

## *Healing Codes Instant Impact - Alexander Loyd & Ben Johnson*

### **Step By Step**

**Instant Impact** is designed to take only 10 seconds to do, though of course you can always do it longer. Most people feel results in the 10 seconds. We recommend you do it any time you need it, but at least three times a day.

The **Instant Impact** relieves **Situational Stress** from Job-Related Issues, Financial Insecurity, Fear of Failure or Performing Poorly, Uncertainty about the Future, Health Problems, Family Issues, Relationship Problems, Dealing with Negative People, Holding Negative Attitudes, Feeling Powerless, Low Self-Esteem, and Losing Something or Someone Important.

Some **Common Effects of Excessive Situational Stress** are Insomnia, Tension & Anxiety, Muddled Thinking, Inefficient Action, Increased Errors, Irritability, Anger, Mild Depression, High Blood Pressure, Cardiovascular Disease, Heart Disease, Ulcers, Allergies, Asthma, Migraine Headaches, and Premature Aging.

**Instant Impact** stimulates the Cardio-Vascular System, increases the Intake of Oxygen, detoxifies the System of Carbon Dioxide, stimulates the Immune System by increasing the Endocrine System and improves Lymphatic System functioning.

### **Steps:**

**1. Rate your Stress.** When you begin using Instant Impact, focus on the overall level of stress that you are feeling that day or that moment. How intense is it? How strong is it? How much is it affecting the way you feel? The way you relate to others? The way you see the world? Do you feel it anywhere in your body?

We ask you to rate your stress on a scale of 0 to 10, with 0 being no stress at all and 10 being an unbearable level of stress. This is an extremely helpful tool for you. When you rate your stress level before and after doing Instant Impact, you have a measurement for your success in reducing that level. You will know whether to do it again to lower your level further. You will know when your overall level of stress begins to decrease after practicing Instant Impact for a little while.

**2. Place your Palms Together in any Position that is Comfortable.** You can interlace your fingers; use a Praying Position, or any other Position as long as your Palms are together.

**3. Focus on Stress you want to leave your Body Physical, Emotional or Spiritual.**

**4. Do Power Breathing for 10 Seconds:**

- Breathe rapid and powerful "**Belly Breaths**" in and out. Do this by forcefully blowing out and sucking in through your mouth. Use your diaphragm so your belly moves out as you breathe in and moves in as you breathe out. If you feel a little lightheaded, breathe the same way but reduce the intensity.
- As you do the **Power Breathing**, visualize something positive. It can be the **Stress leaving your Body, or a Peaceful Scene**, or whatever opposite thing you want instead of the stress. For instance, if you're feeling angry, you might envision or say in your mind, patience. Or peace. This is the "meditation" part of the exercise.
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We suggest you practice this **Three Times a Day**. Even if you do it once a day, you will see results. However, we highly recommend practicing this exercise three or even four or more times a day if you wish to quickly reduce your immediate stress and lower your overall levels. After all, it only takes a few seconds at a time, yet what a difference you will feel.

You may be wondering how such a simple, quick, and easy exercise can remove stress and produce the effects of many more minutes of intense exercise or meditation. Here's how and why it works.