



What is a Healing Code?

A Healing Code is one set of easy hand positions that activate one or more of four healing centers located on the head and neck. One Code can be one hand position, but it is usually made of several hand positions. The hand positions must be done in a specific order to heal a specific issue.

The Healing Codes program uses 12 pairs of Codes to address 12 categories of important issues that affect everyone's lives.

These Codes heal the stress that causes most emotional and physical problems a person may have. At its' most basic, using The Healing Codes system means doing these 12 pairs of Codes until your emotional and physical issues are healed. Period.

Everything else is an amplification or a refinement of this basic healing system.

The Healing Codes and Stress

The Effects of Stress

According to the Centers for Disease Control and Prevention, Stanford University, and numerous health experts, the number one killer on the planet is stress. Up to 95% of all physical and nonphysical health problems have stress as their origin. Every time we have health problems we should be asking, "What stress is causing this, and how can I eliminate it?"

A Hidden Fuse Box

The four Healing Codes healing centers appear to be like a hidden fuse box that, when the correct switches are flipped back on, will allow healing of almost anything. The Healing Codes remove the stress from the body, thus allowing the neuro-immune system to take over its job of healing whatever is wrong in the body. It removes the stress and heals the body by changing the underlying destructive energy pattern, or frequency, of the affected areas to a healthy one. You could also think of the healing centers like an entryway keypad that uses combinations of four digits as the codes to unlock a door.

The hidden fuse box or keypad of the body is collectively located in four areas on the neck and head. When these areas are showered with healthy energy, that energy spreads throughout the body. This showering of positive, healthy energy is done by the hands and fingers which, when focused, constantly emit healthy energy that flows from all areas of the body. Sounds simple? It is! Sounds miraculous? In the words of St. Augustine, "Miracles happen, not in opposition to Nature, but in opposition to what we know of Nature."

The Healing Centers

If you follow the path of the healthy energy as it travels through the four healing centers into the body, the physical systems you would discover would include:



- The higher functioning left and right brain, and the hypothalamus.
- The reactive emotional brain including the amygdala and hippocampus.
- The pituitary gland, often referred to as the master gland that controls the major endocrine processes of the body, and the pineal gland.
- The spinal column and the autonomic nervous system.

In other words, you would discover the control centers for every system, every organ, and every cell of the body. When you do the Healing Codes with the appropriate combination of the four healing centers, you are literally showering every cell in your body with healing energy.

Remote Healing

You can even do The Healing Codes for other people and for animals by doing them on yourself with the intention that they are for the other person.

For More Information

The Healing Codes were discovered and developed by Dr. Alex Loyd. For more information, please visit www.thehealingcode.com/jc.

Doing The Healing Codes

A Healing Code is one set of easy hand positions that activate one or more of four healing centers located on the head and neck. The hand positions must be done in a specific order to heal a specific issue.

The Four Healing Centers

- Adam's Apple:** Directly over the Adam's apple.
- Temples:** One half inch above the temple, and one half inch toward the back of the head, on either or both sides of the head.
- Bridge:** In between the bridge of the nose and the middle of the eyebrow, if the eyebrows were grown together.
- Jaw:** On the bottom back corner of the jawbone, on either or both sides of the head.

Performing the Codes

All hand positions are done by aiming all five fingertips (not the prints or nails) of each hand at the appropriate healing center from two to three inches away. Aim them as if the tips of your fingers are little flashlights shining at the healing center. It doesn't matter if your fingers are straight or curved (whatever is most comfortable for you), only that the fingertips are aimed at the area surrounding the healing center.

For the normal positions, your fingertips are two to three inches off the body from the healing center.



For the resting positions, your fingertips aim across the top of the healing center from two to three inches below or beside the center. Having your fingertips two to three inches away from the healing center is several times more effective than touching them with your fingers. It creates an energy field over the entrance of the healing center that allows the body to automatically produce the precise positive/negative energy pattern needed for healing.

Each of the four healing centers has a normal hand position and a resting hand position except the Adam's apple, whose normal position is a resting position. The resting positions are provided so you can rest your hands on your body and do the treatments more comfortably.

Add a few minutes to the Code when using the resting positions. If your arms become too fatigued to perform a Code for the specified amount of time, try the resting positions, or prop your arms up with a pillow, or rest your elbows on a table or desk. **If your hands drift off the center, healing will still occur. Your intention to heal is far more important than being perfect at holding the hand positions.**

It is helpful to rate how much discomfort you feel when thinking about your issue or problem on a scale from 0 to 10 (10 being the most discomfort) before doing any treatment. This is the best way to measure your progress as you see the discomfort level decrease until it reaches a 0 or 1.

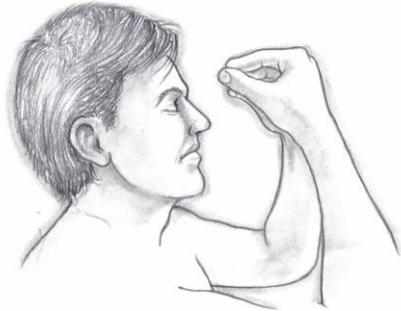
Do the Codes in a quiet, private, place where you can relax without distractions or interruptions.

Prayer or Request

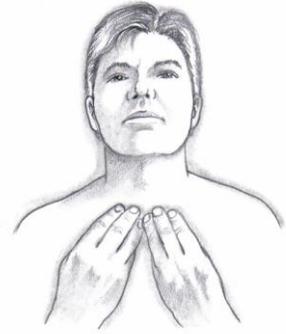
"I pray that all known and unknown negative images, unhealthy beliefs, destructive cellular memories, and all physical issues related to _____ [your problem or issue] would be found, opened and healed by filling me with the light, life and love of God. I also pray that the effectiveness of this healing be increased by 100 times or more."



Healing Codes Hand Positions



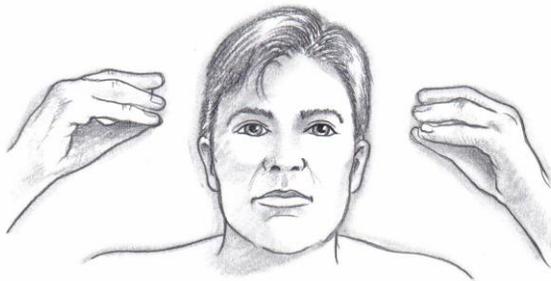
Bridge



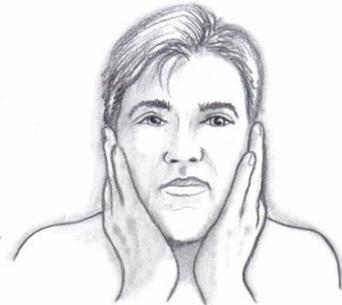
Adam's Apple



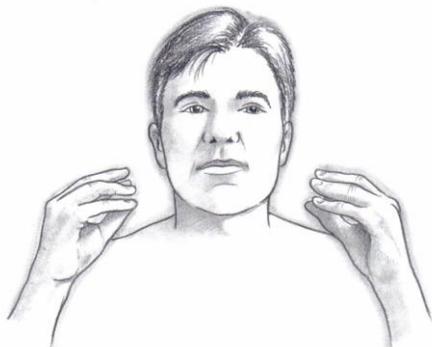
Bridge-Resting



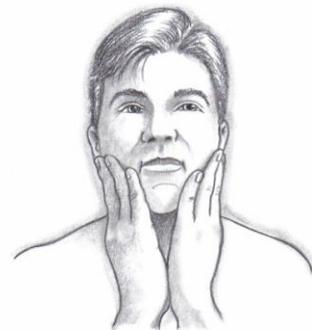
Temples



Temples-Resting



Jaw



Jaw-Resting

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Timing the Codes and Truth Focus Statements

Timing the Codes

Timed Codes

I will give you an amount of time to spend doing each Healing Code, and a number of times per day to do it. You can do more Code time than required, but you should always do at least the minimum amount. Do them in a quiet, private place.

It is most effective to do each position for about 30 seconds and keep rotating through the positions for the entire length of time. You don't need to time each position. You'll get into a rhythm, or you may be able to feel when it is time to move to the next one.

Some people breathe slowly and deeply and count their breaths. If you get to the end of your time and you still have positions left to do, just go a little longer. Always do all the hand positions of your Code and do them in the given order.

Intensive Codes

Intensive Codes are when you do them in the same focused manner as the timed Codes and completely disregard the number of minutes and number of repetitions per day given for each Code.

Intensive Codes are recommended instead of the timed Codes if:

1. You want to see a faster change in your problems
2. You feel your problem is more severe
3. You have not yet experienced the results you want

Simply rotate evenly among the hand positions without regard to minutes or repetitions. Spend as much time as you can each day doing the Codes. 30 minutes, once a day is the minimum amount of time to do the intensive Codes. In general, you are doing the intensive Codes whenever you are treating yourself above the suggested timed amount.

Bonus Time

Bonus time is when you do Codes over and above the specified amount of time. You can do bonus time Codes in the car, while talking, or watching T.V. – just about anywhere or anytime. This does not replace the timed Codes, **and** it is not as effective as the intensive Codes. But, it does increase your healing work.

Truth Focus Statements

These are positive statements containing a truth related to the issue you are healing. You select statements to focus on that correct the unhealthy beliefs or lies or negative emotions you find in the issue you want to heal. When the issue is healed, the truth will remain.

Truth Focus Statements are not affirmations. *Affirmations that are not the truth can actually be stressful and make a problem worse by putting a person into internal conflict.*

Creating stress by pretending to believe something you know is not true works against our purposes. Truth Focus Statements are designed to cause a shift in your beliefs by stating a truth you know is genuine. *You have the problem because you believe a lie in your heart. The solution to this is the truth, not just a positive statement.*

Contact Information

Whether you need to be supported, have questions, or would love to give a testimonial, JoHanna's contact information is listed below.

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