

Healing Code Truth Focus Statements for the Twelve Categories

The following are suggested Truth Focus Statements that can be used when doing The Healing Code. They are divided into the Twelve Categories outlined in the book. Meditating on these while doing the Code for issues in each of the Twelve Categories has proven to be very powerful for many people. We hope you also derive deep benefits from replacing the lies in your heart with these truths. Feel free to reword these to fit your own situation. These are just suggestions to get you started. Use only those Truth Focus Statements you believe in your heart.

(1) Unforgiveness

When I forgive, I learn to see things as God sees them, to understand why they happened, and to know that it will all work together for my greatest and highest good. I give myself permission to be loving and forgiving toward myself and the Universe and others. ***I am the one who creates who I am now. I will forgive and be free of the past.*** The life-giving light of the Universe shines in all my darkness, and brings full forgiveness as I forgive others. As God forgives me, so I forgive all who inconvenience, frustrate, or wrong me, and I let God fill me with love for them. I bathe in the eternal love of God, and emerge clean, forgiven, and completely healed.

(2) Harmful Actions

I choose to respond only out of truth and love. I choose to release control of everything around me and freely welcome in love and joy. Nothing has power over me unless I allow it. I choose to be free. The life-giving light of the Universe shines in all my darkness, and brings complete healing and victory over harmful action. I walk in the freedom for which Christ has set me free, trusting God to meet every need.

(3) Unhealthy Beliefs

As my heart heals, I am learning 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. As my awareness and understanding expand, the truth becomes clear. I choose to see the truth and act on it. I choose to believe the truth in my heart. The life-giving light of the Universe shines on all the lies in my heart, chasing the darkness away and bringing healing and new life. As the Universal truth replaces the lies of my heart, I find healing and feel the Universe's peace and joy. The Inner Light guides me into all truth, and the truth sets me free.

(4) Love

I am learning 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 I give myself permission to love and respect myself. Love is the light of the world, dispelling the darkness and revealing the truth. I am worthy of love simply because the Universe created me. The Universe loves me as I am, meets all my needs, and frees me to love myself and others just as we are. The Universe gladly meets every need, is intensely interested in every detail of my life, and equips me with everything I need. The Universe delights in who I am and rejoices over me with singing. The Universe frees me to love myself and others in a healthy way. There is no conflict between my needs and their needs. When I operate from love, the Universe works everything out for the good of all.

(5) Joy

As I care for myself and heal, I am learning to enjoy the person I am. Every day is a gift, and I choose to open each gift with joy and gratitude. Happiness depends on circumstances. Joy comes in spite of circumstances. I choose joy. I give myself permission to fill in the blank with positive, healthy things that give you joy that you might be denying yourself, e.g., "relax without guilt, enjoy my life, give up pushing myself and others, listen to music, go to the opera, read a good novel, do nothing," the Universe creates desires in me so he can have the joy of fulfilling them and wants to give me the desires of my heart. No good things will he withhold, as I trust in the Universe. The Universe rejoices over me with singing and shares joy with me, and the joy of the Inner Light is my strength. I can fill my life with what gives me joy without hurting others. The Universe is pleased when I am open to receiving all its blessings, so I open myself to receive its blessings now.

(6) Peace

I am nourished and cherished by Universal love. I am part of the invisible but perfect tapestry of life. I choose to enjoy the present and trust that the future will unfold, as it should. As I trust in the Universe, it keeps me in perfect peace. The Universe is perfect, and its way for me is perfect, grounded in its great love for me. I can be at peace at all times; knowing the Universe wants to bless me. The Universe is with me at all times and watches over me. The Universe will take care of every need at all times in its perfect love and wisdom. I can relax fully in its love and care, and let life unfold as the Universe wills.

(7) Patience

I choose to feel calm and complete, making the best of each moment as it is. 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. I wait patiently for Universal love to give me what I need, when I need it. I can relax completely in its love and care, knowing it's leading me toward a glorious future. As I cease striving and trust the Universe, the Universe works mightily in my life. I wait in hope and trust the Universe's unfailing love and overflowing supply of salvation.

(8) Kindness

I am kind and help others to feel loved and appreciated. Those who have been harsh with me were treated that way themselves. I choose to forgive them and begin a cycle of kindness and compassion. I choose to make a difference in the world through simple gentleness and kindness. I choose to treat myself and others with kindness and gentleness. Knowing the Universe loves me makes me feel safe and protected. **Giving only opens me up to receiving more.** As I give, I become a channel of blessing. I get watered too as the living water of kindness flows through me. I am showered with countless blessings of the Universe's kindness, which I enjoy and pass on to others.

(9) Goodness

Even if others don't notice, I will still respect myself for choosing what is right. When I choose what is right, life is good and I feel secure. 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 the Universe's will; I am breathing out ego. I am wonderfully made in the image of the Universe. As a new person in the Inner Light, I love and I am good, and my deepest heart desires are in line with the Universe's will. I can depend on the Universe's goodness and mercy to show up in my life, and I can pass these on to others. It's okay to want good things. The Universe says it wants to give me the best of everything. As I trust the Universe and follow its ways, it fills my life with good things, such as beauty, love, health, peace and prosperity. I come to the Inner Light, and trust in its goodness and mercy in all aspects of my life.

(10) Trust

Believing can turn my heart's desire into reality. I choose to have the faith that can move mountains. I have the wisdom and guidance I need to handle whatever happens. I can trust and believe that I am here for a purpose, and the Universe will keep me safe to fulfill that purpose. I trust the Universe's unfailing love and overflowing supply of grace to take care of all I need. I trust the Inner Light to guide and protect me. Thus I am free to enjoy life. I can trust that the Universe will gladly and lovingly meet all my needs and joyfully bring good things into my life. The Universe will also heal all my wounds. I can bring all my troubles to the Universe, for it cares about and understands my pain and delights in answering my requests.

(11) Humility

I choose to love life and love myself without comparing myself to others. Others will love me just as I am when I love them just as they are. Winning is not everything. Unconditional love is everything. I accept my human limitations and my needs to awaken to my Divinity. I do what I can and trust the Universe to take care of the tasks, people and events I cannot get to or control. I cease striving and let the Universe be. I affirm and accept, rather than criticize or control, everyone I know. I put my hope in the Universe's unfailing love, not in what people think of me.

(12) Self-Control

I can enjoy life with energy and enthusiasm and still make right choices for myself and others. I am able to do anything I need to do because the Universe supports me. I can play my part in the balance of life by living a balanced life. I surrender to the Universe and live by the law of love. As I delight in the Universe, which gives me the desires of my heart.