with left hand
2. Adam’s apple with both hands
3. Bridge with right hand; Jaw with left hand

At least 7 to 10 minutes for the Code
At least 2 to 5 times a day
Joy

Truth Focus Statements

The joy of the Lord is my strength.

I want to choose to rejoice today for my blessings.

True joy is not dependent on circumstances. Joy blooms in spite of circumstances.

Depression comes from believing a lie about who I am. I want to believe the truth in my heart about me.

Happiness depends on circumstances. Joy comes in spite of circumstances.

If I have no joy, it comes from believing a lie of hopelessness in my heart.

Who I am is determined by my heart, which can be healed now.

Joy is not a destination you arrive at, but a manner of traveling.

Every day is a gift, and I want to open each gift with joy and gratitude.

The past has no hold on me. I am free to live in the present and build a bright future.

Nothing has power over me unless I allow it. I am free.

When I love myself, I love life.

As I take care of myself and heal, I learn to enjoy the person I am.
Notes
Day 6: Core Healing Virtue #3 - Peace

Virtue: Peace

Negative Emotions: Anxiety, worry

Unhealthy Beliefs: Something bad will happen. The future will be like the past. I’m not okay.

Peace is the only one of the nine healing virtues that you cannot decide to create yourself. It must flow from a heart of love and joy.

Non-physical cellular memories and stress tend to affect this physical body system and lead to these symptoms:

Body System: Gastrointestinal

Common Symptoms: gingivitis, cavities, acid indigestion, diarrhea, constipation.

Gastrointestinal System

The gastrointestinal system is responsible for breaking food down from its largest components into absorbable molecules through a process of physical manipulation, acid, alkali, salts and enzymes. It is responsible for the re-absorption of fluids, electrolytes and the elimination of waste products. It also has a significant immune component as many bacteria and viruses enter the body through this system.

Parts of the Gastrointestinal System:

1. Mouth, including teeth, tongue and salivary glands
2. Esophagus
3. Stomach
4. Small intestine, including products from the gallbladder and pancreas
5. Gallbladder
6. Pancreas
7. Liver
8. Large intestine
Associated Problems and Symptoms:

1. **Mouth.** Low saliva output: dry mouth.  
   **Teeth.** Cracked or decaying: pain and infection.

2. **Esophagus.** Poor motility: food gets stuck.  
   Acid reflux: heartburn.  
   Hiatal hernia: pressure in the chest.

3. **Stomach.** Ulcers: burning pain.  
   Slow motility: full feeling long after eating.

4. **Small intestine.** Fermenting of food from yeast and bacteria: swelling, bloating, and spasm (colic).  
   Ulcers: pain and bleeding.  
   Twisted intestine: severe pain.  
   (While the small intestine is a vital organ through which all food, fluid and electrolytes enter the body, symptoms from the small intestine are extremely vague. It also contains a large percentage of the body's immune system.)

5. **Gallbladder.** Colic: cramping pain.  
   Stones: severe pain and dysfunction.  
   Infection: pain.  
   (Pain from the gallbladder is usually located on the right side where the rib cage meets the abdomen. It may radiate around the right side into the back or may even present as pain in the chest.)

   (This gland serves a dual function. In relationship to this system, it secretes enzymatic fluids into the small bowel to alkalinate and help in digestion.)

7. **Liver.** Infection (i.e., hepatitis): vague pain, abdominal discomfort and swelling.  
   (This organ receives and filters all of the blood returning from the bowel. It also has major immune functions.)

8. **Large intestine.** Poor motility: constipation.  
   Increased motility: diarrhea.
Peace

Steps to Healing

Optional Steps:

1. List all the peace issues, past and present, that come to your mind. See page 27 for common wrong beliefs about this issue.

2. List all the feelings you have when you think about each one of these problems.

3. Rate your discomfort on a scale from 0 to 10 (10 being the most discomfort) when you think about each of these problems.

4. Select the problem with the highest rating of discomfort.

5. Complete the Picture/Memory Finder (p. 39) on this problem.

   Begin with Step 5 above when you are in Phase Two if this category contains the issue that is bothering you most.

Recommended Step:

6. Select one or more Truth Focus Statements that correct the lies or unhealthy beliefs or negative emotions that you have concerning this issue. Please feel free to reword ours or write your own to fit your needs exactly.

Required Steps:

7. If you have not done so already, rate your discomfort on a scale from 0 to 10 (10 being the most discomfort) when you think about the issue(s) you want to heal.

8. Say the Prayer or Request for healing. Include all the problems you identified—past and present, physical and non-physical—in your intention for receiving complete healing.

9. Do the assigned Codes while focusing on the Truth Statement(s), not on your problem. Or you may focus on love, gratitude, healing, or the virtue related to this issue. Or simply relax and focus on the positive as you do the Codes.

10. Think about the issue or problem again, and rate your discomfort from 0 to 10. Also rate your early memory if you did the Picture/Memory Finder.

11. If your discomfort level on your early memory has been reduced to a 0 or 1, but your problem is still at 2 or higher, next time do the Picture/Memory Finder on your next earliest memory or next strongest feeling similar to the problem that is bothering you most.

12. If your discomfort level on the problem that was bothering you most has been reduced to a 0 or 1, next time start over on the problem that now bothers you the most.
Prayer or Request

I pray/request that all known and unknown images, beliefs and cellular memories, and all resulting physical issues related to my [insert problem(s) being worked on] be found, opened, and healed by filling me 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.

Code #1:

1. Adam’s apple with both hands
2. Adam’s apple with right hand; Jaw with left hand
3. Bridge with both hands
4. Adam’s apple with both hands

At least 7 to 9 minutes for the Code
At least 2 to 5 times a day

Code #2:

1. Temples with both hands
2. Adam’s apple with both hands
3. Adam’s apple with right hand; Jaw with left hand

At least 7 to 11 minutes for the Code
At least 1 to 5 times a day
Peace

Truth Focus Statements

The peace that comes from God is beyond understanding.

I want my goal to be inner peace, not owning stuff.

If I keep my focus on God, he will keep me in perfect peace.

Worry will not change the future. I want to enjoy the present instead.

I am safe because I can trust the pattern of life.

It is safe to let go of the past and take in the present.

I am nourished and cherished by God’s love.

I am part of the invisible but perfect tapestry of life.

I want to release the past and let new life flow through me.

The past is over. I can create a new future beginning today.

I am taking care of myself now, and I am safe.

I am at peace with myself and all living things.

I am learning to take in life without effort.
Notes
**Day 7: Core Healing Virtue #4 - Patience**

**Virtue:** Patience

**Negative Emotions:** Impatience, anger, frustration, insecurity, desire for love substitutes

**Unhealthy Belief:** Something must change right now for me to be okay.

Non-physical cellular memories and stress tend to affect this physical body system and lead to these symptoms:

**Body System:** Immune

**Common Symptoms:** frequent illness, frequent infections, autoimmune diseases, arthritis, lupus, and scleroderma.

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**Immune System**

The immune system’s primary functions are to defend against invading organisms from the outside and aberrant cells from the inside. Major parts of the immune system are found in the thymus, bowel, liver, and bone marrow. It is also in constant communication with the central nervous system through astrocytes. The immune system is extremely complex and extensive. This is a very brief overview.

**Parts of the Immune System:**

1. Phagocytes
2. Cytokines
3. B-cells and T-cells

**Associated Problems and Symptoms:**

1. *Phagocytes.* Low function: frequent bacterial infections. Abnormal functions: autoimmune diseases such as rheumatoid arthritis, lupus and Crohn's disease.


Patience

Notes
Patience

Steps to Healing

Optional Steps:

1. List all the patience issues, past and present, that come to your mind. See page 27 for common wrong beliefs about this issue.

2. List all the feelings you have when you think about each one of these problems.

3. Rate your discomfort on a scale from 0 to 10 (10 being the most discomfort) when you think about each of these problems.

4. Select the problem with the highest rating of discomfort.

5. Complete the Picture/Memory Finder (p. 39) on this problem.

\[ \text{Begin with Step 5 above when you are in Phase Two if this category contains the issue that is bothering you most.} \]

Recommended Step:

6. Select one or more Truth Focus Statements that correct the lies or unhealthy beliefs or negative emotions that you have concerning this issue. Please feel free to reword ours or write your own to fit your needs exactly.

Required Steps:

7. If you have not done so already, rate your discomfort on a scale from 0 to 10 (10 being the most discomfort) when you think about the issue(s) you want to heal.

8. Say the Prayer or Request for healing. Include all the problems you identified—past and present, physical and non-physical—in your intention for receiving complete healing.

9. Do the assigned Codes while focusing on the Truth Statement(s), not on your problem. Or you may focus on love, gratitude, healing, or the virtue related to this issue. Or simply relax and focus on the positive as you do the Codes.

10. Think about the issue or problem again, and rate your discomfort from 0 to 10. Also rate your early memory if you did the Picture/Memory Finder.

11. If your discomfort level on your early memory has been reduced to a 0 or 1, but your problem is still at 2 or higher, next time do the Picture/Memory Finder on your next earliest memory or next strongest feeling similar to the problem that is bothering you most.

12. If your discomfort level on the problem that was bothering you most has been reduced to a 0 or 1, next time start over on the problem that now bothers you the most.
Prayer or Request

I pray/request that all known and unknown images, beliefs and cellular memories, and all resulting physical issues related to my ______________ [insert problem(s) being worked on] be found, opened, and healed by filling me 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.

Code #1:

1. Temples with both hands
2. Adam’s apple with both hands

At least 7 to 9 minutes for the Code
At least 2 to 6 times a day

Code #2:

1. Temples with both hands
2. Bridge with right hand; Adam’s apple with left hand
3. Adam’s apple with right hand; Jaw with left hand
4. Bridge with both hands

At least 6 to 9 minutes for the Code
At least 2 to 5 times a day
Truth Focus Statements

The fruit eaten before its time is usually disappointing.

I do not have to have something right now to be okay. I am okay because God and others love me.

God has promised to take care of me.

I will do my best to wait for God in his love to give me what I need when I need it.

I choose to wait patiently and peacefully, believing events will unfold at their proper time.

If I make the best of each moment as it is, I will feel calm and complete.

I can love myself now, without waiting for any other person, thing or circumstance.

I can relax completely in knowing that I am safe and secure in the now.

Wait patiently, be of good courage, and God will strengthen your heart.

God’s delays are not denials, so sometimes we just have to wait.
Notes
Day 8: Core Healing Virtue #5 - Kindness

Virtue: Kindness

Negative Emotions: Rejection, hurt, fear

Unhealthy Beliefs: People will take advantage of me. People are too sensitive.

Non-physical cellular memories and stress tend to affect this physical body system and lead to these symptoms:

Body System: Central Nervous

Common Symptoms: head pain, chronic infection, Alzheimer’s, dementia, loss of function, viral infections, herpetic lesions, loss of sensation, 5 senses – loss or hyper sensation, headache, numbness, burning.

Central Nervous System

The central nervous system has two major components: the voluntary system, and the autonomic nervous system, which is made up of the sympathetic and parasympathetic systems.

Parts of the Nervous System:

1. Brain
2. Spinal cord
3. Peripheral nerves

Associated Problems and Symptoms:


3. Peripheral nerves. Trauma: changed sensation.
Kindness

Notes
Steps to Healing

Optional Steps:

1. List all the kindness issues, past and present, that come to your mind. See page 28 for common wrong beliefs about this issue.

2. List all the feelings you have when you think about each one of these problems.

3. Rate your discomfort on a scale from 0 to 10 (10 being the most discomfort) when you think about each of these problems.

4. Select the problem with the highest rating of discomfort.

5. Complete the Picture/Memory Finder (p. 39) on this problem.

   Begin with Step 5 above when you are in Phase Two if this category contains the issue that is bothering you most.

Recommended Step:

6. Select one or more Truth Focus Statements that correct the lies or unhealthy beliefs or negative emotions that you have concerning this issue. Please feel free to reword ours or write your own to fit your needs exactly.

Required Steps:

7. If you have not done so already, rate your discomfort on a scale from 0 to 10 (10 being the most discomfort) when you think about the issue(s) you want to heal.

8. Say the Prayer or Request for healing. Include all the problems you identified—past and present, physical and non-physical—in your intention for receiving complete healing.

9. Do the assigned Codes while focusing on the Truth Statement(s), not on your problem. Or you may focus on love, gratitude, healing, or the virtue related to this issue. Or simply relax and focus on the positive as you do the Codes.

10. Think about the issue or problem again, and rate your discomfort from 0 to 10. Also rate your early memory if you did the Picture/Memory Finder.

11. If your discomfort level on your early memory has been reduced to a 0 or 1, but your problem is still at 2 or higher, next time do the Picture/Memory Finder on your next earliest memory or next strongest feeling similar to the problem that is bothering you most.

12. If your discomfort level on the problem that was bothering you most has been reduced to a 0 or 1, next time start over on the problem that now bothers you the most.
Prayer or Request

I pray/request that all known and unknown images, beliefs and cellular memories, and all resulting physical issues related to my ____________ [insert problem(s) being worked on] be found, opened, and healed by filling me 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.

Code #1:

1. Bridge with right hand; Adam’s apple with left hand

At least 7 to 10 minutes for the Code
At least 1 to 4 times a day

Code #2:

1. Adam’s apple with right hand; Bridge with left hand

At least 6 to 9 minutes for the Code
At least 1 to 4 times a day
Kindness

Truth Focus Statements

I want to treat myself and others with kindness and gentleness.

When I am harsh, others feel rejected or condemned. I will be kind.

Those who have been harsh with me were treated that way themselves. I will forgive them and begin a cycle of kindness.

I can make a difference in the world through simple gentleness and kindnesses.

Harshness breaks the spirit, but kindness heals the heart.

The world around me is what it is. I choose to respond with kindness and gentleness.

It is safe to express my feelings. I will be heard better if I am kind when I speak.

I am choosing to delete my negative programming and overwrite it with kindness and love.

Knowing I am loved by God makes me know that I am safe and protected.

I can choose not to let my past fears control me today or in the future.

When I love myself, I feel safe.

I am able to communicate with love through kind and gentle words and actions.
Day 9: Core Healing Virtue #6 - Goodness

Virtue: Goodness

Negative Emotions: Fear, shame

Unhealthy Beliefs: I am bad. I am not good enough. I am unforgivable.

Non-physical cellular memories and stress tend to affect this physical body system and lead to these symptoms:

Body System: Respiratory

Common Symptoms: emphysema, difficulty breathing, coughing and mucus, inflammation, coughing up blood, shortness of breath, asthma, cough, bronchitis, lung cancer.

Respiratory System

Parts of the Respiratory System:

1. Lungs
2. Pulmonary arteries and veins

Associated Problems and Symptoms:


2. Pulmonary arteries and veins. See circulatory system.
Steps to Healing

Optional Steps:

1. List all the goodness issues, past and present, that come to your mind. See page 28 for common wrong beliefs about this issue.

2. List all the feelings you have when you think about each one of these problems.

3. Rate your discomfort on a scale from 0 to 10 (10 being the most discomfort) when you think about each of these problems.

4. Select the problem with the highest rating of discomfort.

5. Complete the Picture/Memory Finder (p. 39) on this problem.

   Begin with Step 5 above when you are in Phase Two if this category contains the issue that is bothering you most.

Recommended Step:

6. Select one or more Truth Focus Statements that correct the lies or unhealthy beliefs or negative emotions that you have concerning this issue. Please feel free to reword ours or write your own to fit your needs exactly.

Required Steps:

7. If you have not done so already, rate your discomfort on a scale from 0 to 10 (10 being the most discomfort) when you think about the issue(s) you want to heal.

8. Say the Prayer or Request for healing. Include all the problems you identified—past and present, physical and non-physical—in your intention for receiving complete healing.

9. Do the assigned Codes while focusing on the Truth Statement(s), not on your problem. Or you may focus on love, gratitude, healing, or the virtue related to this issue. Or simply relax and focus on the positive as you do the Codes.

10. Think about the issue or problem again, and rate your discomfort from 0 to 10. Also rate your early memory if you did the Picture/Memory Finder.

11. If your discomfort level on your early memory has been reduced to a 0 or 1, but your problem is still at 2 or higher, next time do the Picture/Memory Finder on your next earliest memory or next strongest feeling similar to the problem that is bothering you most.

12. If your discomfort level on the problem that was bothering you most has been reduced to a 0 or 1, next time start over on the problem that now bothers you the most.
Prayer or Request

I pray/request that all known and unknown images, beliefs and cellular memories, and all resulting physical issues related to my ____________ [insert problem(s) being worked on] be found, opened, and healed by filling me 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.

Code #1:

1. Adam’s apple with right hand; Temple with left hand
2. Jaw with both hands
3. Adam’s apple with both hands
4. Temple with right hand; Jaw with left hand

At least 7 to 10 minutes for the Code
At least 1 to 4 times a day

Code #2:

1. Adam’s apple with both hands

At least 5 to 8 minutes for the Code
At least 2 to 6 times a day
**Truth Focus Statements**

The worst things to live with are guilt and regret. I want to start living now what I believe is right.

To be loving and good is the greatest legacy anyone can leave.

My wrongs are not me, and they are in the past. I am creating a new me and a new future.

When I choose what is right, life is good and I feel secure.

I am free to make good choices of my own, even if others choose not to.

I can be noticed for the right things I do, not just for the wrong ones.

Even if others don’t notice, I will still respect myself for choosing what is right.

I am breathing in life; I am breathing out shame.

I am breathing in light; I am breathing out fear.

I am breathing in love; I am breathing out guilt.

I am breathing in God’s will; I am breathing out ego.
Day 10: Core Healing Virtue #7 - Trust

Virtues: Trust and Faith

Negative Emotions: Distrust, being judgmental

Unhealthy Beliefs: People are out to get me. I must be in control. It’s not fair.

Harmful Action: Attempts to pull others down.

Non-physical cellular memories and stress tend to affect this physical body system and lead to these symptoms:

Body Systems: Reproductive and Urinary Tract

Common Symptoms: infertility, low testosterone, poor sex drive, abnormal bleeding, infertility, irregular periods, spontaneous abortion, infection, itching, burning, warts, cancer.

Reproductive System and Urinary Tract

Parts of the Reproductive System:

1. Gonads (Ovaries and Testicles)
2. Uterus
3. Vagina/penis
4. Prostate
5. Kidneys
6. Ureter
7. Bladder
8. Urethra
9. Breasts

Associated Problems and Symptoms:


3. **Vagina/penis.** Infection: itching, burning and discharge, as well as warts.

4. **Prostate.** Infection, aging, and cancer: enlargement.

5. **Kidneys.** Kidney stones and inflammation: pain or other discomfort in kidney area.

6. **Ureter.** Infection: slowed urination.

7. **Bladder.** Infection: frequent and urgent desire to urinate; pain or burning during urination.

8. **Urethra.** Infection: discharge, painful or frequent urination.

9. **Breasts.** Fibrocystic, infection, cancer.
**Trust**

**Steps to Healing**

Optional Steps:

1. List all the trust issues, past and present, that come to your mind. See page 29 for common wrong beliefs about this issue.

2. List all the feelings you have when you think about each one of these problems.

3. Rate your discomfort on a scale from 0 to 10 (10 being the most discomfort) when you think about each of these problems.

4. Select the problem with the highest rating of discomfort.

5. Complete the Picture/Memory Finder (p. 39) on this problem.

   *Begin with Step 5 above when you are in Phase Two if this category contains the issue that is bothering you most.*

Recommended Step:

6. Select one or more Truth Focus Statements that correct the lies or unhealthy beliefs or negative emotions that you have concerning this issue. Please feel free to reword ours or write your own to fit your needs exactly.

Required Steps:

7. If you have not done so already, rate your discomfort on a scale from 0 to 10 (10 being the most discomfort) when you think about the issue(s) you want to heal.

8. Say the Prayer or Request for healing. Include all the problems you identified—past and present, physical and non-physical—in your intention for receiving complete healing.

9. Do the assigned Codes while focusing on the Truth Statement(s), not on your problem. Or you may focus on love, gratitude, healing, or the virtue related to this issue. Or simply relax and focus on the positive as you do the Codes.

10. Think about the issue or problem again, and rate your discomfort from 0 to 10. Also rate your early memory if you did the Picture/Memory Finder.

11. If your discomfort level on your early memory has been reduced to a 0 or 1, but your problem is still at 2 or higher, next time do the Picture/Memory Finder on your next earliest memory or next strongest feeling similar to the problem that is bothering you most.

12. If your discomfort level on the problem that was bothering you most has been reduced to a 0 or 1, next time start over on the problem that now bothers you the most.
Prayer or Request

I pray/request that all known and unknown images, beliefs and cellular memories, and all resulting physical issues related to my [insert problem(s) being worked on] be found, opened, and healed by filling me 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.

Code #1:

1. Adam’s apple with both hands

At least 6 to 8 minutes for the Code
At least 2 to 5 times a day

Code #2:

1. Adam’s apple with right hand; Temple with left hand

At least 5 to 8 minutes for the Code
At least 1 to 4 times a day
Trust

Truth Focus Statements

Everything is possible to those who believe.

Believing turns a wish into reality.

Faith is believing the good things God has done for me in the past. Trust is believing the good things that God is doing for me right now. Hope is believing the good things God will do for me in the future.

I can trust and believe that I am here for a purpose, and God will keep me safe to fulfill that purpose.

If I reach out to help others, someone will be there when I need help, too.

It is safe to allow myself to enjoy life.

It is safe to open my mind and heart to new people, new experiences, and new ideas.

I can trust my inner guidance to protect me. This means I can be free to enjoy life.

If I give and receive freely and without fear, joy will follow.

The past is over. The future will be good if I live my life now the way I believe it should be lived.

I have the wisdom and guidance I need to handle whatever happens.

I can learn to center my heart in love and joy rather than fear.
Day 11: Core Healing Virtue #8 - Humility

**Virtue:** Humility

**Negative Emotions:** Guilt, shame, wrongful pride

**Unhealthy Belief:** People must think well of me for me to be okay.

**Harmful Action:** Taking whatever means are necessary to get people to think well of me (manipulation)

Non-physical cellular memories and stress tend to affect this physical body system and lead to these symptoms:

**Body System:** Circulatory

**Common Symptoms:** congestive heart failure, hypertension, irregular heartbeat, aneurysm, arteriosclerosis, atherosclerosis, varicose veins, blood clots, pulmonary embolism, lymph congestion, tissue swelling.

**Circulatory System**

The circulatory system carries white and red blood cells, platelets, electrolytes, nutrients and waste.

**Parts of the Circulatory System:**

1. Heart
2. Aorta and Vena cava
3. Arteries and Arterioles
4. Veins and Venules
5. Lymphatic system

**Associated Problems and Symptoms:**


5. *Lymphatic System.* Lymph congestion: tissue swelling. (The lymph is composed of serious fluid, electrolytes, unused food and waste.)
Steps to Healing

Optional Steps:

1. List all the humility issues, past and present, that come to your mind. See page 29 for common wrong beliefs about this issue.

2. List all the feelings you have when you think about each one of these problems.

3. Rate your discomfort on a scale from 0 to 10 (10 being the most discomfort) when you think about each of these problems.

4. Select the problem with the highest rating of discomfort.

5. Complete the Picture/Memory Finder (p. 39) on this problem.

   Begin with Step 5 above when you are in Phase Two if this category contains the issue that is bothering you most.

Recommended Step:

6. Select one or more Truth Focus Statements that correct the lies or unhealthy beliefs or negative emotions that you have concerning this issue. Please feel free to reword ours or write your own to fit your needs exactly.

Required Steps:

7. If you have not done so already, rate your discomfort on a scale from 0 to 10 (10 being the most discomfort) when you think about the issue(s) you want to heal.

8. Say the Prayer or Request for healing. Include all the problems you identified—past and present, physical and non-physical—in your intention for receiving complete healing.

9. Do the assigned Codes while focusing on the Truth Statement(s), not on your problem. Or you may focus on love, gratitude, healing, or the virtue related to this issue. Or simply relax and focus on the positive as you do the Codes.

10. Think about the issue or problem again, and rate your discomfort from 0 to 10. Also rate your early memory if you did the Picture/Memory Finder.

11. If your discomfort level on your early memory has been reduced to a 0 or 1, but your problem is still at 2 or higher, next time do the Picture/Memory Finder on your next earliest memory or next strongest feeling similar to the problem that is bothering you most.

12. If your discomfort level on the problem that was bothering you most has been reduced to a 0 or 1, next time start over on the problem that now bothers you the most.
Prayer or Request

I pray/request that all known and unknown images, beliefs and cellular memories, and all resulting physical issues related to my [insert problem(s) being worked on] be found, opened, and healed by filling me 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.

Code #1:

1. Bridge with right hand; Adam’s apple with left hand
2. Adam’s apple with right hand; Temple with left hand
3. Adam’s apple with right hand; Temple with left hand (again)
4. Bridge with both hands

At least 6 to 8 minutes for the Code
At least 2 to 4 times a day

Code #2:

1. Jaw with both hands
2. Adam’s apple with both hands
3. Temples with both hands
4. Bridge with both hands

At least 5 to 6 minutes for the Code
At least 2 to 6 times a day
Humility

Truth Focus Statements

Humility is realizing that everything I have is a gift from God.

Putting others down only makes me look bad. Building others up is generous and loving.

Pride comes before a fall. God will lift up the humble.

I can love life and love myself without comparing myself to others.

There will always be others better and worse than I am. I can love myself just as I am.

Others will love me just as I am when I love them just as they are.

Life flows through me, and it is a precious gift which I share equally with all living things.

It is safe to share the flow of life with others.

The things I condemn in others I also condemn in myself. I can choose instead to accept others and myself as we are.

Winning is not everything. Love is everything.
Day 12: Core Healing Virtue #9 - Self-Control

Virtue: Self-control

Negative Emotions: Laziness, entitlement, helplessness

Unhealthy Beliefs: I can't do it. I'm not capable. Others should do it for me. It's not fair.

Harmful Actions: Manipulation, deceit, giving up

Non-physical cellular memories and stress tend to affect this physical body system and lead to these symptoms:

Body System: Muscular/Skeletal


Muscular/Skeletal System

Parts of the Muscular/Skeletal System:

1. Bones
2. Cartilage
3. Muscles
4. Tendons
5. Ligaments
6. Connective tissue

Associated Problems and Symptoms:


4. **Tendons.** Tendonitis: pain on motion.

5. **Ligaments.** Joint instability: loose joints.

6. **Connective tissue.** Inflammation: pain. (The connective tissue is involved in many different disease processes.)
Self-Control

Steps to Healing

Optional Steps:

1. List all the self-control issues, past and present, that come to your mind. See page 30 for common wrong beliefs about this issue.

2. List all the feelings you have when you think about each one of these problems.

3. Rate your discomfort on a scale from 0 to 10 (10 being the most discomfort) when you think about each of these problems.

4. Select the problem with the highest rating of discomfort.

5. Complete the Picture/Memory Finder (p. 39) on this problem.

   Begin with Step 5 above when you are in Phase Two if this category contains the issue that is bothering you most.

Recommended Step:

6. Select one or more Truth Focus Statements that correct the lies or unhealthy beliefs or negative emotions that you have concerning this issue. Please feel free to reword ours or write your own to fit your needs exactly.

Required Steps:

7. If you have not done so already, rate your discomfort on a scale from 0 to 10 (10 being the most discomfort) when you think about the issue(s) you want to heal.

8. Say the Prayer or Request for healing. Include all the problems you identified—past and present, physical and non-physical—in your intention for receiving complete healing.

9. Do the assigned Codes while focusing on the Truth Statement(s), not on your problem. Or you may focus on love, gratitude, healing, or the virtue related to this issue. Or simply relax and focus on the positive as you do the Codes.

10. Think about the issue or problem again, and rate your discomfort from 0 to 10. Also rate your early memory if you did the Picture/Memory Finder.

11. If your discomfort level on your early memory has been reduced to a 0 or 1, but your problem is still at 2 or higher, next time do the Picture/Memory Finder on your next earliest memory or next strongest feeling similar to the problem that is bothering you most.

12. If your discomfort level on the problem that was bothering you most has been reduced to a 0 or 1, next time start over on the problem that now bothers you the most.
Prayer or Request

*I pray/request that all known and unknown images, beliefs and cellular memories, and all resulting physical issues related to my ___________ [insert problem(s) being worked on] be found, opened, and healed by filling me 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.*

**Code #1:**

1. Adam’s apple with both hands
2. Temples with both hands
3. Bridge with both hands
4. Temples with both hands

At least 5 to 7 minutes for the Code  
At least 1 to 5 times a day

**Code #2:**

1. Adam’s apple with both hands
2. Adam’s apple with right hand; Jaw with left hand
3. Bridge with both hands
4. Temples with both hands
5. Bridge with both hands

At least 5 to 6 minutes for the Code  
At least 2 to 5 times a day
Self-Control

Truth Focus Statements

I will do what God wants me to do. I will live by the law of love.

I will find my life by looking beyond my unhealthy desires.

If I stay focused on God, he will give me the desires of my heart.

I may succeed, I may fail, but at least I will know that fear no longer controls me.

I'll do my best to identify and heal those fears, starting now!

I am able to do anything I need to do because God supports me.

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

I can joyfully move to create good circumstances for myself.

I can enjoy life with energy and enthusiasm and still make right choices for myself and others.

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

I can learn to dance with others and with life.

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

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

I am as strong and capable as I believe I am.
How to Do a Healing Code from Start to Finish

This example simply demonstrates how The Healing Codes system is to be performed. Read the complete instructions before doing a Code.

John is 45 years old and is doing The Healing Codes because he has had migraine headaches for nine years. He has tried medications as well as alternatives but his migraines continue to get worse.

Having purchased and read The Healing Codes, John is ready to start doing the Codes to heal the destructive images related to his migraines. John will start with Phase One. Day One of Phase One focuses on unforgiveness.

John follows the steps outlined in the Unforgiveness category.

1. List all the unforgiveness issues, past and present, that come to your mind. State who is involved and who was not forgiving.

2. List all the feelings you have when you think about each one of these problems.

3. Rate your discomfort on a scale from 0 to 10 (10 being the most discomfort) when you think about each of these problems.

John identified four unforgiveness issues that bother him when he thinks about them. One is with his dad for telling him he was no good and yelling at him when he was 14-years-old. John feels anger, resentment, fear, confusion, and tightness in his chest when he thinks about this. He rates this memory at an 8.

The second issue John remembers involves a girlfriend who broke his heart when he was 19 and was not very nice about it. John experiences anger, depression, shame, and feels tingly all over when he remembers this. He rates this memory at a 7.

John’s third memory is with his wife and a big blowup they had over finances a few months ago. When John thinks about this he feels rage, frustration, resentment, a little hopelessness, and experiences his heart pounding. John rates this memory at a 10.

John’s last unforgiveness memory is with a co-worker by whom John felt betrayed while they explored a possible business deal. John feels anger, frustration, left out, worthless, and a pain in the right side of his abdomen when he remembers this event. John rates this memory at an 8.5.
4. Select the problem with the highest rating of discomfort.

5. Complete the Picture/Memory Finder on this problem.

Because it is rated the highest, John now takes the feelings related to the issue with his wife (rage, frustration, resentment, hopelessness, and tingliness) and tries to find his earliest memory with these same or similar feelings. John recalls a time when he was 5- or 6-years-old that he felt the same basic feelings when his mom and dad would not let him go over to a friend’s house to play.

In the early memory about his parents, John also feels the belief that “it’s not fair.” He immediately realizes that he feels that a little with his wife too. He also realizes that at 5-years-old he felt unforgiving toward his parents over this, even though he had not originally identified this as an unforgiveness issue that was bothering him. John rates the memory with his mom and dad as an 8 and gets ready to heal this memory.

6. Select one or more Truth Focus Statements that correct the lies or unhealthy beliefs or negative emotions that you found doing the Picture/Memory Finder. Please feel free to reword ours or write your own to fit your needs exactly.

John creates his own truth focus statement to use for this treatment, which is: "Unforgiveness keeps me from being who I want to be. My heart can forgive my parents, my wife, my co-worker, and my ex-girlfriend, and free me to be the man, husband, dad, employee, and friend I can be.”

7. Say the Prayer or Request for healing. Include all the problems you identified, past and present, in your intention for receiving complete healing.

John says the prayer/request before he starts the treatment, inserting in the blank all of the people and identified feelings of the events in the unforgiveness category. John does this in his own words and expands on some of the memories as he prays asking for blessings on the other people involved. He uses this suggested format as a model:

“I pray that all known and unknown images, beliefs and cellular memories, and all resulting physical issues related to my unforgiveness of my father, my wife, my co-worker, my ex-girlfriend, and anyone else I haven’t forgiven, and the headaches related to these unforgiveness issues, be found, opened and healed by filling me with the love, life and light of God. I pray that all these people forgive me as well. I also ask that the effectiveness of this healing be increased by one hundred times or more.”

8. Do the assigned Codes while focusing on the Truth Statement(s), not on your problem. You may also focus on love, gratitude, and the virtue related to that problem. Simply relax and focus on the positive as you do the Codes.

John focuses on his truth statement, forgiveness, gratitude for all the wonderful things in his life, and love as he does the first Code in the unforgiveness category.
9. Rate your discomfort on a scale from 0 to 10 when you think about the early picture and the problem again.

10. If your discomfort on your early picture has been reduced to a 0 or 1, next time do the Picture/Memory Finder on the next earliest memory or next strongest feeling similar to the problem that is bothering you most.

11. If your discomfort on the problem that was bothering you most has been reduced to a 0 or 1, next time begin again on the problem that now bothers you the most.

John focuses on the early memory as he alternates between the two Codes in the unforgiveness category, and the early memory goes to a 0 or 1. John is now ready to repeat the process on the next unforgiveness memory bothering him the most. If it is still the same one (with his wife) he would now identify another early memory with similar feelings. If John cannot recall another early memory he would focus directly on the memory with his wife until that event goes to a 0 or 1.

John keeps repeating this process until there is no unforgiveness issue he can find, or it’s time to go to another category because it’s a new day of a rotation, or (in Phase Two) it’s time to go to another category because something in another category is now what is bothering John the most.

After 5 days of working on the 12 Days to a Changed Life, John feels his migraines getting better, and they are completely gone in about 5 weeks, while he is working on Phase Two. John remarks that the process has been so much more than just his migraines healing; he feels like his entire life has shifted dramatically for the better. His wife agrees!
Tips, Treating Others and Living a Balanced Life

Healing Responses

There may be a time during your work with The Healing Codes when your body reacts physically to what is happening inside you. We call this a healing response.

As you heal the destructive images and beliefs, the resulting stress in your body will diminish. As this occurs, your neuro-immune system will start to heal the physiology of your body. As part of this process, toxins, viruses, and bacteria will often start to leave your body. When this happens, sometimes you will feel worse until the detoxification is complete. If you have used a detoxification regimen, you may recognize the symptoms. Drinking plenty of water will speed up the ability of your body to rid itself of toxins.

It's important to remember that this is not a problem you are feeling. You are feeling your problems being healed. It is one of the most wonderful things that can happen to you physiologically. However, it can also be uncomfortable. The most common healing responses that our clients report are headaches, fatigue, and a worsening of the feelings of the problems they are trying to heal. There is no rule, but generally the more junk that you have in your body, the more junk has to come out. Emotional issues are commonly a part of healing responses. You might compare healing responses to cleaning out a dirty closet.

Healing responses are natural. We tend to think of the flu as fever, chills, sore throat, etc. This is not the flu at all; these are the healing responses of the body and immune system as it attempts to eliminate the bacteria or virus that threatens it. The flu is the virus or bacteria itself. You need not be alarmed then if you experience a healing response as the body gears into action to heal destructive images and the resulting stress and physiology.

_A healing response is evidence that you are progressing! It will stop when healing is complete._

If you have a healing response, simply do the same Code you are doing but shift your focus to the discomfort of the healing response until it eases, even if it increases the number of days you do a Code. When it eases, return to your Codes as before.

_Of course, if you have a symptom that you believe may be an illness or injury, seek the appropriate medical assistance as usual._

According to Paul Harris Ph.D., this is the only area of health where there has never in history been a validated case of harm. This is further evidence that the healing responses some people experience are part of a wonderful healing event, not a symptom of the problems.
As healing occurs, it is also not unusual to experience a back-and-forth response with your emotions. There may be days when you feel like “it’s a miracle” or “I haven’t felt this good for years,” only to be followed by a day that reminds you of how you felt before the healing started. This too is normal. Try not to become impatient with the process. It takes as long as it takes. Remember, you are most likely healing decades of junk.

*Example:* We had two middle aged male clients who had both suffered with migraine headaches for about 15 years. One man’s headaches healed within a week and never returned while the other man took a year to heal. So, why the huge time difference for the same problem? *Because they did not have the same problem!* They had the same symptoms. The Healing Codes heals the source of a problem, which is always destructive images, not the symptoms. Although these two men had the same symptoms, they had radically different images as sources of their problems.

**Treating Others**

We encourage you to do The Healing Codes on others, and allow others to do them on you. We have found the effectiveness of the Codes to be greater when done by someone else out of love.

The quickest healing from The Healing Codes is often with animals and infants. Neither one of those groups has the conscious blocks that might slow down the Codes.

A doctor, who is one of our board members, has a favorite story about using Codes on animals. His secretary had a Madison Square Garden prize-winning cat that had developed a mental disorder. The cat regularly banged his head against the wall and had become a loner. The cat’s hair had begun to come out in clumps, which gave the owner a great deal of distress since the cat could no longer perform in shows. After less than a week of The Healing Codes, the cat became loving and friendly, stopped banging its head against the wall, and beautiful new hair started growing in. The last I heard, they were planning to start showing the cat again. Whatever fear had caused the behavior had been healed.

Another friend of mine was very skeptical about our Codes but remained interested because his wife had been healed of a chronic health problem while doing the work. He called one day in a panic because his two-year-old son was sicker than he’d ever been before. The boy had a high fever, projectile vomiting, and was so weak he could not lift his head off his mother’s shoulder. They were planning to go to the hospital but decided to stop by to try a Code first. After about 20 minutes of the father and I doing a Code on his son, the color came back into his son’s face, his fever left, and he got up and started running around the yard laughing and having fun. Whatever conscious or unconscious image had weakened the boy’s immune system had been healed. They reported to me later that the symptoms never returned, and the child that their son had gotten the illness from was very sick for 10 days.

There are two ways to do the Codes on others:

1. Do the Code on the same locations of another’s body instead of your own.
2. Do the Codes on yourself with the intention that it's for that person. When you finish the Code, place your hands on that person or animal and say, “I release this healing to you in love.”

Everything else about treating others is the same as treating yourself.

Living a Balanced Life

The exclusive focus of this package is a new, all natural, revolutionary way to heal your life by healing the destructive images and unhealthy beliefs of your heart. However, we do believe there are other components of a balanced healthy life.

*Spirit.* The first and most important component of a healthy life is developing a personal relationship with God. In fact, we believe that if you heal your life but do not develop a loving relationship with the Creator, you will never have what you need most, unconditional love. So we would encourage you to seek God and His love above everything else.

*Lifestyle.* You need to develop a healthy lifestyle in addition to doing The Healing Codes. There are many common sense ways to maintain your health and healing. These include eating nutritious foods, limiting unhealthy ones, drinking plenty of clean water, breathing clean air, taking vitamins and minerals, getting exercise and plenty of rest, spending time with people you love, and many, many others. You absolutely cannot live a balanced healthy life and neglect these issues, so please don't.

Under stress, both hydration and breathing are affected. Dehydration is the most common form of stress, followed by insufficient oxygenation. Just drinking six to eight glasses of water a day and making sure to breathe deeply and completely can improve your memory and energy levels, and decrease fatigue and general aches and pains. Their importance for health and healing can’t be emphasized enough.

Another thing we would particularly suggest is to jump lightly on a mini-trampoline for a few minutes each day. Dr. Samuel West in his book *The Golden Seven Plus One* shares the recently photographed lymphatic stimulation that jumping initiates. A well functioning lymphatic system is essential to health and works beautifully with The Healing Codes. *Important:* Please consult with your doctor or health professional before bouncing!

*Conscious Conflict.* There is an issue that I call “conscious conflict.” Conscious conflict is when you are continually living something that you do not believe. It is the number one thing we have found that will slow down healing because it causes constant stress. Conscious conflict can involve anything from dangerously harmful actions to eating poorly. It can also be something someone else is doing that you choose to remain a part of, like putting up with abuse from a loved one. This slows down healing because it is constantly creating more destructive images and stress that need to be healed.

All of us have conscious conflict. We have found that if you are taking even the tiniest baby steps toward living what you believe is right, it usually eliminates the conscious conflict that will slow down your healing. If you are not getting the results from The
Healing Codes that you would like, this is the first place to look. The responsibility for living what you believe is yours. If this is difficult for you, let it be the first issue you work on with the Codes.

**Self-talk.** This is what I call “planting rotten seed.” Dr. Neil Warren in his book, *You Can Love Your Life*, cites research showing that the average person has up to 1,300 words of self-talk per minute. These self-talk words are the brush strokes that paint pictures in our hearts. These thoughts are seeds that we plant in our hearts which grow and produce. You get the point. If you are constantly planting new destructive pictures and beliefs while you are doing The Healing Codes, you are working against yourself at best, and spinning your wheels, at worst. Consciously think about and focus on truth, love and respect for yourself and others, and anything else that is helpful and healing. Will you enjoy what you plant today, when it grows and produces? If not, start planting good seeds now! This is critical for long-term success.
Frequently Asked Questions

What is a quick explanation of how The Healing Codes works?

~ Wrong beliefs cause most of the problems we have in life.
~ Wrong beliefs are destructive interpretations of internal images.
~ Wrong beliefs motivate thoughts, feelings, and harmful actions that cause pain to ourselves and to those around us.
~ Wrong beliefs cause us to misinterpret our current circumstances as threatening.
~ Wrongly perceiving our circumstances as threatening causes stress and shifts our nervous system into “fight or flight” mode.
~ It is this stress that has been found to cause 95% of all health problems.
~ Stress also causes our cells to shift into self-protect mode.
~ Stress in our nervous system will eventually lead to illness, disease, pain, and suffering.
~ The Healing Codes, when used as described in this Manual, heals the destructive pictures that cause stress, illness, disease, and almost all problems!

For more detail on these points, please visit our website www.thehealingcodes.com or our coaching website at www.enervisions.com.

Is there anything I need to do before I begin?

First, it’s important to make a decision to get healthy, physically, emotionally and spiritually. This sounds instantaneous, but it actually takes about 2-3 weeks to build habits that will get you to your goals. Then, you must commit to doing your Codes daily to build those habits. Keep doing the Codes in order to experience maximum results. If you don’t do the Codes, this will not work for you. When you do the Codes as outlined, you will be on your way to success with The Healing Codes.

What should I expect to happen when I do my Healing Codes?

There are two areas in which you will most likely see a change or shift when you do your Codes:

1. The picture or memory you are focusing on.
2. The physical or non-physical problem resulting from the images.

Changes to your picture
Keep in mind that the Codes heal only the pictures in the heart. They do not remove pictures from the memory. This means that the emotional intensity attached to the picture is removed, not the picture itself. Many people also report that as they use the
Frequently Asked Questions

Codes, the picture that they are focusing on begins to fade, and often becomes hard to visualize and hold in focus. As the picture is healed, some individuals describe it as if the energy of power has been drained out of the picture, and that it doesn't control them anymore. There is often an accompanying feeling of peace and closure. You will know that your picture is healed when you experience some or perhaps all of the signs mentioned here.

Changes to the issue bothering you the most
As your picture heals, you will usually begin to see a change in other issues that are bothering you. However, it is important to understand that while some issues have only one picture attached to them, some may have many more than that. If, after completing a Code on a particular picture, your most bothersome issue is unchanged, don't be discouraged. If you continue the process of working on your images, healing will usually occur.

What if I can't find the issue bothering me the most in any of the categories or the Problem Reference Chart?
If the problem bothering you most is not listed, simply choose the closest thing to it. For example, feeling overwhelmed is not listed but fear is. You can always choose a treatment by selecting the category that contains a feeling or belief related to the issue, even if it is a physical issue. (It would require a separate book to list every possible issue. We list the most common issues in The Healing Codes.)

What if I feel like I am not making much progress?
If you feel that you are working and not making progress, focus on the picture of when the problem started and when the physical and non-physical symptoms began. For example, if migraines have you physically in pain and emotionally depressed, focus on when the pain and depression started.

If, after doing the Code five separate times, you still have not felt any reduction in the 0 to 10 intensity rating, look again for another picture. This may be a picture between your earliest one and the current picture, or it may be your current picture. Work on the picture of greatest intensity instead of the earliest time.

You might also try going to the time in your life shortly before your problem started (up to two years before). You will sometimes find a shock, trauma, or intense emotional event in this time period. Focus on this event until its emotions and beliefs are healed.

If you still do not experience a change in your condition, it may be because another issue is tied to the root of your current problem. Continue working on the issues and category bothering you most until the problem breaks.

What if I feel worse after completing my Code?
Uncomfortable healing responses are fairly common. We call this a healing response because it is evidence that you are indeed healing. Physical toxins and negative
emotions may be working their way out of your system. Healing responses are covered in more detail in the section Tips, Treating Others, and Living a Balanced Life.

Should I quit taking medications? Will they interfere with the Codes?

Absolutely not! This is not meant to take the place of what you are now doing. Use this in addition to other healing aids. The Healing Codes have been proven to work no matter what else you are doing for your problem. Never discontinue medications without consulting a healthcare professional.

Should I forgo medical treatment to do The Healing Codes?

Absolutely not! The Healing Codes is complementary and works well with traditional care. We believe you should do healing work from as many different healthy angles as possible. Never forego or discontinue medical treatment without consulting a healthcare professional.

How long will it take to get results?

Times required for healing vary dramatically from person to person. This is because seemingly identical problems (fear, headaches, etc.) can be caused by a variety of destructive pictures in different people. This is discussed in more detail in the section Tips, Treating Others, and Living a Balanced Life.

What if I get interrupted during my session?

If you are doing timed Codes, you may continue where you left off if you are interrupted once. If you are interrupted twice, start the Code again. This is not an issue with intensive Codes.

How closely should I watch the clock while doing my Codes?

Try to do each position for an equal amount of time within the time allotted for a Code. However, don’t be distracted by a clock. The most important thing is your intention to heal and how it is affecting your pictures. We recommend you try the intensive Codes that allow you to do the Codes without time restrictions. This gives you the best opportunity to change the patterns that have been established over months, years, or decades of your life.

How far apart should I do my Codes?

It is best to space them throughout the day. However, it is better to do them all at the same time, back to back, than to miss doing one.
Frequently Asked Questions

How important is it that I do each position exactly as it is pictured or described?

Try to do each position in the way it is described and pictured. However, if you are close it will work. The intention to heal is an important factor in success.

Will the Codes work on problems I am not focused on?

You may experience benefits outside of the issue you are working on at the time because different problems may be affected by the same picture. However, you usually need to use specific Codes for specific problems. That’s why working through all of the categories is so important. This way you are always working on every problem you have.

Sometimes I feel like I have a battle going on inside myself. Why is that?

We call this “conscious conflict.” If something in your life violates your belief system, but you are not sure you are ready to let go because it gives you pleasure or meets some need in your life (for example, food, drugs, alcohol), then that desire needs to be the first issue you work on. Some people report that their healing is not as quick as they expected. This may be attributed to conscious conflict. Conscious conflict is discussed in more detail in the section Tips, Treating Others, and Living a Balanced Life.

I notice other things are changing for the better even before my main issue goes away. Why?

Other things may change before the problem that bothers you most because they are related to your primary issue. The body will prioritize what needs to be healed in order to heal the source of the problem, not just the symptoms. If you don’t allow this to happen then the problem often comes back. Most issues in a person’s life are connected, so you are actually working on a number of issues at once. In order to heal the problem issue at its source, other things may have to heal as well.

After I do the Codes, I seem to see things differently, even things that were not being worked on. Why?

Your body is automatically finding and healing the pictures and beliefs connected to your problem or issue. People often tell us they don’t see things the way they used to before going through the process and doing the Codes. As their pictures have changed, so have the lenses through which they view the world.

Example: A rape victim did the Codes for her resulting depression and fear. She called back when it was healed and said that the memory of the rape had changed. Asked what she felt about the rapist before doing the Codes, she replied, “I wanted to get a shotgun and blow his head off!” She said that when she thought about her attacker now, she felt pity and compassion for the man who raped her, and she was finally able to forgive him. Her pictures had changed and shortly thereafter her problems healed.

How can I tap into the positive experiences I have had in my life?
Try to focus on “love pictures” while you do your Codes. Identify what we call a Love Picture by thinking of one or more individuals in your life who love you. These can be people from the past or present, friends, family, a much loved pet, etc. We would encourage you to include God or Jesus on this list. Picture yourself surrounded and loved by those on your “love list” – what you are picturing is the truth. Picture them one at a time, or as a whole group. Relax and enjoy feeling their love touch your heart. If you are unable to find a Love Picture, imagine being loved as you would wish to be loved. Caution: Some people have negative pictures of the people who should have loved them but didn’t effectively express that love. Do not include these people; it can interfere with healing.

Can The Healing Codes harm me in any way?

Dr. Paul Harris, internationally known lecturer and alternative health expert states; “This is the only area of health where there has never in history been a validated case of harm.” Of the many people who have worked with The Healing Codes, we are unaware of anyone who has ever been harmed.

Is this like…?

Even though The Healing Codes may seem similar to things you’ve heard of or done before, it is completely different. It isn’t based on Chinese medicine, chakras, or acupuncture systems. The theory and exercises are unique to The Healing Codes.

What if I don’t remember the earlier picture?

You may not always know the picture you are working on, but your heart always knows. Your heart will automatically connect with each picture related to your issue. You will usually feel the healing of these pictures even though you may not be conscious of what they are.

What if I don’t remember anything from a young age?

Sometimes individuals have blocks because of traumas. A trauma may be anything that unsettles an individual’s heart, at any age. Sometimes a memory comes after doing several Codes. Since the Codes work on an unconscious level, it is not necessary that you consciously remember the picture.

My parents never abused me or anything. How can they be related to this issue?

I’m glad you had a good relationship with your parents. Sometimes, the unconscious doesn’t always interpret events the same way our conscious mind does, though. So, a picture you remember may not seem, to your adult self, to be a big deal even though it was a very big deal at age 5.
Example: One client felt like her entire life had been negatively affected by her relationship with her mother. The main picture she kept remembering was at 5 years old when her mother gave her sister a popsicle but would not give her one. Her mother even said, “Your sister has already had lunch. When you have lunch you can have a popsicle too.” It doesn’t seem to make sense in terms of rational adult thinking that her problems could stem from this event – but they did!

Remember, the picture was formed with the mind, feelings, and intellect of a 5-year-old. At 5 she had interpreted her mother’s actions as meaning that her mother did not love her as much as her sister … and if that was true it must mean something was wrong with her … and if that was true then others would probably not love her either. When she healed the popsicle picture, her career (her presenting problem) took off like a rocket.

How can this help my headaches (or other physical problem)?

With headaches as your issue, you will work on the image connected to the headaches in your heart. When the pictures are healed, stress will be removed from your body and your headaches will usually get better as your body functions as it was meant to. (We do not work on headaches or any other physical issue – only destructive images.)

This doesn’t work. My headaches are gone but I still have cancer.

Remember, we are only working on pictures. I’m glad your headaches are gone, and I hope your cancer is healed soon as well. But we are only working on pictures of the heart. We hope you can be thankful for the headaches being gone, and continue to remove stress from your body by doing the Codes. This will free your body to use its energy on the cancer.

What if I only do the Codes 2 times per day instead of the 3 times the Manual directs? Will they still work?

Your Codes are always working. They just work more slowly if you spend less time on them.

What if I miss a day?

Try not to miss a day, as consistency is very important to the process. If you do miss a day, just continue the next day, and try to focus on doing the work daily. Healing will still occur.

Can I do a Code for my child? Does this work on animals too?

The Codes actually seem to be most effective on children and animals. Simply follow the instructions for doing Codes on others.
**Frequently Asked Questions**

**Do I have to do this forever?**

We recommend making the Codes part of your daily lifestyle. Once the issues that are bothering you are healed, the Codes work preventatively. If you reach a place where there is not anything bothering you, your daily time to do the Codes will be less than 10 minutes. This is a small price to pay for the preventative effect you will be receiving.

**What if my Codes stop working?**

Our experience is that the Codes are always working. There may be times when you don’t feel changes happening, or changes are not happening as quickly as you want them to. Your feelings don’t equal your healing. In fact, we have had many testimonials of healing weeks or months after the last Code.

**How will I know if this is working?**

You may notice a deeper level of peace and relaxation. You may notice that the things you usually struggle with aren’t difficult anymore. Or you may not recognize anything changing. The best way to observe your changes is to keep a record of the intensity ratings in the Picture/Memory Finder. As those numbers decrease, you will know the Codes are definitely working. Tracking charts are provided in the Journal of Progress.

**I think I have food poisoning. Can this cure that? My sister has cancer. Can you cure that?**

We only work on pictures of the heart and on stress. We’ve found that by working on pictures of the heart, many times physical and non-physical conditions change.

**How can you beam healing energy into the four healing centers when your fingers aren’t even touching the body?**

In much the same way that I can take a picture with my cell phone in Tennessee, push a button, and my friend can see it in California a few seconds later. Some energy patterns, such as light, travel at a speed of 186,000 miles per second. We see the remarkable speed of energy movement every day, not only with our cell phones, but also with radio, television, etc.

Having your fingertips two to three inches away from the body is several times more effective than touching the healing centers with the fingers. It creates an energy field over the entrance of the healing center that allows the body to automatically produce the precise positive/negative energy pattern needed for healing. The reason for the increased effectiveness was made much more clear to me by a gentleman at our seminar in Oklahoma City. He observed that having the fingers away from the body makes perfect sense—it works like a spark plug. There is a gap there, and the energy arcs from the spark plug to the metal. He said that in fact, if there’s not enough of a gap, it won’t work right and there won’t be enough power. The same is true of The Healing Codes. Having the fingers away from the body creates the exact polarity needed at any
given second with significantly greater power than if the fingertips were touching the body.

A more concrete example of this is a small device I purchased at Radio Shack a couple of years ago for $75. The transistor radio-shaped device will measure the frequency of just about anything. The way to use the frequency counter is to simply place the antenna within a few inches of the body (or any living thing), push a button, and wait for the digital readout of the frequency for that area of the body. If you repeat this process all around the body, you will discover different frequencies for different areas of the body. This is roughly the same thing an MRI does inside the body. How does the frequency counter measure the frequencies when it is not touching the body? The body transmits those frequencies constantly into the space surrounding the body.

As we perform The Healing Codes, we take advantage of the remarkable capacity of the body to transmit and receive healing energy gathered from all over the body.

What does "Unlocking the Cellular Sequence of Life" mean?

When a pain event occurs in a person's life, a cellular memory is born. The pain event creates fear, which in turn creates stress, which is supposed to preserve life by alerting us to 'threats.' Later in life the cellular memory of the pain event is still creating stress because it is triggered automatically by circumstances that are similar in some way—perhaps only vaguely—to the original pain event.

Next comes the person's reaction, which is either 'fight or flight' or embrace. Said another way, the choice is one of fear leading to either avoidance or attack, or acceptance leading to peace and love. For the person who stays in 'fight or flight', the stress and fear spread throughout the mind and body.

If the stress goes unchecked, then the person's weakest link will break down. This means something stops working well, and an illness, disease, emotional or mental dysfunction, despair, etc. occurs. If nothing changes to reduce the stress, the cycle continues and expands, resulting in more disease, more illness, more dysfunction. The only way to eliminate the stress is by healing the original cellular memory. The stress will continue unless a person goes back and heals the original cellular memory.

The key to happiness and fulfillment in life is based on the cellular sequence of life, not the genetic code. According to Dr. Bruce Lipton of Stanford University, the genes do not control the cell. The cellular memory and resulting beliefs control the cell. In other words, stress, illness, and unhappiness come from cellular memories. Healing those memories and the pictures related to them is why The Healing Codes work so well.
Problem Reference Chart

This is the simplest way to find the category that contains the problem bothering you the most, and the Healing Codes for it. Simply locate your problem in the chart below and go to the page number listed beside it. Review the information about that category, then do the Codes given there for your problem, and every other problem in that category.

If your problem is not listed here:

If you do not find your problem listed (it would be almost impossible to list every conceivable problem), do the treatment for the closest thing to your problem. Look for the body system, the part of a body system, a similar emotion, or a belief related to your problem. If your problem is listed in more than one category, choose the category that has the most additional issues troubling you. Every problem is covered by at least one of The Healing Codes categories.

Virtues

These nine positive life qualities are evidence of healed images in the heart. Healed images result from removing lies from images and replacing them with truth. The nine virtues to instill in the heart are:

<table>
<thead>
<tr>
<th>Virtue</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Love</td>
<td>71</td>
</tr>
<tr>
<td>2. Joy</td>
<td>77</td>
</tr>
<tr>
<td>3. Peace</td>
<td>83</td>
</tr>
<tr>
<td>4. Patience</td>
<td>89</td>
</tr>
<tr>
<td>5. Kindness</td>
<td>95</td>
</tr>
<tr>
<td>6. Goodness</td>
<td>101</td>
</tr>
<tr>
<td>7. Trust</td>
<td>107</td>
</tr>
<tr>
<td>8. Humility</td>
<td>113</td>
</tr>
<tr>
<td>9. Self-control</td>
<td>119</td>
</tr>
</tbody>
</table>

Negative Emotions

Negative emotions are evidence of certain destructive beliefs. The main negative emotions addressed by The Healing Codes are:
Problem Reference Chart

Negative Emotions

1. Unforgiveness, insignificance, resentment ........................................ 71
2. Sadness, depression, feeling inferior, worthless, flawed ................... 77
3. Anxiety, worry .................................................................................... 83
4. Impatience, anger, frustration, insecurity, desire for love substitutes ...... 89
5. Rejection, hurt, fear .......................................................................... 95
6. Fear, shame ....................................................................................... 101
7. Distrust, being judgmental .................................................................. 107
8. Guilt, shame, wrong pride ................................................................... 113
9. Laziness, entitlement, helplessness .................................................... 119

Unhealthy Beliefs

Unhealthy beliefs originate in images whose misinterpretation creates the stress that makes us sick. They are:

1. I am unlovable. I am insignificant. I am flawed. ................................. 71
2. I am hopeless. I am worthless. Life is hopeless. ................................. 77
3. Something bad will happen. The future will be like the past. I'm not okay. 83
4. Something must change right now for me to be okay. ......................... 89
5. People will take advantage of me. People are too sensitive. ............... 95
6. I am bad. I am not good enough. I am unforgivable. ....................... 101
7. People are out to get me. I must be in control. It's not fair. ............... 107
8. People must think well of me for me to be okay. ............................... 113
9. I can't do it. I'm not capable. Others should do it for me. It's not fair. 119

Harmful Actions

Harmful actions result from our attempts to numb our pain. They are unhealthy actions we take in order to seek pleasure and avoid pain, rather than seek the love we actually need. Harmful actions can be almost impossible to change until the underlying images and beliefs that are motivating the actions are healed.

The harmful actions in addressed by The Healing Codes are:

1. Self-protection ................................................................................... 71
2. Self-gratification ................................................................................ 77
3. Actions to pleasure the 5 senses ......................................................... 83
4. Unhealthy Actions to get things ......................................................... 89
5. Actions to gain approval of self and others ....................................... 95
6. Selfishness ....................................................................................... 101
7. Attempts to pull others down .......................................................... 107
8. Manipulation .................................................................................... 113
9. Manipulation, deceit, giving up ....................................................... 119
Body Systems

There is one major body system associated with each Core Healing System category. All physical problems are manifested in one of these body systems.

<table>
<thead>
<tr>
<th>Body System</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Endocrine</td>
<td>71</td>
</tr>
<tr>
<td>2. Skin</td>
<td>77</td>
</tr>
<tr>
<td>3. Gastrointestinal</td>
<td>83</td>
</tr>
<tr>
<td>4. Immune</td>
<td>89</td>
</tr>
<tr>
<td>5. Central Nervous</td>
<td>95</td>
</tr>
<tr>
<td>6. Respiratory</td>
<td>101</td>
</tr>
<tr>
<td>7. Reproductive and Urinary Tract</td>
<td>107</td>
</tr>
<tr>
<td>8. Circulatory</td>
<td>113</td>
</tr>
<tr>
<td>9. Muscular/Skeletal</td>
<td>119</td>
</tr>
</tbody>
</table>

Parts of the Body Systems

These are the individual parts that make up the body system for each specific category. If you cannot identify the part you want, select the body system or the symptom that relates to your problem.

<table>
<thead>
<tr>
<th>Body System Parts</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adrenals</td>
<td>71</td>
</tr>
<tr>
<td>Aorta</td>
<td>113</td>
</tr>
<tr>
<td>Arteries</td>
<td>113</td>
</tr>
<tr>
<td>Brain</td>
<td>95</td>
</tr>
<tr>
<td>Breasts</td>
<td>107</td>
</tr>
<tr>
<td>Bronchi</td>
<td>101</td>
</tr>
<tr>
<td>Bones</td>
<td>119</td>
</tr>
<tr>
<td>Cartilage</td>
<td>119</td>
</tr>
<tr>
<td>Ears</td>
<td>95</td>
</tr>
<tr>
<td>Eyes</td>
<td>95</td>
</tr>
<tr>
<td>Gallbladder</td>
<td>83</td>
</tr>
<tr>
<td>Glands (digestive)</td>
<td>83</td>
</tr>
<tr>
<td>Glands (sexually related)</td>
<td>107</td>
</tr>
<tr>
<td>Gonads</td>
<td>71 and 107</td>
</tr>
<tr>
<td>Hair</td>
<td>77</td>
</tr>
<tr>
<td>Heart</td>
<td>113</td>
</tr>
<tr>
<td>Hypothalamus</td>
<td>71</td>
</tr>
<tr>
<td>Intestine</td>
<td>83</td>
</tr>
<tr>
<td>Kidneys</td>
<td>107</td>
</tr>
<tr>
<td>Ligaments</td>
<td>119</td>
</tr>
<tr>
<td>Liver</td>
<td>83</td>
</tr>
<tr>
<td>Lungs</td>
<td>101</td>
</tr>
<tr>
<td>Lymphatic system</td>
<td>113</td>
</tr>
<tr>
<td>Lymphocytes</td>
<td>89</td>
</tr>
</tbody>
</table>
Problem Reference Chart

Body System Parts (cont.)

<table>
<thead>
<tr>
<th>Body System Part</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mouth</td>
<td>83</td>
</tr>
<tr>
<td>Muscles</td>
<td>119</td>
</tr>
<tr>
<td>Nerves</td>
<td>95</td>
</tr>
<tr>
<td>Nose</td>
<td>95</td>
</tr>
<tr>
<td>Ovaries</td>
<td>71 and 107</td>
</tr>
<tr>
<td>Pancreas</td>
<td>71 and 83</td>
</tr>
<tr>
<td>Penis</td>
<td>107</td>
</tr>
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<td>Pineal</td>
<td>71</td>
</tr>
<tr>
<td>Pituitary</td>
<td>71</td>
</tr>
<tr>
<td>Prostate</td>
<td>107</td>
</tr>
<tr>
<td>Skin</td>
<td>77</td>
</tr>
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<td>Spinal cord</td>
<td>95</td>
</tr>
<tr>
<td>Stomach</td>
<td>83</td>
</tr>
<tr>
<td>Teeth</td>
<td>83</td>
</tr>
<tr>
<td>Tendons</td>
<td>119</td>
</tr>
<tr>
<td>Testicles</td>
<td>71 and 107</td>
</tr>
<tr>
<td>Tongue</td>
<td>83</td>
</tr>
<tr>
<td>Thyroid</td>
<td>71</td>
</tr>
<tr>
<td>Ureter</td>
<td>107</td>
</tr>
<tr>
<td>Urethra</td>
<td>107</td>
</tr>
<tr>
<td>Uterus</td>
<td>107</td>
</tr>
<tr>
<td>Vagina</td>
<td>107</td>
</tr>
<tr>
<td>Veins</td>
<td>113</td>
</tr>
</tbody>
</table>

Symptoms & Problems

The symptoms (trouble breathing, sneezing, etc.) or problems (allergies, diabetes, acid reflux, etc.) that are most common to each Core Healing System category and body system. If your problem or symptom is not listed, look for the body system or body system part that has the problem or symptom.

<table>
<thead>
<tr>
<th>Symptoms &amp; Problems</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abortion (miscarriage)</td>
<td>107</td>
</tr>
<tr>
<td>Acid reflux</td>
<td>83</td>
</tr>
<tr>
<td>Acne</td>
<td>77</td>
</tr>
<tr>
<td>Acquired Immunodeficiency Syndrome (AIDS)</td>
<td>89</td>
</tr>
<tr>
<td>Attention Deficit Disorder/Hyperactivity (ADD/ADHD)</td>
<td>95</td>
</tr>
<tr>
<td>Allergies</td>
<td>89</td>
</tr>
<tr>
<td>Alzheimer's</td>
<td>95</td>
</tr>
<tr>
<td>Aneurysm</td>
<td>113</td>
</tr>
<tr>
<td>Arthritis</td>
<td>119</td>
</tr>
<tr>
<td>Arteriosclerosis</td>
<td>113</td>
</tr>
<tr>
<td>Asthma</td>
<td>101</td>
</tr>
<tr>
<td>Atherosclerosis</td>
<td>113</td>
</tr>
<tr>
<td>Athlete’s foot</td>
<td>89</td>
</tr>
<tr>
<td>Autoimmune diseases</td>
<td>89</td>
</tr>
<tr>
<td>Bacterial infection</td>
<td>89</td>
</tr>
</tbody>
</table>

146
<table>
<thead>
<tr>
<th>Symptoms &amp; Problems (cont.)</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bleeding</td>
<td>113</td>
</tr>
<tr>
<td>Bloating</td>
<td>83</td>
</tr>
<tr>
<td>Blood clots</td>
<td>89</td>
</tr>
<tr>
<td>Bone</td>
<td>119</td>
</tr>
<tr>
<td>Brain</td>
<td>95</td>
</tr>
<tr>
<td>Brain fog</td>
<td>95</td>
</tr>
<tr>
<td>Breast (fibrocystic, cancer, infection)</td>
<td>107</td>
</tr>
<tr>
<td>Bronchitis</td>
<td>89</td>
</tr>
<tr>
<td>Bursitis</td>
<td>119</td>
</tr>
<tr>
<td>Cancer</td>
<td>89</td>
</tr>
<tr>
<td>Colic</td>
<td>83</td>
</tr>
<tr>
<td>Colon</td>
<td>83</td>
</tr>
<tr>
<td>Congestive heart failure</td>
<td>113</td>
</tr>
<tr>
<td>Constipation</td>
<td>83</td>
</tr>
<tr>
<td>Coughing</td>
<td>101</td>
</tr>
<tr>
<td>Crohn's disease</td>
<td>83</td>
</tr>
<tr>
<td>Cysts</td>
<td>77</td>
</tr>
<tr>
<td>Dementia</td>
<td>95</td>
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<tr>
<td>Dental</td>
<td>83</td>
</tr>
<tr>
<td>Depression</td>
<td>95</td>
</tr>
<tr>
<td>Diabetes</td>
<td>71</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>83</td>
</tr>
<tr>
<td>Dysrhythmia</td>
<td>113</td>
</tr>
<tr>
<td>Fatigue</td>
<td>71</td>
</tr>
<tr>
<td>Fibromyalgia</td>
<td>119</td>
</tr>
<tr>
<td>Fractures of bone</td>
<td>119</td>
</tr>
<tr>
<td>Eczema</td>
<td>77</td>
</tr>
<tr>
<td>Embolism</td>
<td>113</td>
</tr>
<tr>
<td>Emphysema</td>
<td>101</td>
</tr>
<tr>
<td>Endometriosis</td>
<td>107</td>
</tr>
<tr>
<td>Fever</td>
<td>89</td>
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<tr>
<td>Fungus</td>
<td>89</td>
</tr>
<tr>
<td>Gingivitis</td>
<td>83</td>
</tr>
<tr>
<td>Hair</td>
<td>77</td>
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<tr>
<td>Hairiness</td>
<td>71 or 77</td>
</tr>
<tr>
<td>Headache</td>
<td>95</td>
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<tr>
<td>Hearing</td>
<td>95</td>
</tr>
<tr>
<td>Heartburn</td>
<td>83</td>
</tr>
<tr>
<td>Hepatitis</td>
<td>89</td>
</tr>
<tr>
<td>Hernia</td>
<td>119</td>
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<tr>
<td>Hypertension</td>
<td>71 or 113</td>
</tr>
<tr>
<td>Immune system</td>
<td>89</td>
</tr>
<tr>
<td>Infection</td>
<td>89</td>
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<tr>
<td>Infertility</td>
<td>107</td>
</tr>
<tr>
<td>Inflammation</td>
<td>89</td>
</tr>
<tr>
<td>Insomnia</td>
<td>71</td>
</tr>
<tr>
<td>Irregular heartbeat</td>
<td>113</td>
</tr>
<tr>
<td>Kidney stones</td>
<td>107</td>
</tr>
<tr>
<td>Ligamentitis</td>
<td>119</td>
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</tbody>
</table>
### Symptoms & Problems (cont.)

<table>
<thead>
<tr>
<th>Condition</th>
<th>Page</th>
</tr>
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<tbody>
<tr>
<td>Lupus</td>
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<tr>
<td>Lymph congestion</td>
<td>89</td>
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<tr>
<td>Lymphoma</td>
<td>89</td>
</tr>
<tr>
<td>Meningitis</td>
<td>95</td>
</tr>
<tr>
<td>Memory</td>
<td>95</td>
</tr>
<tr>
<td>Mouth</td>
<td>77 or 83</td>
</tr>
<tr>
<td>Mucus</td>
<td>101</td>
</tr>
<tr>
<td>Multiple Sclerosis (MS)</td>
<td>89 or 95</td>
</tr>
<tr>
<td>Nails</td>
<td>77</td>
</tr>
<tr>
<td>Osteoporosis</td>
<td>119</td>
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<tr>
<td>Ovulation</td>
<td>.71 or 107</td>
</tr>
<tr>
<td>Pain</td>
<td>95</td>
</tr>
<tr>
<td>Premenstrual Syndrome (PMS)</td>
<td>71</td>
</tr>
<tr>
<td>Prostate</td>
<td>107</td>
</tr>
<tr>
<td>Psoriasis</td>
<td>77 or 89</td>
</tr>
<tr>
<td>Rash</td>
<td>77</td>
</tr>
<tr>
<td>Reflux</td>
<td>83</td>
</tr>
<tr>
<td>Ringworm</td>
<td>89</td>
</tr>
<tr>
<td>Saliva</td>
<td>83</td>
</tr>
<tr>
<td>Seborrhea</td>
<td>77</td>
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<tr>
<td>Sexual function</td>
<td>71 or 107</td>
</tr>
<tr>
<td>Sexually transmitted diseases (STDs)</td>
<td>.89 or 107</td>
</tr>
<tr>
<td>Sinus problems</td>
<td>83</td>
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<tr>
<td>Skin</td>
<td>77</td>
</tr>
<tr>
<td>Stomach cramps</td>
<td>83</td>
</tr>
<tr>
<td>Sugar cravings</td>
<td>71</td>
</tr>
<tr>
<td>Swelling</td>
<td>113</td>
</tr>
<tr>
<td>Teeth</td>
<td>83</td>
</tr>
<tr>
<td>Temperature, high</td>
<td>89</td>
</tr>
<tr>
<td>Temperature, low</td>
<td>71</td>
</tr>
<tr>
<td>Tendonitis</td>
<td>119</td>
</tr>
<tr>
<td>Thrombosis, deep vein</td>
<td>113</td>
</tr>
<tr>
<td>Ulcers</td>
<td>83</td>
</tr>
<tr>
<td>Urinary tract infection</td>
<td>107</td>
</tr>
<tr>
<td>Varicose veins</td>
<td>113</td>
</tr>
<tr>
<td>Vision</td>
<td>95</td>
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</tbody>
</table>
Glossary of Terms

**Codes:** The Healing Codes procedures done to heal destructive images in the heart and remove stress. The procedures involve hand positions aimed at various combinations of the four healing centers on the neck and head.

**Categories:** There are three Inhibitor categories and nine Core Healing System categories. Every category contains issues or problems and the Codes to heal their source – destructive images.

**Inhibitor categories:** The three categories of issues that need to be removed from the pictures of the heart: unforgiveness, harmful actions, and unhealthy beliefs. These issues will inhibit the ability to heal.

**The Core Healing System:** A brand new correlation of how problems develop and heal. Each Core Healing System category correlates virtues, beliefs, emotions, actions, body systems, parts of the body systems, and symptoms.

**Core Healing System categories:** Nine categories of virtues to be instilled in the heart. In each category are also listed the unhealthy issues that will be present in pictures of the heart if the virtues are not there. For example, if the virtue of Peace is not present, the picture will be likely to contain anxiety.

**Primary Issue:** The category that contains the issue bothering you the most.

**Secondary Issue:** The categories of the Core Healing System which are worked through in sequence while you are also working on the categories that contain your primary issues.

If you have questions or comments about using The Healing Codes, you may contact a certified Healing Codes Coach for customer service through our website www.thehealingcodes.com or call 1-800-516-3040.
A Word about Us and Our Philosophy

I’ve been to dozens and dozens of seminars, lectures and workshops over the years. I have read hundreds of books, in graduate school, for training programs, and just for fun. I have always appreciated it immensely when the presenters would share what they believed, especially concerning their spirituality and worldviews.

We thought you might appreciate knowing that about us.

Dr. Ben and I are Christians. We believe in one God, His son Jesus, His Holy Spirit who lives in us, and His written word, the Bible. We believe that God is the only being in the universe who is incapable of anything except love – because He is love. We believe that God knows and cares about each tear that falls of every person on earth. I grew up being taught that God was mean, vindictive, and selfish . . . at least that’s what I remember. It took me years to realize that this is not what the Bible teaches at all: it is a love letter. The Bible does contain dos and don’ts, but so does the instruction book for my DVD player. The “do’s and don’ts” are loving instructions by the Creator on how to live in love, joy, and peace.

We believe that he calls individuals to certain tasks to spread his love. We call this a ministry. We believe that God has called us to The Healing Codes ministry. The ministry is to help hurting people through love. Some of that can be accomplished by The Healing Codes system itself. Some of the ministry can be accomplished by giving money generated by The Healing Codes to other programs with a similar mission.

Currently, our main charity is a program in South America for street kids ages 2-12. They take them off the street, give them a home, feed them, clothe them, teach them about God, and teach them a trade. In short, they give them back their lives.

You do not have to agree with our views for The Healing Codes to work for you. Our experience is that it works for all creeds, ages, races, etc.

So, in a nutshell, that’s what we believe. If you would like to know more about our beliefs, feel free to contact us. If you would like information on how you can help the street children, we will be happy to tell you.

Thank you and may God bless you!

Alex and Ben
Testimonials from the Advanced Training

“Dr. Alexander Loyd and Dr. Ben Johnson were the keynote speakers at our annual Scholars’ Reunion this past year. They taught everyone The Healing Codes, did pre- and post-session HRV tests to show the effectiveness of the treatments, and taught The Healing Codes Advanced Training material. Of the 50 people who were at the conference, there were only two who were not in HRV balance after one Healing Code treatment. Six of these same people retested 24 hours later, and all 6 were still in HRV balance with no additional treatment. I don't think it's any coincidence that—when asked at the end of the conference to raise their hands if they had experienced physical or nonphysical healing over the weekend as a result of doing The Healing Codes—all 50 people raised their hands. There were participants with major diseases, some in great health, and just about everything in between. The Healing Codes worked for everyone. The Advanced Training material was awesome. We have been having these conferences for years, and a number of people said that this was the most powerful event they had ever experienced.”

~~ Bill McGrane, President
McGrane Institute, Inc.

“I'm a professional speaker and the co-author of the Woman’s book from the *Chicken Soup for the Soul* series. I just spent the day with Dr. Alex Loyd doing The Healing Codes Advanced Training program. Alex is absolutely dedicated to this knowledge of The Healing Codes. I think it’s a cutting edge technology that he has developed and is teaching. I’ve heard so many people with fantastic, fantastic results. He comes to this program with a fully open heart, with clarity, with authenticity. I am going away inspired to apply The Healing Codes to my own life and to see the great results that I've heard from so many others.”

~~ Marcy Shimoff
Co-Author *Chicken Soup for the Woman’s Soul*

“I derived wonderful benefits from taking the Healing Codes Advanced Training. Dr. Loyd gives a thousand percent of himself in the Training. The Advanced Training has allowed me to deepen the benefits from the Healing Codes on a whole new and exciting level. I experience an easier and a richer access to my intuition and creative self. The Truth Technique is so profoundly effective that I cannot imagine operating without it at this point in time. I find that I am self-nurturing in a way that I never knew before. I feel more complete, whole and connected to God/Source. Truly, the rewards have exceeded my preconceived ideas or expectations of how I would experience the material in the seminar. I hope everyone who has been working with The Healing Codes will make the opportunity to accelerate the realization of their inner potential by taking the Advanced Training!”

~~ Suzie
“I think your new way of testing that you teach in the Advanced Training is SLICK! In the work that I do, I have never felt that I could really help anyone unless I confirmed everything with some sort of testing, and using a pendulum just always seemed too strange. Maybe your Truth Technique is strange to those who have never heard of Applied Kinesiology and energy-related protocols, but it is far more acceptable than swinging something! It works! I am having OUTSTANDING success with it. I just need a little more practice, and a little more confidence. Further, I LOVE the built-in technique for avoiding reversal with the other hand. Correcting for reversal using the Brain-Gym technique of P.A.C.E. is time-consuming and far less efficient.

“Before I began The Healing Codes, I was on the AIM program. Friends gifted me with the program three years ago, and at the time my life force was down to one. Every time I went off the program I became bedfast again. But when I went off this last time, I immediately began The Healing Codes, and NOW (even though I feel rotten from the detoxing) I am, for the first time since 1991, maintaining on my own without the AIM computer! And the last exercises you gave me calmed my heart with regard to my going to the dentist. Now when I think about it, I have a slight heart tingle, but no terror and no constant adrenaline rushes! Isn't that just amazing! (Probably not to YOU!)

“Thanks for 'being,' and thanks for your perseverance and your devotion and commitment to your wife that kept you searching for answers, that gave you an 'ear to hear.' Because of that, I am being born again, I am getting my prayers answered, too, one of which was, 'Please, just give me a chance.' I have to work out a way to become a practitioner and perhaps a coach. Wow. I finally have the courage to dream again.”

~~ Katherine

“I have used muscle testing on others for more than 15 years but never really felt comfortable muscle testing myself until I learned the Truth Technique last year. I find it amazingly simple to test for what vitamins and minerals I need, whether certain foods are affecting me, as well as hundreds of other applications. Once you begin muscle testing yourself and find out how well it works, you'll use it for ANYTHING you need to make a decision about.”

~~ Sandi

“Before I use the Truth Technique, I make sure that I am feeling well, hydrated, rested, fed, and mentally and spiritually present. When one or more of these conditions is not met, I experience a lot of reversals. This also leads to lack of discernment and wisdom in interpreting information received and given. Because I believe in the value of the Truth Technique and experienced dramatic healing personally, as well as witnessed healings in others, I discipline myself daily to be healthy. My immune system is stronger! I have more energy! I set healthier boundaries! I relate to people with a deeper sense of wholeness in my mind, body and spirit! I have learned not to abuse muscle testing, that is, I developed discernment and integrated it into my natural senses (taste, hearing, smell, etc.) instead of relying on it exclusively. The Truth Technique has changed my life for the better, and I live more abundantly. As my folks say, what a bless’n!”

~~ Marita
“I frequently use the Truth Technique in restaurants I am unfamiliar with or when I am not sure what to choose off the menu. My approach is to test using a statement such as “The dish that I will be happier with is ___ (the name of the dish).” I do this with any number of menu items that I am considering. I find it very effective. I also use the Truth Technique when I am trying to decide which golf club to use on a particular shot. If I have no doubt, I pick the club straightaway. If I have uncertainty, I use the Truth Technique.”

~~ Tom

“I have been using the Truth Technique for testing major decisions. For example, when we were discussing whether to get a new puppy I tested the statement “This a good time for us to have a dog.” The answer was “Yes”. When I was thinking of leaving my part time teaching position to have more free time to do presentations, I tested for the decision. This week I tested before I told a science teacher colleague about The Healing Codes. I went on to tell him about The Healing Codes and find the right Code for him for his fractured ribs. He actually did the Code in the restaurant where we were having lunch and was amazed at how good it felt. He's not so skeptical anymore. The last couple of days I have been listening to a Greg Braden tape in the car, and some of the things he has said have seemed a bit far out. I used the Truth Technique, and it confirmed that what he was saying is the truth. When I did a couple of stress management presentations two weeks ago, I tested which exercises I should offer. Both presentations went very well and the exercises were well received.”

~~ Lorna

"Super great training."

~~ Barbara

“I would like to tell you about a few things that I have been using the Truth Technique for. Last week, I misplaced some very important business papers. An aspect of my business came to a screeching halt for 2 days because of it. My last memory of the papers was seeing them on my desk toward the end of the day. The next day, they were nowhere to be found, although I searched continuously through everything imaginable. It finally occurred to me to use the Truth Technique to narrow it down. I tested room by room and then each area of my office, down to a rolling file cart. I had already looked through there many times but continued anyway and narrowed it down to which file. I found the papers tucked neatly between some slightly bigger papers. They had been picked up mistakenly and paper clipped together.

“Another thing that I have gotten in the habit of doing is testing for the best use of my time. I have ended many days feeling frustrated because of important things being left undone. I started making a list of all the things that I felt torn between doing. I test the priority, follow it, and know that I have made the best use of my time, which gives me a sense of peace about my day. I walk daily and usually enjoy listening to something educational or motivational during that time. I have a large library of books and recordings. I use the Truth Technique to determine if there is a particular topic that would be beneficial at that time, and then I narrow it down to which CD or side of a cassette. I have stopped being amazed by the number of times that it correlates directly to something that I have been working on or provides information that I wanted or needed. A perfect example happened a few days ago. I had been feeling a little
intimidated by someone that I was going to be talking with. First I found a picture and did a Healing Code for it, thinking that would be the end of that. Later when I was preparing for my walk, I tested for something to listen to. That CD contained the perfect explanation of some information that enabled me to feel confident about the call. By the end of the day, I had a total shift of attitude and looked forward to the call.

“One more thing that has been very exciting is to realize that I don’t have to get sick just because everyone else is or says I will. When I feel the slightest indication of a cold/flu etc. coming on, or feel the FEAR of getting sick taking over, I do a Code and then test for the foods, supplements and hours of sleep needed to help in remaining healthy. I rarely get sick and find that if I do, it is generally pretty mild.”

~~ Teri

“I have used the Truth Technique to determine that I do not need to take certain vitamin supplements, and to test if I if was the best interest of my body to eat certain food items. Actually this has saved me money and I feel wonderful. I continue to be so impressed with how the Truth Technique helps find memory pictures that are not easily identified.”

~~ Dee

“The Truth Technique can be invaluable to parents in solving the age old "Who did it?" question. Most kids already suspect parents have eyes in the back of their head. With this testing, parents can give the illusion that they can read their minds as well. How valuable would this be to parents? The wrong child would never be punished.”

~~ Sandi

“This technique has been the easiest way of getting to the truth. I use it in working with my clients to develop their protocols; to decide what food to eat; what route to take to work; how many capsules to take each day (the body doesn't always need the same thing in the same amounts). I use it to make personal decisions on what to wear, etc. I even use it to get the timing on my perms. Because my hair is individual, I ask my body how many minutes to leave the solution on. It is always different from what the box says. Because I've had major illnesses -- like dying from a heart attack at the age of 37, Breast Cancer, and Systemic Lupus (which the doctors said was incurable, and I'd have to be on steroids for the rest of my life) -- I had to find a better way of getting to the truth (in addition to prayer). I trust my body to give me the answers for what is in my best and highest good now.”

~~ Elaine

“I use the Truth Technique daily working with my patients and in my own life. Aside from doing The Healing Codes, I work fairly closely with a homeopathic practitioner to confirm and/or help in the decision process of which homeopathics should be given, the dosage etc. The technique has proven to be consistently correct.”

~~ Toni

"The Advanced Training was very profound. I see lots of work ahead using what I learned. I definitely want the video and a manual, because there is a lot of material to absorb.”

~~ Paula
"I am so grateful to learn about the Truth Technique testing. What a wonderful set of tools for use in our lifetime and to pass on to our children and other people. I feel it will help people create better lives and a better world through them. I have given thought to contributing good in place of the old, and it’s very good to know a way to now do that. I can’t wait for your book to come out and to take time to really study this material."
~~ Mary

"The Advanced Training has helped me to understand the whole picture better. The Healing Codes concept is meshed together more, rather than just piece by piece or step by step. I am a very slow learner, so it takes a long time to comprehend it all. I’ve been using The Healing Codes for over a year, and each time I hear Alex I learn so much more. Thanks for the information."
~~ Gayle

"It was great to get another focus, and it was just right. The Truth Technique has made my life so much simpler. It is more accurate and user friendly than what I have used for many years. I really pondered the financial outlay, but it has so improved things, so what can I say? One thing I use it for when I remember is to test if the information I hear is correct. It is particularly interesting in regard to the news. Life has not been the same for me since I have started using the Healing Codes. It is a big part of my self-sufficiency plan I have been rebuilding. Thanks so much for your wonderful care and help."
~~ Marion

"I have had to take many supplements and homeopathics for several years. Recently, I’ve been feeling less and less of a need to take them. I started testing using the Truth Technique and have found that most of the time I don't need them, which saves me a lot of time and money! On those days when I test that I do need them, I take them and find that they help me throughout the day. I also use the Truth Technique often when I'm leaving the house to go on a trip or for a performance or other engagement to see if I have everything I need. I’ve gotten a "No" more than once and then tested through things I may have forgotten. Several times I’ve realized by testing that I’d almost forgotten a key item I needed! I find myself testing for many small things throughout the day, as well. And recently, I’ve used it to determine whether it would be good for me to engage in activities or to rest, which has been helpful as well, as I tend to overdo things. This way I know I'm getting enough rest and a good balance of rest and activity."
~~ Lorrie

Anonymous Advanced Training Seminar Participants:

"I feel like my time spent today [in the Advanced Training] was priceless!"

"Very helpful, and I enjoyed it. I can see your "heart" - very good."
"This has been an exceptional day of learning -- my wheels are spinning so fast."

"The Healing Codes Advanced Training – excellent and informative. Seeing the deeper workings of the Code was great!"

"I'm somewhat at a loss for words -- so much thought provoking information. I have been involved in a spiritual direction program at my church for the past 13 months and I feel this dovetails so completely into how I am growing in my faith and my relationship with God and Jesus. I am overcome and ready to jump in and practice the Truth Technique."

"Great Job! I'm anxious and excited to learn more!"

"I think your seminar is valuable and even revolutionary."

"I am really excited about learning how to test on my own. I think this will improve my Healing Codes work. It will also help me to know which supplements to take, which could save money as well as keeping my liver from being overworked."

"Truth Technique: I never saw this before, and I think its very valuable. I'm anxious to use this on my family and myself."

"Memory Maker: I have never even thought about having to replace the destructive memories with "good memories". This makes a lot of sense."

"Seven Secrets: I am amazed about how this brings the principles of the Bible to life. Now I understand why there are conflicts of the heart and head and why we seek things that make us feel good."

"There is a whole lot of information. I know that it will take a while to absorb all of it. I received a lot of hope today."
Other Available Services and Products

Personal Coaching:

Over the last two years we have trained approximately 65 coaches who use The Healing Codes principles with people all over the world.

Personal coaching is often more effective for two reasons:

1. The coach can give you custom Codes designed just for you and your problem.
2. The coach can help you find hidden or unconscious pictures, which can speed up the healing process.

If you would like to work with a coach one-on-one, contact us on our web site www.thehealingcodes.com and we will be happy to put you in contact with one. Or call 1-800-516-3040.

Train to Become a Practitioner:

There is more and more demand for practitioners trained at using these principles with people one-on-one. We have an in-home training program that makes this process simple. You do not have to be a professional – we will make you one. Contact us for more information at www.thehealingcodes.com. If you would like to apply to become a practitioner, we would be glad to speak with you about how you can do so.

Money Back Guarantee:

The Healing Codes has a no-questions-asked 90-day money back guarantee. Our experience is the program works when you work the program, and we give you your money back if it doesn’t work for you.

The return address is:

Attn: Chris Dahlen
Mimeo.com
3350 Mic Cove
Memphis, Tennessee 38118
1-800-466-4636

At your expense, please send The Healing Codes material, in saleable condition, via US Mail, UPS, or FedEx with proof of delivery.
The Healing Codes Order Form & Request for Coaching
www.TheHealingCodes.com

Credit card charges will read Dr. Alex Loyd Services, LLC

Name: ___________________________ Age: __________

Address: ___________________________ Male ____ Female ____

City: ___________________________ State: _______ Zip Code: ________

We use FedEx for Deliveries. Please supply a street address (not P.O. Box) and a phone number.

Home: ( ) ___________________________ Cell: ( ) ___________________________

Work: ( ) ___________________________ Other: ( ) ___________________________

Phone Numbers: (Please mark the contact number above for your free introductory coaching sessions.)

E-mail Address: ___________________________ (We do not share it.)

Please give us an overview of the issue(s) most threatening your peace.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

I would prefer to work with: □ no preference. □ male coach. □ female coach.

□ The Healing Codes Package- Includes 24 Coaching Sessions over 12 weeks $1,097.00
□ The Healing Codes Package- Includes 8 Coaching Sessions over 4 wks. $697.00
□ Shipping & Handling FedEx 2nd Day (3Day-Hawaii/Alaska $24.75) $19.75

Please contact us for International Shipping Charges.

Payment: VISA ___ MC ___ Discover ____ Am Ex ____ Cash _____ Check _____

Cardholder’s Name: ___________________________ Exp.: __________

Credit Card Number: ___________________________ Billing Zip Code: __________

Signature ___________________________

I authorize this charge on my credit card. Your Healing Codes should arrive within 5 business days.

You must check the box below acknowledging that you have read the following statement before the ordering process can be completed:

□ I understand that The Healing Codes are educational and informational purposes only. They do not treat or diagnose any disease or mental condition.

www.TheHealingCodes.com
Order The Healing Codes on the Website, by Mail, or by Phone: 1-800-465-3579

Make checks payable to: Dr. Alex Loyd Services, LLC
Mail to: 3244 Sundance Circle, Naples, FL 34109

For Coaching or Practitioner Training information, please call 1-800-516-3040 (Eastern Time Zone)
The Healing Codes Order Form & Request for Coaching
www.TheHealingCodes.com

Credit card charges will read Dr. Alex Loyd Services, LLC

Name: ____________________________ Age: __________

Address: __________________________________________ Male ____ Female ____

City: ____________________________ State: ________ Zip Code: __________

We use FedEx for Deliveries. Please supply a street address (not P.O. Box) and a phone number.

Home: ( ) __________________________ Cell: ( ) __________________________

Work: ( ) __________________________ Other: ( ) __________________________

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Signature __________________________________________

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Your Healing Codes Package

You should expect your package within five business days via FedEx. Your complete package will include:

- The Healing Codes Manual
- The Healing Codes Journal of Progress to help track the positive changes as they occur.
- The Healing Codes Pocket Guide for your traveling convenience, and for use with the Quick and Easy Start Program.
- The Healing Codes Overview and Demonstration DVD
- The Healing Codes Overview and Demonstration. This two CD set replicates the Overview DVD in audio CD format.
- The Healing Codes 6 CD set. This is a Verbal Overview of each one of the 12 Days, plus Dr. Loyd leads you through doing the two Codes for each category. Just close your eyes, relax, and follow.
- Introductory Training Teleseminar on using the Healing Codes Manual with Dr. Alex Loyd. 24/7 playback #: 1-405-244-4000, Mailbox 729.
- Thursday Night Teleconferences of one hour for Q & A at 7:30 pm Central; Call 1-308-377-8203; PIN Code 647116#.
- Free Bonus: Up to 8 Coaching Sessions over 4 weeks with a Certified Coach. The purpose of The Healing Codes Package is to Heal Your Life. The purpose of the coaching sessions is to address issues that demand urgency now. Normally four weeks of eight coaching sessions is a $200 investment.
- Free Bonus Number 2: This DVD presents a few of the testimonials by people like you who have used this process to restore their body’s natural healing ability.
- A Clients Only section of the website for you to participate in discussions about specific areas of interest and experience.

Our Money Back Guarantee:

Ninety Day Unconditional ‘No Questions Asked’ Money Back Guarantee. You may return your Package in saleable condition for any reason and we will refund your purchase price. We know this works. We believe it will work for anyone who uses it faithfully and follows the instructions. We want you to work the program and we want to give you a chance to use it on yourself and family members.

If you have any questions, please call: 1-800-465-3579.