

Memory Finder

Please use this handy guide, along with your Tracking Form, to prepare for your each Healing Codes coaching session. This will allow us to get to your core issue quicker, and ensure we are finding the key “peg memories” upon which many other unconscious memories hang.

The issue you identify may be different from what we end up addressing, but when you identify what may end up being the more surface issue, we can more easily and quickly get to the “deepest issue your heart is ready to heal”--what I’m always looking for. This will speed and deepen your healing.

In addition, I will test for “hidden memories,” which will rise to the surface more readily if you have done this preparation work.

IDENTIFY and note the following on your Tracking Form in the appropriate columns. Rate each item if you can, but don’t get hung up on it. Rating is for your encouragement. If it stresses you out, ignore it. But if rating is a problem, try first reminding yourself that there is no “objective” rating, it’s entirely up to your truth how you rate things. And attempting to rate things does strengthen your connection to your intuition, your Heart, so I do recommend “building this muscle.”

Present problem. Rate from 0-10 (10 being the maximum pain and stress, 0 being no pain and stress at all).

Identify negative thoughts, beliefs, feelings when you think about this issue. Rate 0-10. E.g.: *Issue is migraine headaches. I feel it’s hopeless, I feel sad, I feel fear... etc. The fear I feel is the strongest feeling and it’s at a 9 on a scale from 0-10.*

What relationship is the most affected by this issue? What relationship comes to mind when you think about this issue? Rate that from 0-10. E.g: *I remember feeling this way when my father used to yell all the time and I would try to hide.*

What is your earliest or strongest memory with similar feelings? Rate 0-10. *I was around 4 when I can remember being so afraid of my father.*

Identify anything that happened 3 years prior to the start of your present problem with similar feeling. Rate 0-10. *When my mother was so sick, I felt that same fear, sadness, hopelessness.*

Any current situation with similar feeling, even if unrelated to your present problem. Rate 0-10.

Harmful Actions/Negative Coping Mechanisms. Are there any ways you've used in the past, or are using now, to try to cope with this issue, that are not really serving you? Examples would be:

- any normally OK activity taken to excess such as shopping, eating, work etc.
- isolating yourself from other people
- over-responsibility, no boundaries, overgiving
- emotional outbursts such as exploding, blaming, etc.
- forms of escape (drinking, gambling, drugs)

When I feel fearful, sad or hopeless, I tend to either overwork or isolate myself.

When you do your Healing Code, you will put these “keywords to your heart” (the feelings, beliefs, memories and any harmful actions) into the Prayer of Intention. Just like putting keywords into a search engine, your heart will find the memories with the frequency of those feelings/beliefs/images in them, and heal them.

If there are a lot of feelings, etc., it's OK to put in the Prayer of Intention, “these issues my heart as identified” as you glance at your Tracking Form list. If any particular feeling/memory etc. is very strong at that time, add to the prayer, “especially _____” and name that thing that's strongest. Once you identify the issues, your heart will find and heal them. No need to overload the Prayer of Intention.

After you do your Healing Code, re-rate your earliest/strongest memory again. Don't be concerned if it doesn't change much, or at all. Just keep observing and tracking. That in itself speeds the healing process.

Focus your tracking on that earliest/strongest memory until it goes down, but keep including the other memories in your Prayer of Intention. After the earliest or strongest memory is down to a 0--meaning you know it happened, but there is no “charge,” you have a peace about it—move on to one of the other memories you wrote down on your Tracking Form from above. Get to the main issue post-Code rating last. When you heal those other identified memories, often the “main issue” is healed.