

# Preparing for Healing Circle or Healing Codes session

## Choosing an issue to work on:

Simply, you can choose to address whatever is bothering you the most right now; however, you may want to take some time to think on these questions pertaining to the 4 major areas of your life:

1. What's working that you are grateful for? What would you like to change?
2. Ask these questions regarding these areas of your life..

- Health (e.g. nutrition, exercise, disease, pain)

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Finances (e.g. prosperity, debt, money ,management)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Relationships ( to self, to others, significant others, children, other family members, colleagues or team members, friends (including people who have passed) and God

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Spirituality (e.g. fundamental values, connection to God and or other spiritual practices such as prayer, meditation, involvement with the laws, institutions and practices of a religion.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Choose one of the issues you have recognized in these 4 major areas of life to work on today or which of these you have chosen bothers you the most.

If the primary issue you would like to work on is not in the Four Major areas you can address it anyway.

- Issue: \_\_\_\_\_  
\_\_\_\_\_

**This will be your focus issue.**

- Now identify the negative emotion and charge on that issue the best you can. You can rate it on a scale of 1-10 with 10 being the worse you could feel and 1 being you are aware of it but it's not so bad.
- The negative feeling or negative belief I am experiencing with this issue is \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_ how I rate it on a scale of 1-10

### **Love Picture and or truth focus statement to focus on while coding**

While we are doing the Custom Guided Code you want to have your mind on positive things, images, memories or imagine whatever you like that helps you feel a connection to Peace, God, Love...this can be a single image or many, real or imagined. If your mind wanders simply guide it back to a love picture, thought or image... If this is difficult for you just simply relax and focus on breathing slow and deep from your belly (diaphragm) not your chest. Chest breathing is stress breathing.... just relax and you will do fine.

( I had a gentleman once who simply could not imagine anything so I asked if he could smile while doing the codes and he said, "Yes" and he got amazing results.)

### **Healing Codes I and Healing Codes II hand positions**

We will be using a combination of these two Healing Codes position hand positions and healing centers. When using the Healing Codes II positions your hands will often be with a hand or hands in the vortex positions (see illustrations) and you are touching the body.

If I simply say, "left hand bridge or right-hand temple" then you do not touch the body but use the Healing Codes I position which is holding fingers 2-3 inches away from the healing center.

(Please see the Healing Code I and Healing Codes II illustrated pages)

Please be hydrated before beginning your codes as this helps the cells communicate better.