

## Early Memory Finder

1. First identify what you are feeling negatively about your issue that you want to address. i.e; Issue is migraine headaches. I feel it's Hopeless, I feel sad, I feel fear...etc.  
The fear I feel is the strongest feeling and it's at a 9 on a scale from 0-10.
2. Rate that negative feeling, belief or emotion on a scale of 0-10
3. Ask yourself: When is the earliest time or most significant time in my life that I recall feeling or experiencing this type of fear, or feeling or belief? i.e. When I was 6 yrs old I was fearful when my puppy was sick and died.
4. Rate that memory on a scale of 0-10. i.e. When I remember that I can feel it and it's a 10.
5. This is the early memory that we want to heal. Do this by including it in the prayer before you do the healing code. Even if it doesn't seem to make sense that it's connected, do it anyway. It is.
6. After doing the healing code, look back at that early memory and see how much it bothers you. The idea is to see that feeling get less and less all the way to 0. So when you recall that memory, you will not feel anything negative about it. It will just simply be a memory and you will be at peace about it.
7. When this early memory is healed, find another earlier memory that has the same negative feelings as your present issue. (i.e. My migraine still causes me to feel hopeless or still fear. And the earliest time I recall feeling this was i.e. when my mother said I was never going to be good in sports. It made me feel hopeless about even trying to play or compete. And I rate that feeling of how I feel going back there in my memory at a 9.
8. Work on that early memory again, to bring it down to 0.