

The Healing Codes II Handout

THE HEALING CODES II

HOME STUDY MANUAL

*A step-by-step guide to
whole-life healing*

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*This Handout can only be issued by
certified healing codes coaches*

Or as a part of the

Dr. Alex Loyd Workshop



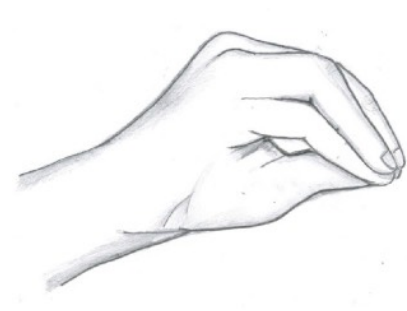
The Healing Codes II Hand Positions

The Healing Codes II System has three new hand positions and two different ways of activating the healing area:

- 1. *The Brainstem:*** The brainstem area is at the center or the middle of the base of the skull right where the hard base of the skull meets the soft tissue of your neck.
- 2. *The High Bridge:*** This is your forehead area, about an inch above where the eyebrows would meet if they would grow together. This position stimulates the Prefrontal Cortex.
- 3. *The Belly Button:*** This area is directly under the belly button. This position stimulates the Gastro-Intestinal System.

The Vagus Nerve is connected to all three areas.

The Vortex:



Create a *Vortex shape* (not movement!) by putting all your fingertips together so they are all touching each other at the base. All fingers are “mushed” together at the bottom.

The Vortex is used for both the Brainstem and the High Bridge Position.



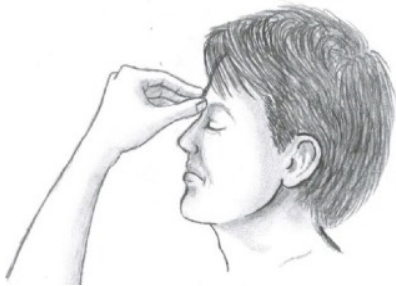
Left Hand Brainstem

Vortex



Right Hand Brainstem

Vortex



Left Hand High Bridge

Vortex



Right Hand High Bridge

Bridge

The Palm of the Hand:



Left hand Belly Button

Palm of Hand

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The position is directly under the belly button with your left hand. Put the top of your thumb horizontally directly under your belly button and the palm lays on the part of the abdomen just under that, actually touching the body (it can be on your clothes, does not have to be on bare skin).

You also place the palm of your hand on any physical pain area.

Unlike with The Healing Codes I, where we do not touch the healing centers but keep our fingertips about 2-3 inches away, with The Healing Codes II we actually touch the healing centers with our fingertips or palm of the hand.