

The Healing Codes II Instructions

The Healing Codes II Positions

Note that, unlike the Healing Codes I positions in which it's important NOT to touch the body, but keep the fingers 2-3 inches away, with The Healing Codes II positions you DO touch the body.

Position # 1: Brain Stem (back of the skull)

In this position, you place your fingers together to form sort of a “vortex,” where the fingers are “smushed” together.



Place your hand in the vortex shape at the back of the skull, right where the skull and neck meet. Half your fingers should be on the hard, skull part, half on the softer part just beneath. If you can't hold the vortex position, just place the palm of your hand in this spot.



You will use this position for Life Codes #1 (negative thoughts, feelings and beliefs) and #2 (illness, disease and dysfunction).

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Position #2: Forehead position

Place your fingertips, again in that vortex shape, on the forehead about an inch above the Healing Codes I Bridge position (which is between the eyebrows).



You will use this position for Life Code # 1 (negative thoughts, feelings and beliefs) and #3 (negative actions and behaviors).

Position #3: Left Hand Belly Position

In this position, used with Life Codes #3 and #4, you will place your left hand (only) in the position shown below, so that your left thumb runs in a straight line below your belly button, and the rest of your fingers fall where they may. The main thing is to keep the thumb below the belly button (navel) thus:



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The 5 Life Codes Explained

Life Code #1: Negative Thoughts, Beliefs, Feelings

Steps:

1. Identify one thing in your life you want to work on--one negative feeling, thought or belief.
2. Identify the strongest negative emotion related to it. If you like, rate it on a scale of 0-10 as to how much it bothers you.

Positions

- Left hand Brainstem; right hand High Bridge (both hands in vortex position, all fingers touching each other, touching the area).

After 15-60 seconds, alternate the hands:

- Left hand High Bridge; right hand Brainstem
- Again, alternate your hands every 15-60 seconds, or however long you want. If you're listening to The Healing Codes Music, you might just hold each position for the 30 seconds and alternate that way.

What to think about: the issue, the issue healing, God's light changing the lie into the truth, etc.

Dr. Loyd recommends that you do Life Code #1 for a couple of minutes before doing anything else. So one option, which is what I do, is to do this Life Code #1 with the Alpha Inducer, holding each position for 15 seconds. (If you don't know what the Alpha Inducer is, see Appendix A.)

Life Code #2: Illness, disease, dysfunction (mental, emotional, spiritual, physical)

Steps:

1. Choose one thing in your life you want to work on.
2. If you can, identify the trigger (thing, event, person), and the biggest negative emotion related to it. Rate your issue if you want.

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Positions:

- Left hand Brainstem (vortex position, all fingers touching each other, touching the area). Focus on the issue. **
- Right hand relaxed in your lap.
- One position only.

Life Code #3: Negative Action and Behavior

This Code changes the source of the negative programming, dissolving addictions and destructive behavior. It will reprogram you to truth-based action and behaviors so you can live a life of love, happiness and success.

Steps:

1. Identify one Action/Behavior in your life you want to change, heal at the source and replace with healthy Action/Behavior.
2. Identify the biggest negative emotion related to it.

Position:

- Right hand High Bridge (vortex position, all fingers touching each other, touching the area)
- Left hand relax in your lap.
- One position only.

Life Code #4: Non-physical Pain (mental, emotional, spiritual pain)

Steps:

1. Identify something in your life that never got resolved.
2. Identify the biggest negative emotion related to it.

Position:

- Left hand under Belly button with thumb directly under belly button (open palm)
- Right hand relaxed in your lap.
- One position only.

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Life Code #5: Physical Pain

Steps:

1. Identify your physical pain. It might be good to rate it as well.

Positions:

- Left hand under belly button with thumb directly under belly button (open palm), as in Life Code #4 above. Right hand in lap. (You will only use your left hand for this Life Code.) Hold for as long as you want—20-60 seconds.
- Now take left hand and put it on the pain area, palm over area, if you can reach the pain area. If not, keep left hand in above position and focus your attention on that pain area. You can think about God touching and healing it, you can send love to that area, you can do an Affirmation** about it..
- If you did move your hand to the pain spot, go back to putting your left hand under the belly button, and hold that for a time.
- Alternate your left hand between belly button position and pain area (if you can), ideally until the pain is gone or at least lessened.

Appendix A: Doing Life Code 1 with the Alpha Inducer

The Alpha Inducer (which Dr. Loyd said I could share with my clients), is a technique to induce an alpha brainwave state--that calm, focused state of mind.

In a nutshell, with the Alpha Inducer you close your eyes, roll them down as far as you comfortably can, and hold that for 15 seconds.

Then you roll your eyes up (still closed), as far as you comfortably can, for 45 seconds.

Then you repeat it one more time: down for 15 seconds, up for 45 seconds.

So as I close my eyes and roll them down, while I do the first round of 15 seconds with eyes down, 45 with eyes up, I do the *Life Code #1*, with left hand on Brainstem in vortex position, right hand on High Bridge (vortex).

When I repeat the Alpha Inducer, I switch hands so that the left hand is now on High Bridge, right hand on Brain Stem. So I switch hands and repeat the eye roll down for 15 seconds, up for 45.

That will give you the 2 minutes of Life Code #1 Alex Loyd recommends at the beginning of doing any Codes.

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Appendix B: How I Do Healing Codes II

I thought I'd share how I have done Healing Codes II, and how I'm suggesting my clients do it.

When I give custom Healing Codes, I incorporate HCI and HCII into a total protocol, which may vary from this because it's customized to the person and the issue. What follows comes from something Dr. Alex suggested in the workshop and my own experimentation.

1. Start with Alpha Inducer and Life Code #1 as mentioned above.
2. I rate my issue and say the Prayer of Intention.

Now, my prayer is kind of long, which is perfect for using with the HCII codes. So what I do is use one of the Life Codes that pertains to the element of my issue that needs the most work.

If it's a physical issue, I will do Life Code #2 for illness/disease/dysfunction while I say the Prayer of Intention. If it's pain I'm dealing with most, Life code #4, left hand under belly button position, or Life Code #5 if it's a physical pain. If it's a negative action/behavior, I'll use Life code #3 while doing the Prayer of Intention.

So here is my Prayer of Intention. I know It's long, but there is lots of research and tweaking behind it. Use whatever prayer you are comfortable with, of course. I'm just sharing what I do.

Dear God, I pray that you would call my spirit to attention to connect with your Spirit to receive your healing and grace. Please find, open, and heal all known and hidden negative images; wrong beliefs and vows; negative entanglements and destructive cellular memories of any nature and source, and all resulting physical issues [can add, "especially ..."] with any connection to [insert issue, i.e. feeling/belief] from [insert memories, or, if you don't know, say "the source memories"]. Please replace all negatives with your love, light and life. 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.

After this prayer, I will do a regular Healing Code, or proceed with a [Q Code](#) or [LT3/4](#). I also turn on the [Master Key](#) at this point. Here is where you focus on the positive. (I include this for those who have them. Click on the links to find out more, or go to my [HC products review page](#) to get an overview of each and see whether it might be right for you at this time.)

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After doing Codes as above, you may want to add another Life Code at the end, or return to one you have already done. Here is where I like to do an Affirmation.** ([Click here](#) to get my Affirmations explanation as another bonus.)

Another thing I have noticed is doing the Codes the way I do them also seems to bring things to mind more readily.

I believe you will find, as I have, that the Healing Codes I and II work synergistically together to speed and enhance healing.

I and my clients are finding these to be very powerful. Make sure you drink plenty of water! You will be detoxing. If memories come up, welcome them and know they are healing. I was surprised at the memories and clarity about the source of my issues seemed to be so accelerated with the Healing Codes II.

If you have a Healing Response, please [read my article on how to handle that.](#)

****Affirmations**

I have been using Affirmations for years, and have taught most of my clients to use them too. You can use them with The Healing Codes as a focus, or any time outside of doing Codes. But when Alex mentioned that when doing the Healing Codes II Life Code positions you should focus on the issue, I immediately thought of how powerful doing Affirmations would be with The Healing Codes II.

“Affirmations” is a term coined by Noah St. John, in his excellent book, [The Secret Code of Success](#). It is not a difficult concept to master, but I did create another bonus for you just on Affirmations. To access that, please go to www.healingcodescoaching.com/hc2-affirmations.html and sign up for immediate access to that bonus. (I am asking you to sign up so that if and when I create further bonuses on that kind of material, I can be sure to get it to you.)