

Healing Code – Alexander Loyd & Ben Johnson

- Stress is the cause of 95% of illness and disease, and the remaining 5% is attributed to genetics (23).
- 99.99% of everything going on in the body at any given moment is under the autonomic nervous system's control (ANS). The sympathetic nervous system (SNS) amps things up, and the parasympathetic nervous system (PNS) slows things down. The SNS should be used infrequently as it produces the fire alarm for the “fight or flight” response (45).
- Of the 50% of those surveyed who said they did not feel stressed, over 90%, when tested with Heart Rate Variability (HRV) testing, were found to be in physiological stress (49).
- Stress is controlled in the central nervous system (CNS). Physiological stress is created through the hypothalamic-pituitary-adrenal (H-P-A) axis.
- $E=mc^2$. Everything is energy, and all energy has three common elements: 1. A frequency; 2. A wavelength; 3. A color spectrum (62).
- Energy can take many forms, and all illnesses and diseases are caused by insufficient energy at the cellular level (75).
- According to Dr. Bruce Lipton, the “wrong thing” that the cell is told to do is to go into stress mode when it shouldn't, and it is wrong beliefs that initiate the body's stress response. These wrong beliefs are embedded in cellular memories that make up the unconscious and conscious mind, along with the control centers of the brain. To have permanent, long-term healing, you have to heal the destructive cellular memories (98).
- The Healing Code is a literal physical mechanism in the body that changes the energy pattern of the destructive cellular memory to a healthy one. When this occurs, the stress response of the body is turned off or down. This doesn't mean you don't have the memory anymore; you do, it's just not destructive anymore (102).
- Inherited memories, pre-language and pre-logical-thinking memories, and trauma memories become a stimulus/response protective programming belief system (120).
- The greater the pain when the original pain event occurs, the more adrenaline is released, and the broader the determination of what is identified as a similar situation later. The bigger the trauma, when it happens, the more likely it is to be reactivated later by a greater number of associations (130).
- The unconscious mind greatly resists allowing those kinds of memories to be healed, because the unconscious mind makes an interpretation that it is unsafe for that memory to be healed, because the purpose of the memory is to protect the person from being hurt (133).
- Identification if a stimulus/response belief is being reactivated and it's unrelated to the current circumstances, assess: 1. Your feelings; 2. Your thoughts; 3. Your behaviors; 4. Loss of conscious control. We always do what we believe (150).
- The imagination is the function of the unconscious (heart command center) and conscious (head command center) mind, even though we can manipulate it consciously. The heart command will override the head command. Pictures, not words, are the language of the heart, and imagination is the picture maker (156).

- According to Stanford professor William Tiller, when the unconscious intention and conscious intention conflict, the unconscious wins (160).
- **Concepts of the heart:** 1. You are who you are in your heart; 2. What you really believe is what you believe in your heart; 3. You are where you are based on what's in your heart; 4. You do what you do based on what's in your heart; 5. The heart is programmed to protect; 6. Your priorities are determined by what's in your heart (162).
- **Healing stress:** 1. To heal your problems you have to heal the stress; 2. To heal the stress you have to heal your memories (166).
- To get results you must have power. Power is released by belief (174).
- We always do what we believe, and everything we do, we do because of something we believe. If you're doing something that you don't want to be doing, it's because you have a wrong belief. To change unwanted behavior, you have to change the belief (177).
- Sustained power only occurs through believing the whole truth (178).
- Confusion blocks truth, and confusion is caused by three things: 1. Cellular memories that conflict with each other; 2. Conflict between the conscious and unconscious mind; 3. You're being 'dumbed down' because of stress (stress turns our rational reasoning down or off) (180).
- The litmus test for confusion is peace or the absence of peace. Peace is not happiness or contentment, because those are due to circumstances. Peace is also not numbness.
- A wrong belief is a misunderstanding of the truth (186).
- Healing energy can be directed at the four healing centers on the body and can heal different unhealthy beliefs and images (203).
 - Bridge [pituitary and pineal gland]
 - Temples [left/right brain and hypothalamus]
 - Jaw [emotional brain: amygdala, hippocampus, spinal cord, CNS]
 - Adam's Apple [spinal cord, CNS, thyroid] (204)
- The healing centers can be activated with your fingers. Aim/shine all five fingers of both hands at one or more healing centers from 2-3 inches away from the body (204).
- According to physics, the exact equal and opposite frequency is required to cancel out another frequency (208).
- Energy center locations:
 - The bridge is between the nose and eyebrows.
 - Adam's Apple is directly over the Adam's apple.
 - Jaws: On the bottom back corner of the jawbone – both sides.
 - Temples: Half inch above temple and back of head – both sides.
- Your intention to heal is far more important than perfect hand positions (219).
- Sequence:
 - Rate the issue
 - Identify associated feelings
 - Memory finder (Are there associations tied to the feeling? Go with the earliest.)
 - Rate that earlier memory
 - Say a prayer for healing, inserting all the issues you uncovered

- Do the Healing Code for each position for around 30 seconds, repeating a Truth Focus Statement that counters any unhealthy belief. Rotate through all four positions for at least six minutes.
- Rate the issue again. When the earliest/strongest memory is down to 0-1, you can go to the next most bothersome memory/issue.
- Do the process at least three times/day (224).
- The Healing Code only heals the pictures in the heart; it does not remove pictures from the memory (225).
- **Herxheimer reaction:** Uncomfortable reactions to healing that provide evidence that healing is occurring. It is not unusual to experience a back-and-forth response with your emotions (228).
- Focus on “love pictures” while you do your Code. Think of individuals in your life who love you – including God (232).
- Conscious conflict can slow down healing because it creates more destructive images and stress that need to be healed (235).
- **Twelve Categories associated with the Heart Issues Finder:**

Dealing with these categories removes the garbage of life that prevents life, healthy, and prosperity:

1. Unforgiveness
2. Harmful Actions (Self-Protection or Self-Gratification)
3. Wrong Beliefs

Dealing with these categories provides the seeds to grow life, health, and prosperity:

4. Love vs. Selfishness- Glandular/hormonal/endocrine system
Lack of love is the root of virtually every problem we have.
Unforgiveness is the result of selfishness of lack of love.
5. Joy vs. Sadness/Depression- Skin
Joy is not the same as happiness.
6. Peace vs. Anxiety/Fear- Gastrointestinal system
The presence or absence of peace is difficult, if not impossible, to manipulate for selfish reasons.
Peace is disturbed by fear, and fear is the parent of all negative feelings.
Fear is a reaction to pain.
7. Patience vs. Anger/Frustration/Impatience- Immune system
Impatience is evidence we are not satisfied. We are not content and comparing ourselves.
Every negative feeling stem from fear, and anger seems to be the indicator that fear has gone far enough to turn off the immune system.
8. Kindness vs. Rejection/Harshness- Central nervous system (brain/spinal cord)
9. Goodness vs. Not Being Good Enough- Respiratory system
Guilt, shame, and fear are huge issues for perfectionists.
10. Trust vs. Control

You can't love without trusting.

11. Humility vs. Unhealthy Pride/Arrogance/Image Control

Manipulation is indicated in these struggles.

12. Self-Control vs. Loss of Control- Muscular-skeletal system

We can't love if we aren't self-controlled.

If our heart is full of love and truth, we will be trying to control in love, joyfulness, and gratitude, because we're already okay.

Laziness and a sense of entitlement are critical issues.

- Instant Impact Exercise: Use anytime there is a need for energy boost, during stress, or negative emotions threaten to take over peace.
 - Rate your stress
 - Place your palms together in any position that's comfortable
 - Focus on the stress you want to leave your body – physical, emotional, spiritual
 - Do Power Breathing for 10 seconds
 - Rapid and powerful “belly breaths” in and out. Forcefully blow out and suck in through the mouth using your diaphragm.
 - During the Power Breathing, visualize something positive/Focused Intention.