



INSTRUCTIONS FOR USING THE HEALING CODES CUSTOM CODING WORKSHEET

1. Find your focus issue (what you want to work on in your next session).
2. Rate your issue on a scale of 0-10 (10 being the most negatively intense).
3. Scan your body to sense where you feel the issue resonating.
4. Annotate what you believe about how your focus issue is affecting your life at the present time.
5. Bring your worksheets to each call so we can get right to the work of finding the underlying stress that is feeding the issue.
6. When I give you your Custom Healing Code, you will write it down on your worksheet, along with other directions I suggest.
7. Use the back of your worksheet during the week to note the shifts in perception, relationships, intensity level of the issue, and other awareness's that you may notice.
8. Healing of the focus issue comes gently with releasing the underlying stress that started from pictures and memories of the heart that have been hanging on, just waiting to be acknowledged and released.
9. Your commitment to do your Healing Code Custom Codes faithfully each day will be the most important part of the whole process.
10. I wish you great success and am happy to support your commitment to healing the pictures of the heart.

***Diane Eble, CHCCP - Certified Healing Codes Coach/Practitioner/Coach
Editor, The Healing Code***

(630) 665-0843 diane@HealingCodesCoaching.com

www.HealingCodesCoachng.com

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