How to Do Your Custom Healing Code Step by Step

It's suggested that you use the Tracking Form in the session to take notes, and then use that to track your issue when doing your Code.

1. **Identify your issue.** (We do this in the session.) Rate it if you can/want to, just so it helps you see afterward where you are.

2. **Say the prayer of intention, inserting your issue from the Tracking Form notes:**

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 the source of any disease or dysfunction in spirit, soul, mind and body, [can add: "especially the ____ [fill in with your physical issues], with any connection to ____ (issue), from [memories, if you have them]. Please restore everything concerning me to your original, intended design. Please also magnify the effectiveness of this healing to the maximum level for my highest good, at an optimal pace. Thank you, Lord, for your willingness and ability to do these things.

3. **Point to the custom code positions, while keeping a positive focus (love picture or truth focus statement).**

4. After doing the Code, you can release healing to other people as well, by saying: "I release the healing to [names], in love, insofar as this issue affects them." You might also want to look at your issue and see if the rating has gone down.

That's it! Not very complicated at all.

If any new memories pop up, just rate them and put them in the prayer of intention as they come up. If the memories you have been working on go down to 0 or 1 (no longer bother you), you can ask yourself when's another time you felt that way, and see if any other memories pop up. If they do, work in them. If not, just keep focusing on the feeling and/or belief until the issue itself no longer bothers you at all. If you get to that point before the 2 weeks are up, start working on whatever has next come up that's bothering you.