

## Healing Codes - Personal Tracking Form

<b>Date</b>	<b>(1) Focus Issue</b> <i>(Most Bother some Issue or Problem)</i>	<b>(2) Memory Picture Finder</b> <b>Earliest Memory</b> <i>(Memory that has Similar Feelings to the <b>Most Bother Some Issue</b>)</i>	<b>Feelings Rated</b> <i>(0 Best-10 Worst)</i>		<b>Feelings &amp; Beliefs</b> <i>(Anger, Guilt, Depression, I Am Unlovable, etc.)</i>
			Pre-Code	Post Code	
<b>(3) Prayer Request:</b>			<b>(4) Truth Focus Statement:</b>		

### Sample:

<b>JAW Date</b>	<b>(1) Focus Issue</b> <i>(Most Bother some Issue or Problem)</i>	<b>(2) Memory Picture Finder</b> <b>Earliest Memory</b> <i>(Memory that has Similar Feelings to the <b>Most Bother Some Issue</b>)</i>	<b>Feelings Rated</b> <i>(0 Best-10 Worst)</i>		<b>Feelings &amp; Beliefs</b> <i>(Anger, Guilt, Depression, I Am Unlovable, etc.)</i>
			Pre-Code	Post Code	
5/1/13					
<b>(3) Prayer Request:</b> <i>"I pray that all <b>Known</b> and <b>Unknown</b> Negative Images, Unhealthy Beliefs, Destructive Cellular Memories, and all Physical Issues related to my <b>Eating, Sleeping &amp; Digestion Disorders, Impatience</b> and <b>Loss of Self-Control</b> (also <b>Gracie's Valley Fever &amp; Right Hip</b>) would be <b>Found, Opened and Healed</b> by <b>Filling</b> me with the <b>Light, Life &amp; Love of my God</b>. I also pray that the <b>Effectiveness</b> of this <b>Healing</b> be <b>Increased</b> by <b>100 times or more</b>."</i>			<b>(4) My Truth Focus Statement:</b> <i>I have <b>Faith</b> I can loss my weight &amp; maintain it based on my past weight loss down to <b>155lbs</b> and maintaining that for 10 years through a <b>Vegetarian Whole Food Diet (Vegetables, Fruits, Nuts, Seeds, Legumes &amp; Beans)</b> eating in <b>Moderation, Before 6:00pm, in Upright Sitting Position, &amp; Chewing into a Liquid</b> &amp; changing my <b>Sleeping Pattern</b> from <b>5 hrs (Cock at 5am)</b> to <b>7-8 hrs</b> as I had for my 1<sup>st</sup> 43 yrs while having my <b>Loving Image</b> of <b>Mara</b> sitting on <b>Hillside</b> overlooking <b>Lake Massabesic, NH</b> as I lay next to her in the <b>Grass</b> reading <b>Sunday Morning Newspaper</b> as the <b>Sun</b> shines on the <b>Lake</b>."</i>		