

Enhancements to the Healing Codes

Getting the Most Out Of Your Healing Code: New Prayers of Intention and Actions

Below are some suggested Prayers of Intention to pray before doing a Healing Code, for yourself or someone else.

These prayers were refined over years of working with hundreds of clients. The changes help your heart to target a wider range of contributing factors, while at the same time regulating the healing to the level and pace that is best for you at any given time.

In addition, there is an action I suggest you do *while you are saying your prayer of intention*. According to Gary Blier, developer of [Advanced Cell Training](#), these actions help the body to identify the issue to better heal it. I believe they enhance the effectiveness of your practice of The Healing Codes.

Action #1, especially effective if your issue is primarily an emotional one:

Put the palm of your hand over your heart area, right in the middle of the chest between your breasts, and rub the skin over the bone in a clockwise direction, with your body as the clock. Do this while you are saying one of the Prayers of Intention below. This will help your body identify the emotions and push them out.

Action #2, especially effective if your issue includes something physical to heal:

Lightly tap with the fingertips of either hand your thymus, the area just below your throat and the place where your clavicle comes together. This will help your body identify what it needs to heal physically.

General Prayer of Intention, for yourself or another person:

"Dear God, I pray that you would call my spirit to attention to connect with your Spirit and receive your healing and grace. Please find, open, and heal all known and hidden negative images, wrong beliefs, negative entanglements, and destructive cellular memories of any nature and source, and all resulting physical issues [can add, "especially the [name of physical issue"], with any connection to _____ [insert heart issue: e.g., anger from growing up with my father's abuse, unforgiveness toward X, hurt], from _____ [insert memories: e.g., 4-year-old memory, etc.]. Please replace all negatives with your love, light and truth. Please also magnify the effectiveness of this healing to the maximum level for my highest good, at an optimal pace, and restore everything in spirit, soul, mind, and body to your intended design. Thank you, Lord, for your willingness and ability to do these things."

When doing a Code for another person, simply insert their name and the appropriate pronouns.

Prayer for a physical issue for someone else, or a pet, when you don't know the heart issues:

"I pray that You (God) would find, open, and heal the source of any disease and dysfunction in _____'s body, mind, soul and spirit. Restore everything to Your

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intended design, and maximize the effectiveness of this healing for _____'s highest good, at an optimal pace. Thank you, God."

Prayer for someone else, when you don't know the issue but just want to do a Code for them:

"Dear God, I pray that you would call _____'s spirit to attention to connect with your Spirit and receive your healing and grace. I pray that You would find, open, and heal all negative images, wrong beliefs, negative entanglements and cellular memories of any nature and source, and all resulting physical issues, related to whatever is causing ____ to resist Your grace, by filling _____ and me with the love, life and light of God. I also pray that you would maximize the effectiveness of this healing for _____'s highest good, at an optimal pace, and restore everything in mind, body, soul and spirit to Your intended design."

(I suggest including yourself in the prayer since you are doing the Code for that person. You don't want your issues to interfere. If you know how YOU feel about the person's issue, you can name that: "...related to my [issue] and whatever is causing ____ to resist Your grace, by filling ...")

Prayer of Release

One of the wonderful things about The Healing Codes is that as you begin to heal, those who are close to you will also begin to heal. There are strong energetic connections between those we are close to and ourselves anyway, so let's use that to spread the healing! You can use the following prayer, whether you're just doing a Code for yourself and releasing it to your loved ones, or if you're doing a Healing Code for yourself:

I release the effects of this healing to [name(s)], in love, insofar as this issue affects them.

(If you are doing the Code for someone else, you can just leave off "insofar as this issue affects ..." since obviously it does!)

For further help in getting the most out of any Healing Code, visit Certified Healing Codes Coach/Practitioner Diane Eble at <http://www.healingcodescoaching.com>. There you'll find articles, FAQs, a video on how to do universal The Healing Code, and more.