

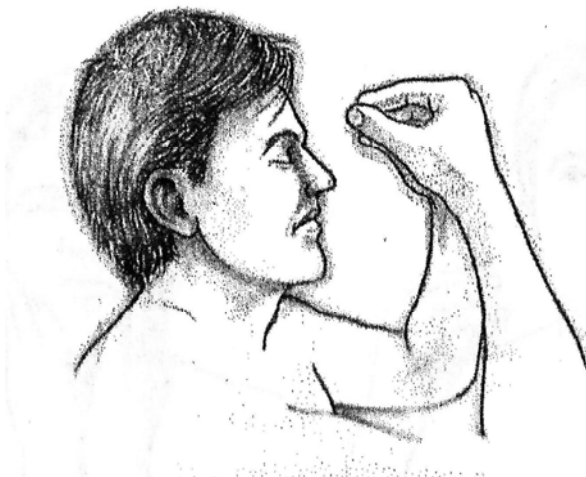
## Healing Codes - Alexander Loyd & Ben Johnson

### Sequence:

(Do in a Quiet, Private and Place where you can relax without Distractions or Interruptions.)

1. **Rate the Issue in terms of how much it bothers you, 0-10, 10 being most painful.**
2. **Identify the Feelings and/or Unhealthy Beliefs related to your issue.**
3. **Memory Finder:** Think back if there was another time in your life when you felt the same way, even if the circumstances were very different. We're looking for the same kind of feeling. Don't do a lot of digging - just take a moment to ask yourself if there was another time in your life when you felt the same way you're feeling now. We're going for similarities in the feeling, not the circumstances. If you're feeling anxious about an upcoming medical test, you want to ask if you have ever felt that same kind of anxiety when you were younger, not whether you ever faced a medical test before. Go for the earliest memory that surfaces, and focus on healing that first.
4. **Rate that earlier memory, 0-10.** There may be others. Look for the strongest or earliest, and work on that first. What bothers us now tends to be troublesome precisely because it's attached to or triggered by an unhealed memory. Often when you heal the earlier or strongest memory, all other memories "attached" to that core memory heal at the same time.
5. **Say the Prayer for Healing,** inserting all the issues you uncovered ("my memory as a four-year-old, my fear issue, my headaches," or whatever).  
**"I pray that all known and unknown Negative Images, Unhealthy Beliefs, Destructive Cellular Memories, and all physical issues related to \_\_\_\_\_ (your Problem or Issues) would be found, opened and healed by filling me with the light, life & love of my God. I also pray that the effectiveness of this healing be increased by 100 times or more."**  
(This tells the body to make the healing a priority)
6. **Do the Healing Code holding each Position for around 30 seconds, repeating a Truth Focus Statement or Image that counters any unhealthy belief, or one that addresses your issue.** When you do a Healing Code, you do not focus on the negative, but the positive, Make sure you rotate through all four Positions before quitting (usually Three Sequences). Do the Code Sequence for at least 6 minutes (3 Sequences). Make sure you go through all Four Positions before you stop. You can always take a little longer, especially if you rated your issue above a 5 or 6. We suggest 6 minutes as the minimum.

**(First Position) Bridge:** Bridge of the Nose (Middle of the Eyebrow), as if eyebrows were together (**Master Glands (Pituitary/Pineal) controlling Endocrine Processes**).



**Main Bridge Position**

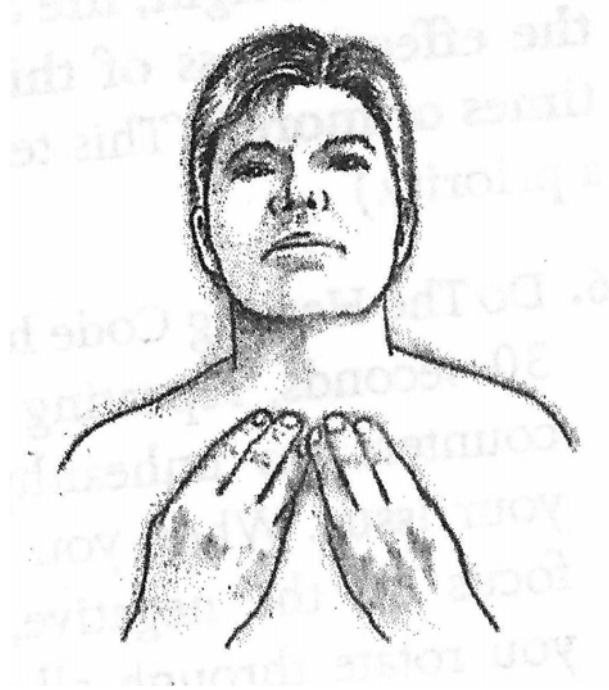


**Resting Position**

or

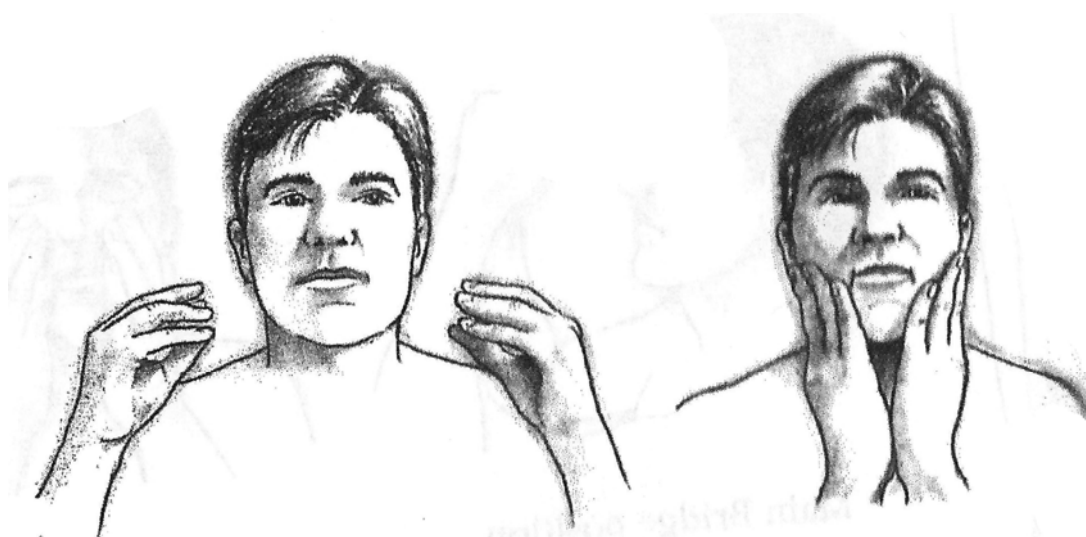
**(Second Position) Adam's Apple:** *In Front of the Adam's Apple.*

**(Thyroid, Spinal Cord & Central Nervous System)**



**Adam's Apple Position**

**(Third Position) Jaws:** *On the Bottom Back Corner of the Jawbone (Both Sides)*  
**(Reactive Emotional Brain (Amygdala & Hippocampus), Spinal Cord & Central Nervous System).**



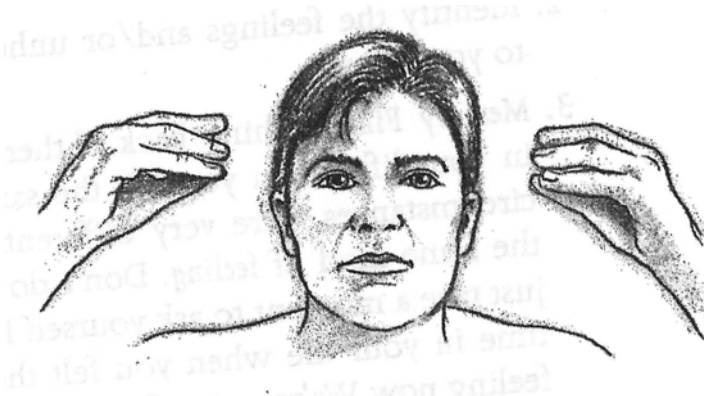
**Jaws Position**

**or**

**Resting Position**

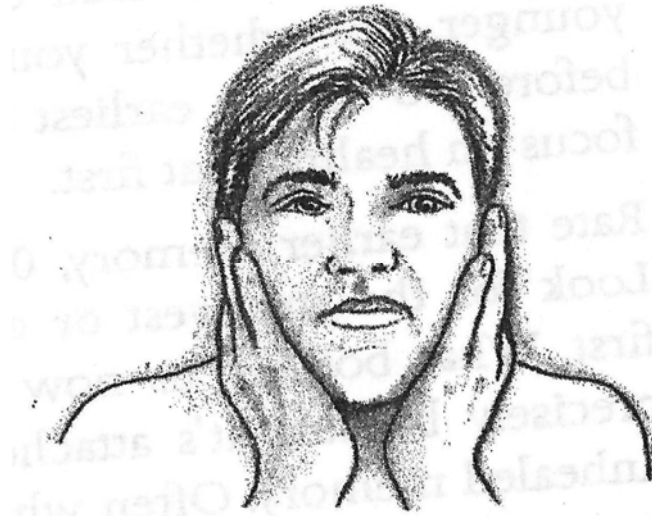
**(Fourth Position) Temples:** 1.5" above Temples, 1.5" toward Back of Head, on Both Sides.

**Hypothalamus** (That controls Arterial Blood Pressure, Body Temperature, Regulation of Body Water, Uterine Contractility, Breast Milk, Emotional Drives, Growth Hormones, Adrenal Glands, Thyroid Hormones & Sex Organ Function) **and Right & Left Brain)**



**Temples Position**

or



**Resting Position**

7. **After doing the Code, Rate your Issue Again.** When that earliest and strongest memory is down to 0 or 1, you can go on to the next memory or issue that bothers you the most.