

Healing Codes - Quantum Physics Healing

I have exciting news to share with you that has been a major breakthrough for my energetic and spiritual Taoist life. The news is based on **Quantum Physics Healing** (*Unconscious Transfer of Information or Energy*) from a book called "**The Healing Codes**" by Alexander Loyd & Ben Johnson. A student of mine gave this inspirational book to me; it comes with the website www.thehealingcodebook.com attached along with free data: 7 videos (110 mins) & 2 audios (30 mins).

To do the Taoist Higher Level Practices you need to somehow change every negative cellular memory part in your body to transform your physical body into your spirit body. The **Inherited (DNA), Pre-Language/Pre-Logical Thinking and Trauma Memories** become a **Stimulus/Response Protective Programmed Belief System** based on pleasure or pain and whether to seek or avoid something. The Inherited (DNA) genes from our parents, grandparents for generations not only gives us physical traits but also their cellular memory patterns. So your thoughts, beliefs and behaviors could spring from something not even in your lifetime or environment at the reasoning level of that person at that time. The first six years of life we are in a Delta Theta brainwave state, which means our memories, are directly wired in our cells without being filtered by our rational, conscious judgment, or reasoning that we develop later. Also when you experience trauma memories you are in the state of shock without the benefit of higher reasoning or consciousness and when activated later by similar situations the body has a stress response, which is why we repeat the same response over and over again; we do not know why we are doing it even though it does not make any sense. We are also unconscious of all of these cellular memories; and our minds react to the same trauma memory of a similar present day situation by association as a means to protect itself. These deeply encoded beliefs are based on your experiences as a child in real situations involving your parents and strangers, your identity, your success or failure, your worth good or bad, and your security. This is all happening while our reactive, emotional, pain and stress response brain is engaged and our conscious, rational thinking is turned off. This is why many people are in constant confusion in present situations and do not know what to do because they are paralyzed by these painful memories. Furthermore, the unconscious mind resists healing these memories because the purpose of these memories is to protect the person from being hurt again so it wrongfully protects these memories, thoughts and feelings in present day events. The sad reality is that almost any addiction or destructive habit becomes locked in the cells by painful cellular memories and when activated by a similar situation causes pain using the addiction to numb the pain from the memory for temporary relief. These are all factors that form our **Unconscious Protective Belief System** and you can see why we were helplessly unaware in making permanent life changes until now.

Through the **Four Hands Techniques** revealed in this book you can change your **Unconscious Destructive Cellular Memories** (*Negative Images, Unhealthy Beliefs-90% of your consciousness*) in your Four Healing Centers. The centers are governed by your **Endocrine System** working with your **Autonomic Nervous System (ANS)** changing the **Sympathetic (Fight or Flight) Response (SNS)** which should be used less frequently and not continually to a **Parasympathetic (Healing/Well-Being/Growth/Maintenance) Response (PNC)**. Each of our cells act like cameras recording every event (memory) in our lives and stores them as pictures (images) in an energy field (aura) around each cell. Many of them are stored as non-truths or lies that do not apply to the present and they become our repeating belief system. They were formed over our lifetime and our ancestors' lifetimes (DNA) when the body automatically was trying to protect us from danger with a fight or flight response. The problem is that they are based on old memory patterns that do not apply in our present life with our conscious/logical mind. This response (**Alarm System**) causes **Physiological Stress** when the PNC and SNS are unbalanced (which we are unaware of) and this stress automatically shuts down our **Healing, Neuro-Immune Systems**. We find ourselves in a constant state of stress and not activating our healing system that can cure every problem in our body physically, emotionally, mentally and spiritually (**Physical and Non-Physical**). To make the situation even worse the body automatically prevents us from changing these old memory patterns trapped in our unconsciousness as a means of protection from outdated dangers. That is why when we try to make changes in our behavior through our will power, affirmations (more stress), and good intentions (we are consciously aware of only 10% of our consciousness) we always go back to our old patterns after a short period of success (**Yoyo Affect**). So we only learn to cope or live with these negative cell patterns through counseling, therapies, exercises or meditations, never changing the source of the problem: our **Unconscious Negative Cellular Memories** (*Wrong Beliefs filled with Feelings of Sadness, Anger, Fear, Confusion, Guilt, Helplessness, Hopelessness, and Worthlessness*). These cellular memories unconsciously are encoded and stored in our cell structure, not in our brains. It has been proven with organ transplants that the patient receives memories from the donor's organs. Coping is not healing and equals more stress. We are outnumbered 90% to 10% consciously and the unconscious always wins until now.

The Healing Codes heal these destructive cellular memories automatically without digging them up from your past. It does not do the healing by looking at or thinking about them differently (*Reframing*), or by balancing them chemically. It is literally a physical mechanism in the body that, when turned on, changes the energy pattern of the destructive cellular memory to a healthy one. You will still have the memories; they are just not destructive anymore. Plus, the tremendous amount of energy you lose suppressing them every minute of the day can now be used to heal your body, relationships and career. Once these negative cellular memories are healed you will not feel the negative emotions just as the book reports from the authors' workshops and research.

The book goes into great detail of how this all works (I have read it 3 times) and it gives a compelling story of how it was discovered (**Universal Download**) after 11 years of prayer and study. Then it was tested for 2 years scientifically, medically and validated by **Heart Rate Variability (HRV)** for **ANS** stress which measures the increase and decrease (variability) of the heart rate in relationship to our breathing patterns. They have had 100% success rate for depression, mental & emotional imbalances, insomnia, fatigue, headaches, diabetes, blood pressure, edema, cancer, Hashimoto's thyroiditis, fibroid tumors, gallstones, leukemia, chronic pain, Epstein Barr virus, panic attacks, eating disorders, hemorrhoids, Lou Gehrig's disease, pet healings, relationship & career problems, and peak performance issues. There is no placebo effect because it works on animals and children who have no ability to make conscious decisions. The **Placebo Effect** is when a person is told something (sugar pill) will heal them even though it will not; but it works because they consciously believe it will. Because of this belief the body will produce an extremely high grade of natural equivalent of morphine and the pain goes away. Also, the opposite can happen with the **Nocebo Effect** as a person takes a sugar pill and they are told the negative sides affects and they will have them based on the belief of what they were told. Also, affirmations, which are based on this placebo practice, almost never deliver because they are based on false truths and they just cause more stress trying to make desires happen which just makes things worse. You have to heal the **Physiological Stress** if you want permanent, long-term, complete healing for your problems.

The book is based on the **One Thing Theory** (*3 One Things*).

There is **One Thing** that heals any problem in our life-**Neuro-Immune System** (*Endocrine/Nervous System*).

There is **One Thing** that will turn the problem off - **Stress** - *The One Source of All Illness and Disease*.

There is **One Thing** that will turn the healing on - **Healing these Unconscious Negative Cellular Memories** by defragging them releasing our **Neuro-Immune System** without any therapies, prayers, shamans, chemicals, vitamins, minerals, herbs or self-help books. Everything in the Universe is Energy (**$E=mc^2$**) in the form of phases, wavelengths, color spectrums or frequencies (Sound, Light, Mass etc.). Every problem is an energy problem. All matter is energy (Einstein); it was proven later by the Hubble telescope. An atom is not a solid; it is energy and everything on planet Earth is made up of atoms. If you can heal the energy problem, you will heal your life problem. This is accomplished by discovering the frequency (**SNS-Stress**) and neutralizing or canceling it out with an equally opposite frequency (**PNS-Healing**). All healing in the body is a result of healing an energy problem.

The history of healing started by **Praying to Deities or Idols** through religious practices and ceremonies using sacred objects; there was no knowledge of nutrition or medicine when humankind experienced illness. Then with the **Discovery of Herbs** from *leaves, twigs, mushrooms, roots, or bark* (natural strong organic foods - minerals & vitamins - concocted into medicines) humankind used medicine men or shamans to administer them by trial and error. This led to our present day **Synthesized Drug/Chemical** era where corporations could patent these man-made inorganic materials, which are toxins in our bodies, creating the **Pharmaceutical Trillion Dollar Industry**. This was followed with **Surgery** by removing some part of the body that is diseased and knocking out the pain that was life threatening. Then we learned to use fire to seal the wound. Humankind experimented with surgery for centuries based on the level of pain a human could take until the **Discovery of Anesthesia** where humans were unconscious of the pain caused by surgery. All these healing levels were based on **Symptoms of the Illness** through presentation, experiences, schooling, books and treatments as a diagnosis to remedy the disease. They never looked for the source of the problem; they observed only the symptoms. If you find and correct the source you will have eliminated the symptoms and you will have a final solution. If you only focus on the symptoms you will never find the solution and that is why you have a trillion dollar industry and billions of sick people because the corporations have perpetual income in not having a solution. By only working on the symptoms you are just trying to get the pain to go away, but you are not dealing with the source of the pain which will always come back until the source is turn off.

Now if there is only one source to all illness and disease then there is only one solution. All science agrees that the one source is **Physiological Stress**. They also agree that the one solution is already build into the human body if it can function in a timely fashion with our **Neuro-Immune System** working with our **Parasympathetic (Healing/Growth) Response** from our **Autonomic Nervous System**. Physiological Stress results in illness and disease from running our bodies in constant stress mode. This is critically different from

Circumstantial Stress, which comes from conscious daily thoughts or situations that cause frustrations, anger or anxiety. The *Sympathetic (Fight or Flight used in Emergencies only) Response (SNC)* can be compared to a naval ship being under attack and all the crew being sent to their battle stations. So all maintenance, repair and normal activities (food delivery and unloading garbage) of the ship cease and no one eats or sleeps until the battle is over because everyone (all energy) is needed to defend the ship. When the alarm goes off in our bodies all our cells literally close down and do not receive nutrition, oxygen, minerals, etc. nor get rid of waste products or toxins. All the attention of the cells is drawn to getting us out of danger same as the naval ship under attack. This is why under stress there is no growth or repair of our cells unless the alarm is turned off. **Physiological Stress** takes place when this stress stays for long periods of time and then something breaks and shows up as a symptom at a weak point in our bodies under pressure from the stress leading to disease. We do not think we are under stress but we are on the unconscious level with *Physiological Stress* created by out-dated *Cellular Memories* that create destructive energy frequencies that send our body into the stress response when it should not be in stress. The body is triggered by old patterns that need to be changed. We always do what we believe so we need to change what we believe, which are our *Cellular Memories* that we are unaware of. The only way to do that is to heal our *Cellular Memories* that are protected by our unconscious mind, which is what the Codes do.

The **Healing Codes** in this book are **Reset Buttons** to defrag your main frame (ANS) as in a computer hard drive that stores all the data even when it is deleted. The codes reveal a new way of healing by controlling energy (**Future of Medicine & Final Frontier**) on an unconscious level (90% of our awareness), which is the source of all our **Physical and Non-Physical Problems**. In the human computer everything is recorded in the form of Image Memories. These memories are not flesh and blood; they are stored in our cells as energy patterns. To display these images is a process called thought. There are no imageless thoughts because human reasoning is always imagistic. Every human cell has a membrane around it like a lens that picks up the image and sends that image to the nucleus where the database is and stores it as our *Cellular Memories*. What you see externally or think you see is determined by what you have been programmed internally, our cellular memories. When you do the Healing Code it heals the destructive frequencies allowing the wrong beliefs to heal. You have fixed the thing causing your problems at its source, healing the memories thus causing permanent and lasting results for your life. All memories are energy stored and recalled as images and 90% of them are unconscious, meaning you have no way to reach them until now with the Healing Codes.

All industries (automotive, aircraft, ship, television, radio etc.) have shifted to electronics, fiber optics and energy to run, control and maintain their machines. The medical industry are now starting with MRIs (Magnetic Resonance Imaging) in sports medicine which enhances the resonance or frequency of the atoms to make them visible; X-rays, Ultrasound, Radar, UHF, VHF, EKGs, EEGs and HRVs are being used for frequency diagnosis.

Stress is caused by wrong or out dated beliefs, which is stored in the cellular memory so by healing the beliefs you turn off the continuous stress, and the symptoms (diseases) will disappear. You change the cellular memory or the way you think about the memory. Each memory is broken down into parts, so one bad part is not a bad memory but it is the misunderstanding of that wrong belief; this wrong belief becomes the lies that you believe to be true which makes the memory destructive causing stress. Also, with stress the cells shut down and oxygen, nutrients, and glucose (cell fuel) are not getting into the cells and they are being starved. Without this fuel the cell cannot exhaust its wastes out. This causes a cell brown out (disease) as the cell does not function properly causing energy shortage and cellular damage leading to a black out or death of the cell. There is also a conflict between your conscious (10%) mind and unconscious (90%) mind because of our belief systems of one being in the present and one in the past. This causes our inability to think correctly and clearly. This confusion disrupts our peace of mind. True peace is not dependent on circumstances. True peace happens internally so if you feel anxiety, sadness, confusion, and chest or stomach pain you are having conflict with your beliefs between your conscious and unconscious minds. True peace is a loving, joyous feeling. Not having any feelings, as some people experience, is because their massive destructive cellular memories turn off any feeling at all; it is too much pain. The source of all our problems is the destructive cellular memories which our society builds daily in us with negative images through, television, movies, Internet, magazines and newspapers but we do not even realize it. Seeing a good movie can infuse healing, healthy and truthful memories in us, just as a bad one can harm us. Remember, every cell is a camera. When you have relatively clean, healed, positive memories you will know the truth in your heart the first time you see or hear it. It resonates and you feel it in the deepest core of who you are, because you have a mechanism inside you called conscience with its sole purpose *to find and see the truth*.

The mind has an **Anti-Virus Program**, which could also be causing our diseases. It is protected by our unconscious mind and is utilized for our survival as a warning system to protect us physically and emotionally from experiences that will hurt us. The program keeps building over time and slows down your hard drive. We think in **Images (Pictures)** and all incoming information and recall are these cellular memories. Whatever you are

trying to do in a relationship, for your health or success if the **Unconscious Cellular Memories** (UCM) preprogrammed for your survival are in conflict with your **Conscious Thinking (Will Power)** the UCM always win unless you heal (change) them. We do what you do based on what you believe from our **Unconscious Memory**.

Healing Codes uses specific **Codes (Keys or Switches)** changing destructive energy frequency signals into healthy ones. The Codes just neutralize the destructive frequencies allowing the body to heal itself. This process is similar to **Noise-Canceling Headphones** which have a recorder built into the headset that records the outside noises then creates an exactly balanced opposite frequency which cancels out the noise. You hear nothing. This is the **Quantum Physics** of the Healing Codes, which neutralizes the destructive frequencies in our cellular memories like turning on a light in a dark room and light always overcomes darkness. By stopping the hypothalamus from sending the 911 signals to the cells then the blood flow does not shift from the internal organs & the nervous & immune systems to the false alarm; this allows them to continue healing & maintaining the body.

The switches are **Hand Techniques (Master Codes)** working with your **Four Healing Centers (Endocrine System-Master Body Controls)** like **Fuse Boxes** or a **Door Keypad**. For any life issue use your relaxed **Fingers Pointing** (like little flashlights clustered together 2 to 3" off the body creating energy field arcs to contact the Healing Centers like the gap in a spark plug to the metal) at the **Bridge of the Nose/middle of eyebrows, Adams Apple, Jaw, and Temple Points** around your head which control every system, every organ and every cell of the body. There are also **Resting Hand Positions** if you need more comfort. These healing centers act like switches in a fuse box and when they are flipped on, they will turn off the stress in the body and allow the neuro-immune system to resume its job of healing whatever is wrong in the body. The Codes were discovered in 2001 and tested for years showing that they work for just about anyone and for any life issue; it was demonstrated that you can do them for the benefit of others also. When you do them you feel a deep relaxation and a sense of peace. This is a **Quantum Physics Healing System**. Chemicals and nutritionals are transferred from molecule to molecule at a rate of about one centimeter per second with some loss; but the transfer of information through energy (**Quantum Physics**) occurs at about 186,000 miles per second with no loss. This is instantaneous transfer; it is like comparing a rotary phone to a cell phone or posting a letter to an email. Further, it will save billions of dollars in medical costs by using energy to heal instead of manufacturing synthesized drugs, chemicals, surgery, or by praying to deities. Those healing methods only focus on the symptoms, not the source, realizing only temporary relief. This healing is focused on the source and changes energy patterns in the body; this leads to healing major diseases, relationships, career and success issues. In quantum physics reality is changed by the way you look at it. You literally change the physical reality by the angle at which you observe its tiny particles and that determines what you believe to be true by your perception. In physics the exact equal and opposite frequency is required to cancel out another frequency and that is what takes in the Healing Codes. The Codes work with the positive image or truth focus statement canceling out the negative cellular memory without having to be consciously aware of the destructive images, beliefs, thoughts and feelings that are being healed. They heal the stress and wrong beliefs that underlie the physical and non-physical problems in our lives. The instant you access and activate a loving memory, the frequency of love is transmitted throughout your body. It has a corresponding physiological healing effect & the hurtful memories seem to just melt away & physical symptoms also disappear.

By using a **Truth Focus Statement** in the Code, which is a belief that you know to be a true fact (the Real Thing as opposed to a Placebo). Instead of stating, "I want my cancer to heal and I believe it can." declare, "My cancer is healing." as you do the hand techniques. If you are doing something that you do not want to be doing, it is because you have a wrong belief. To change the unwanted behavior, you have to change the belief. Just because you believe it does not mean it is true.

Practice: (Do Each Hand Posture for 30 sec.(2 mins.) for 3 Sequences (6 mins.)-3x a Day(18 mins.) for 6 Weeks)

Rate the Issue in terms of how it bothers you from 1 (Best) - 10 (Worst) before and after.

Identify the Feeling and/or Unhealthy Beliefs related to your Issue.

Memory Finder: Recall a feeling and go for the earliest memory that surfaces and focus on healing that first.

Say the Prayer for Healing: "I pray (**Petition**) 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 and Love of my God. I also pray (**Petition**) that the effectiveness of this healing be increased by 100 times or more."

(This tells the body to make the healing a priority.)

(For a Healing for Someone Else use their issue and name in the prayer and say "I release the full effects of this to (Name of person) in Love" as you focus on memory and physical & non-physical problem resulting from it.)

Do the Healing Codes (Use as a Tool) holding each Position repeating a Truth Focus Statement and/or a Positive Image that counters any Unhealthy Belief, or that addresses your Issues. Hold Fingers 2-3" from the body. Focus on the Positive. Instead of killing viruses and bacteria the energy flowing from the fingers targets

memories related to the issue the person is thinking about. Using positive energy frequencies, it cancels out and replaces negative, destructive frequencies. You can do it on the phone, reading a book or during other activities.

First Position-Bridge: Point Fingers at the Bridge of the Nose (Middle of the Eyebrow), as if the eyebrows were grown together (**Master Glands (Pituitary & Pineal) controlling Endocrine Process**).

Second Position-Adam's Apple: Point Fingers at it (**Thyroid/Spinal Cord/Central Nervous System**)

Third Position - Jaws: On the Bottom Back Corner of the Jawbone (Both Sides)

(Reactive Emotional Brain (**Amygdala/Hippocampus**), **Spinal Cord & Central Nervous System**).

Fourth Position-Temples: Point Fingers 1.5" above Temples & toward Back of Head, on Both Sides.

Hypothalamus (Controls and regulates Arterial Blood Pressure, Body Temperature, Body Water, Uterine Contractility, Breast Milk, Emotional Drives, Growth Hormones, Adrenal Glands, Thyroid Hormones, Sex Organ & Brain Functions) **and Right & Left Brain.**

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.

Many people report that as they use the Codes, the negative picture that they are focusing on begins to fade and often becomes hard to visualize or hold in focus. As this occurs the stress will diminish and your neuro-immune system will start to heal your body's physiology; toxins, viruses and bacteria will start to leave your body. Drink plenty of water to speed up the body's ability to rid itself of the toxins. You will notice a deeper level of peace and relaxation, and your past struggles are not difficult anymore. Use the **Tracking Chart** (Attached) to observe your changes and as the rating numbers decrease you will know that the Code is definitely working. To remove blocks for healing created by harmful actions and conscious conflicts, all you need to do is to desire to change and then begin to take small steps in that direction. As you continue to heal all the areas of your life by choosing only healthy actions, you will find that the process will become easier and easier. Most issues in a person's life are connected, so you are working on a number of issues simultaneously. In order to heal the problem issue at its source, other situations will have to heal as well. As you do the Codes focus on "**Loving Pictures**" by thinking of a person in your life from the past or present, friends, pets or family who loves you. Picture yourself surrounded and loved by those on your love list either one at a time or as a group. Relax and enjoy feeling their love touch your heart as you do the Codes. The Code is always working even when you do not know it. You will have less rage in traffic; you are not as upset by certain people or situations; you sleep soundly. These changes can happen so gradually and feel so normal and natural that you may hardly remember how frazzled things used to seem.

On the Healing Code Book website (www.thehealingcodebook.com) you can test yourself (Free) with results (10 page download) to pinpoint your **Unconscious Negative Cellular Memories** (Heart Issues) and heal them with the Hand Techniques. This practice is based on the following **12 Categories** with a Rating System (1 (Best) - 10 (Worst)). Every problem a person has falls in one of these categories:

1) Unforgiveness: Through research there has never been a cancer patient without an Unforgiveness issue. Forgiveness is enlightened self-interest. It releases you from the perpetrator. As long as you refuse to forgive them, you are tied to them and the longer the process continues, the closer you get to being dragged over the cliff of disaster with them. Oftentimes, the people you refuse to forgive are not suffering at all from your unforgiveness and are not giving it a second thought. So the unforgiveness is only hurting you. The best thing for you, your family and friends to do is to forgive them and release them from your judgment of their perceived wrongs.

2) Harmful Actions: Knowing that you are doing destructive behaviors is a warning signal indicating there are cellular memories that need to be addressed and healed. These are often difficult to identify because many behaviors that you believe to be healthy are actually being motivated by destructive cellular memories.

3) Wrong Beliefs: These beliefs cause us to be afraid when we should not be afraid; stress and illness are simply fear that has become physical. They are like radio stations that are broadcasting propaganda about us constantly in our ears. After years of hearing these lies with no way to change the channel, we start to believe them and act as they direct us. These beliefs need to be changed the most but they are protected by our unconscious mind because they serve as a 911 alarm to help keep hurtful things from happening to us again. That is why so few people succeed at changing these beliefs or breaking this behavioral cycle.

4) Love vs. Selfness: True love is getting out of our own needs and desires to the point of doing what is best for others and us. If the choice is our own need or desire versus the good of another, true love will choose the other person. Love overrides pain and chooses to do the best thing to everyone in all circumstances. Addictions to television, the Internet, sports, food, sex, or even good books can become love substitutes that obsess us and take us away from intimate, loving relationships that we are built to enjoy. These addictions feed our compulsive behaviors to give us relief from the pain of our destructive cellular memories. The body system for love is the Glandular/Hormonal or Endocrine System and as every other virtue flows from love every negative thing flows

from selfness; therefore the endocrine system is a vital part of every known disease or illness. Unforgiveness is the result of selfishness or lack of love. Doing the Code will heal selfishness and endocrine problems.

5) Joy vs. Sadness/Depression: Joy is one of the first things that goes when physical or non-physical problems manifest. Many people confuse true love joy with happiness but happiness is based on our circumstances. If things go well, I feel good and if things go bad or not to my expectations I do not feel good. Joy, on the other hand, is a rare flower. It blooms in spite of circumstances as a single flower blooms up through a crack in concrete. True joy blooms in the soil of love. Where there is love, there is joy. The body system related to joy is the skin and anyone who is depressed usually has a skin issue. Sadness and depression are rooted in cellular memories whose lie is that life is hopeless because of something that has happened in the past.

6) Peace vs. Anxiety/Fear: Peace is the best indicator of heart health. It is the natural result of a loving heart. You can intentionally be more joyful, patient, trusting, self-controlled or kind with your heart or not. Peace cannot be developed in these ways. It is a consistent and predictable indicator of who you really are. You can choose to act in many different ways, but the presence or absence of peace is difficult, if not impossible, to manipulate for selfish reasons. Peace is disturbed by fear and fear is the parent of sadness, impatience, distrusting others, self-indulgence and counterproductive behaviors. Fear is a reaction to pain. We all experience pain but some of us choose love and others give into fear because of their destructive cellular memories. If your unconscious motivation is fear, the fear will win and will steal your peace. The body system related to peace is the Endocrine System, which is the first system affected by our cellular memories and tends to impact the gastrointestinal system first starting almost any physical problem based on the weakest physical link. Love is ultimately the source of all health; selfishness (opposite of love) causes us to choose fear over love which derails the life we dream of.

7) Patience vs. Anger/Frustration/Impatience: Impatience is evidence that we are not satisfied or content and that we are comparing ourselves to others, which leads us to feelings of either inferiority or superiority. Either one is terrible and cannot only lead to stress but to every possible health issue. Our immune and healing systems can heal anything we need healed but are most directly turned off by anger or the unhealthy belief, "That something has to change for me to be okay." Amazingly when cellular memories concerning anger, comparison, and discontentment are resolved, physical illnesses tend to heal dramatically. This happens through turning the immune system back on. Every negative feeling and emotion originally comes from fear. Through anger fear has gone too far turning off the immune system but the anger cannot be resolved until the fear is. This is what the Codes do automatically.

8) Kindness vs. Rejection/Harshness: A selfish person, one who is reacting in fear instead of choosing love, is likely to reject and be harsh with others out of their own pain and feelings of rejection. This is the most devastating thing in one's life: to be rejected by another person and this rejection is the root of any love problem. The body system related to rejection is the Central Nervous System, which is the controlling mechanism for every bodily function (millions of signals that coordinate consciously and unconsciously all body activities and movements) through the brain and spinal cord. So rejection or the feeling of it can destroy your whole physical function but the most direct healing acts for the central nervous system are simple acts of kindness. As you look back on your life the people who were the most kind to you are the ones you loved the most and who have loved you the most even if only for a few minutes; they made a huge impact in your heart.

9) Goodness vs. Not Being Good Enough: People who have experienced emotional abuse, perfectionism, or legalistic religion are faced with immense issues of guilt, shame, and fear. A lot of people who struggle with perfectionism actually think it is a good, admirable quality, similar to a workaholic. Workaholics are often praised for their work, so it can be difficult to see that it is really unhealthy and unreasonable. The body system related to goodness is the Respiratory System. When someone experiences fear, guilt, and shame, the most common physical reaction is difficulty breathing. By doing the Codes the instant you feel restricted breathing you will probably have a spontaneous long and deep breath as the pain (stress) is transformed.

10) Trust vs. Control: Every one of the world-changing people (Buddha, Christ, Lincoln, Franklin, Gandhi etc.) we try to imitate were people who had the ability or had made the continuous choice to trust. Most of them trusted God (Universal Consciousness) more than people, which gave them an indication of which people could be trusted. You cannot love without trusting. Without trust, we always have a selfish, protective barrier that inhibits love. When we let that barrier down unbelievable things can happen. Fear is the barrier that makes us want to protect ourselves and not trust. These world changers always had received tremendous criticism, persecution, slander, and attack, which are the actions that cause most of us to close our hearts. Once we close the doors we adopt a life of extreme control in relationships, health or career, which usually leads to a slow death. Our extreme controlling ways led to anger, frustration, misunderstanding, and ultimately to distrust, rather than love and intimacy. This why 50% of couples divorce and many who do not live in apathy, unfaithfulness, or despair instead of true intimacy that all of us seek and desire. The body system related to trust is the Reproductive System. Sex is

supposed to be the height of loving intimacy. Loving intimacy runs on the fuel of trust. If you take away the trust, all you have is sex without the intimacy. Sadly, that is why so many people struggle with sex or look for a substitute. It is also very common that women who cannot get pregnant or who have reproductive issues struggle with trust and control issues.

11) Humility vs. Image Control: Image control originates from a belief that I am not okay and if people get to know me, they will come to the same conclusion, so whatever the cost (cosmetic surgery), I need people to see a manufactured me instead of who I really am. This becomes so critical to those who are stuck in it that they will often take any means necessary to portray a certain image or get people to think about them in a certain way. Image is everything but it is a lie. This is manipulation. The problem comes when this causes us to put our energy into something that is not real but an image with no substance that will pay dividends. We are who we really are in our hearts. If we will put our energy into cleaning up our heart (Cellular Memories), we will automatically get what we really want, which is to feel good about ourselves. How other people feel about us will then take care of itself. The body system related to humility is the Circulatory System. When you give in to manipulation and image control, we damage our heart physically and non-physically.

12) Self-Control vs. Loss of Control: If we are not self-controlled we cannot love, realize our dreams and we will usually destroy our health. Self-control should not be a hard, forced, arduous task but when done correctly it will be smooth and at times effortless. The difference is the condition of the heart. If our heart is in fear, then we will be trying to control to get what we need in order to be okay. If our heart is full of love and truth, we will be trying to control in love, joyfulness and gratitude, because we are already okay. The body system related to self-control is the Muscular-Skeletal System. The Code heals muscular-skeletal problems and cellular memory issues of laziness, entitlement, helplessness, and fairness.

Healing Code Heart Issues Finder Steps:

Step One: Identify the emotion and memory that surface along with the current issue in the prayer behind the thing that is bothering you and your issue (1-10). Do the Code. When you are done, re-rate the memory. Keep working on that early or strongest memory until it is below a 1 or you have perfect peace about it when you remember it. Then move on to work on any other memories that still have a charge starting with the next earliest or strongest, until they are all to 0 or 1.

Step Two: Take the Heart Issues Finder test online at www.thehealingcodebook.com. After you answer the questions, you will instantly receive a 10-15-page personalized, download report of your score in the 12 Categories of the Heart Issues. This report will pinpoint the issues of your heart at that time. Start with category of your lowest score. Look for any memories and feelings and beliefs that come up. Rate it from 0-10, do the Code and work on it until the emotion is below 1 just as in Step One. After you have worked on your lowest score from Heart Issues Finders, work on the next lowest score and continue until you have addressed all your issues.

Step Three: After you have brought up your lowest scores on the Heart Issues Finder, go through the Twelve Categories from the book, one per day. This ensures that you address all issues (Remember, 90% is Unconscious). You can continue this maintenance schedule for the rest of your life. When a problem comes up, go back through Steps 1-3 and continue to heal the source of your issues. Remember the Healing Code and Heart Issues Finder deal with the source of your stress on the cellular level.

What computers have done for business is what the **Healing Codes** can do for health and healing where you will discover the source of your problems and the solution through understanding and applying simple physics to the body to allow it to heal itself. You can achieve **True Forgiveness**, banish **Wrong Beliefs** and heal the **Destructive Cellular Memories** that are causing stress, failure and physical disease in your life. You will see your health transform from **Inside Out**.

Also attached is the **Take 10** (10 secs) **Instant Impact** for *Moment-to-Moment Conscious Stress Relief* in your daily life that removes a very high percentage of the resistance to healing. Any time you need an energy boost or negative emotions threaten to overcome your peace of mind, **Take 10**. It replaces the energy drinks which just add stress and supports you to deal with your daily **Situational Stress** on a cellular level instead of adding it to your **Physiological Stress** by getting at the source and eliminating it. Stress is the natural way your body reacts to a daily situation that causes fear and is necessary for you to rise to meet your life challenges. It occurs when your mind believes we are in emotional or physical danger and must deal with an urgent situation. Your body then pumps physical adrenaline into your system to give you a boost for a fight or flight response. If we do not react to a physical act the adrenaline remains in the body creating tension and emotional distress. Too much stress without relief strains and drains the body and creates tension, irritability, clouded thinking and fatigue. During a normal day the stress response is triggered not only by life-threatening situations but by a ringing phone, a deadline, a boss, or a family member. We are continually bombarded with demands, expectations and unmet wants and being pumped full of adrenaline that we do not burn off, we are left exhausted. This leaves us with a

low-functioning immune system and depleted physical, emotional and spiritual resources; this leads to symptoms and to a collection of symptoms and disease. Some of the common causes of **Situational Stress** are: *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.* Situational Stress is everywhere, which affects our relationships, our work and our ability to enjoy life fully. Family arguments and road rage are the most common results and we become inefficient and make more mistakes, which only causes more stress and distress. With its build up over time it creates a level of **Physiological Stress** that starts the cycle of symptoms, illness, disease and death. Without enough time to recover from daily stressful events our cells shut down, our bodies age prematurely and we die before our time. Some Common ailments of continued 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.

To cope with *Situational Stress* we have used physical approaches such as aerobic exercise, and deep breathing, and non-physical approaches such as prayer and meditation. With **Instant Impact** technique in just 10 seconds you can feel as good as you do after 30-60 minutes of vigorous exercise, deep breathing or meditation. **Instant Impact** stimulates the Cardio-Vascular System, increases the Intake of Oxygen, begins to correct Shallow Breathing, 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** (Same as Healing Codes) **at that moment** (It's Intensity, Affect, Interaction & Location)
- 2) Place your Palms Together in any Comfortable Position.**
- 3. Focus on the Stress to leave your Physical, Emotional or Spiritual Body.**
- 4. Do Power Breathing through your Mouth for 10 Seconds** (Use your diaphragm so your belly moves out as you breathe in and moves in as you breathe out rapidly) and visualize Stress leaving or see a Peaceful Scene.
- 5. Practice this Three Times a Day** for best results to reduce immediate stress and lower your overall levels.

Power Breathing creates tremendous internal physiological power and a high-energy fuel (oxygen) and wind force. With imperative focus shift your brain from stress mode (fear & anxiety) to peace mode (Alpha State) with a relaxation response; visualize stress leaving the body or see a peaceful scene. With the healing power of the hands as you bring your palms together you are using the energy of the hands to defuse the stress.

We all want the same thing: **Love, Joy and Peace.** Enjoy!!!!

Your Friend in the Tao,
The Professor