

Diane's Personal Truth Focus Statements

One of the key elements of healing "issues of the heart" is to replace the lies we have come to believe with the truth. In fact, I now believe that true healing simply does not happen until we've done this. It is the core of healing of any kind.

The following Truth Focus Statements and Love Pictures grew out of my meditations and prayer. (I have a daily email devotional called Abundant Gifts from the Word at <http://www.abundantgiftsfromtheword.com>.) As such, they are obviously coming from my own particular spiritual perspective. To me, the ancient Scriptures are the living Word of God that speak the message of God's love and truth into the heart in a special way. I have found these meditations especially powerful when done in conjunction with The Healing Codes.

You may, of course, adapt these to what you are comfortable with.

I have laid these out in the specific categories of the 12 Categories outlined in *The Healing Code*. Some of these statements fit specifically in one category; others can be used for several, as indicated. Some scripture references are included, but often they are based on scriptural principles found in many places in Scripture. (I read through the entire Bible every two years, so have a pretty global sense of scriptural truths.)

As you use these with The Healing Code or just simply in meditation, I pray these images and truths sink deep into your heart to bring the healing that Truth always imparts.

Truth Focus Statements that Work for Multiple Categories/Issues

Like the "universal Healing Code" in *The Healing Code book*, there is one specific Truth Focus Statement that has proven to be very powerful for anything. I think it's because it's based on John 1 and other scriptures, is visual, and adaptable to any issue.

"The life-giving light of the Lord God Almighty shines in all this darkness, and brings complete healing."

Variations:

- Can add: "for ..." and fill in with physical or emotional issue that needs healing.
- After "brings complete healing," add "and [category] (e.g., peace, love, joy, etc.)..."
- Add: "and abundance, which I enjoy and share with others."
- Or just use this, which is pretty all-inclusive: *"The life-giving light of the Lord God Almighty [or, if you prefer, "the Lord Jesus Christ"] shines in all the darkness, and brings complete healing, peace, and right relationships with God, myself, and others."* I like to use this particular one when praying/doing the Code for another person, since it does cover so much.

Other Statements that can be adapted to any category:

I give myself permission to _____. [Fill in the blank with things that give currently deny yourself and therefore is a problem, "love and be loved, relax without

www.healingheartissues.com (blog)

www.healingcodescoaching.com

1

Free email daily devotionals by Diane Eble: www.abundantgiftsfromtheword.com

© Diane Eble, 2010, 2015. All rights reserved.

Diane's Personal Truth Focus Statements

guilt, enjoy my life, give up pushing myself and others, succeed, prosper, simply be," etc.]

God shows me his love in wonderful ways, and saves me with his strength from all my enemies and troubles.

God guards me as the apple of his eye and hides me in the shadow of his wings.

I feed on the bread of God's love and drink of the living water, and rest in the heart of our heavenly Father.

I rest in the place in God's heart that Jesus has prepared for me.

[patience, trust, peace]:

I wait patiently for God (or "I trust God") in his love to give me what I need, when I need it. I can relax completely in his love and care, knowing he's leading me toward a glorious future.

I trust God to show me my best next steps and to guide me in a peaceful way.

MASTER KEY WORDS

Another possible focus, that has worked very well for me, is the Master Key words. The Immune System Master Key is a product that comes from Dr. Alex Loyd and The Healing Codes that gives Words that help heal the soul (mind and emotions), frequencies that help heal the body (binaural beats and other tones), and images to heal the Heart. I find the Words especially powerful, and there is an interesting story behind them. My review, and the story behind the Words, can be found at <http://www.masterkeyinfo.com>.

Forgiveness, Trust, Goodness, Humility

I forgive myself and others, and trust in God's unfailing love to bring good things into my life.

I forgive all who inconvenience, frustrate, or wrong me and let God fill me with love for them. I depend on God alone to take care of me, and accept his strength to deal with all life gives me.

Harmful Actions

The life-giving light of the Lord Jesus Christ shines in all my darkness, and brings complete healing and victory over [harmful action].

Because I belong to Jesus now, the power of the life-giving Spirit has freed me from the power of sin that has led to these harmful actions. I am now a new creation in

Diane's Personal Truth Focus Statements

Christ, completely free in the power of the Spirit to do what is good and right.
(Romans 8:2 and other passages)

Unhealthy Beliefs

I choose to believe the truth, the whole truth, and nothing but the truth.

I love truth and welcome it, even if it's painful. I know that living in truth will set me free.

I choose to believe the truth and let go of the lies that have been programmed into me.

I desire to know as much of the truth about myself, God, and other people as possible, while humbly acknowledging I often can't see or understand the whole truth.

Love

I am worthy of love simply because God created me. God loves me as I am, God meets all my needs, and frees me to love myself and others just as we are.

God frees me to love myself and others in a healthy way. There is no conflict between my needs and their needs. When I operate from love, God works everything out for the good of all.

As I take good care of myself, I am able to truly love others. I am worthy of self-nurturing. I open to giving and receiving love from myself and other people. Love satisfies all my needs.

God loves me so much Jesus died for me. He gladly meets every need, is intensely interested in every detail of my life, and equips me with everything I need to serve him well. He delights in who I am and rejoices over me with singing.

I focus on love and trust God for all my needs.

I bathe in the eternal love of God, and emerge clean, forgiven, and completely healed.

I come to the Good Shepherd, and find peace in his love and care.

Joy

I can fill my life with what gives me joy without hurting others. God is pleased when I am open to receiving all his blessings, so I do open myself to them now.

I enjoy finding ways to make the lives of others more joyful.

Diane's Personal Truth Focus Statements

I give myself permission to _____ [fill in the blank with positive, healthy things that give you joy that you might be denying yourself, e.g., "relax without guilt, enjoy my life, give up pushing myself and others, listen to music, go to the opera, read a good novel, do nothing," etc.].

God creates desires in me so he can have the joy of fulfilling them. He wants to give me the desires of my heart. No good thing will he withhold as I trust in him. The joy of the Lord is my strength.

Peace

I can be at peace at all times, knowing God wants to bless me.

As I trust God completely, he gives life, security, and protection from harm.

As I trust in God, he keeps me in perfect peace. He is perfect, his way for me is perfect, grounded in his great love for me.

I can relax fully in God's love and care for me. I can take in life without effort as I trust in God. (also for Trust)

God is with me at all times and watches over me. He will take care of every need at all times in his perfect love and wisdom. I can relax fully in his love and care, and let life unfold as God wills.

Today I will cease striving, and know that he is God. I will let God's perfect love cast out all fear.

I rest in God, who goes before me and keeps me in perfect peace.

I only need do what God clearly shows me to do.

When I do all I can do, God smiles and whispers, "It is enough."

Patience

I wait patiently for God in his love to give me what I need, when I need it. I can relax completely in his love and care, knowing he's leading me toward a glorious future.

As I cease striving and trust God, he works mightily in my life.

I don't have to hurry, and neither does anyone else. We can all take our time.

Diane's Personal Truth Focus Statements

Even though I'm always growing, learning and getting better, I am satisfied and content right now, knowing God forgives and accepts as I am at this moment.

I wait in hope and trust God's unfailing love and overflowing supply of salvation.

Trust

I trust God's unfailing love and overflowing supply of grace to take care of all I need.

I accept my human limitations and my needs. I do what I can and trust God to take care of the tasks, people and events I cannot get to or control. I cease striving and let God be God.

I trust God, the Wonderful Counselor, to guide and protect me. Thus I am free to enjoy life.

If I give and receive freely and without fear, joy will follow.

I can trust that God will gladly and lovingly meet all my needs and joyfully bring good things into my life. He will also heal all my wounds. I can bring all my troubles to the him, for he cares about and understands my pain and delights in answering prayer.

I will receive all good things by surrendering to love and truth. I can lay down control and trust God.

I focus on love, and trust God for all my needs.

[These words came to me with a little tune. Perhaps you can make up your own.] All is well, all is well. All is in God's hand so—all is well.

Kindness

I treat myself and others with kindness and gentleness.

Knowing I am loved by God makes me feel safe and protected.

I enjoy communicating love through kind and gentle words and actions.

The world is what it is, but I choose to respond with kindness and gentleness, and to forgive all who wrong me.

My needs are just as important as other people's, and it's good and right for me to get my needs met. I trust God to meet my needs.

Diane's Personal Truth Focus Statements

It doesn't matter what people think of me. I trust in God's unfailing love and overflowing supply of salvation.

Giving only opens me up to receiving more. As I give, I become a channel of blessing. I get watered too as the living water flows through me.

Because my heavenly Father treats my weaknesses tenderly (Psalm 103), I can treat the weaknesses of others tenderly as well, knowing that God will take care of my needs. I don't have to depend on others for that.

Goodness

I am wonderfully made in the image of God and redeemed by Jesus' blood. As a new person in Christ, I am loving and I am good and my desires are in line with God's will.

I can depend on God's goodness and mercy to show up in my life, and I can pass these on to others.

As I open myself to God's blessing, true riches of all kinds pour into my life, which I enjoy and use to do good to others.

It's okay to want good things. God says he wants to give me the best of everything. As I trust him and follow his ways, he fills my life with good things, such as beauty, love, health, peace and prosperity.

I come to the Good Shepherd, and trust in his goodness and mercy in all aspects of my life.

I rest in the Good Shepherd, who fills me with his goodness and love.

Humility

I affirm and accept, rather than criticize or control, everyone I know.

Winning is not everything. Love is everything.

I accept my human limitations and my needs. I do what I can and trust God to take care of the tasks, people and events I cannot get to or control. I cease striving and let God be God.

As I take good care of myself, I am able to truly love others. I am worthy of self-nurturing. I open to giving and receiving love from myself and other people, and love satisfies all my needs.

Diane's Personal Truth Focus Statements

I put my hope in God's unfailing love, not in what people think of me.

I don't have to be perfect. God loves and accepts me just as I am.

Self-control

I surrender to God and live by the law of love. As I delight in God, he gives me the desires of my heart.

I accept my human limitations and my needs. I do only what is 100% under my control and trust God to take care of the tasks, people and events I cannot get to or control.

I cease striving and let God be God.

Healing Love Pictures

Below are two of my favorite Love Pictures, which many of my clients enjoy using as well. I believe it heals many of the deepest hurts and fears.

The first one speaks to the sense of being insignificant. It speaks to fear. To feeling like "it's all up to me." It speaks to insecurity, to feeling unloved, to worry.

The second one is especially good for fear, and when you need to feel protected.

If these resonates with you, use them. Let God change them for you. Listen to what he may be saying to you personally. Take them and make them your own:

Love Picture #1:

Picture yourself as a child, crawling up on your Heavenly Father's lap. He welcomes you, and holds you securely with one arm--his left arm. With his right arm he is conducting all the affairs of your life and indeed, the whole world, as a conductor would conduct an amazing symphony.

In this picture he is also singing. With you on his lap, he is singing about how much he loves you, how delighted he is with you. He is singing, "You are my beloved son/daughter, with you I am well pleased." He tells you to rest, since he has done everything that needs to be done. All you have to do is receive all he has for you. He is bursting with joy at all the gifts he has for you..

He also rejoices in his own ability to conduct the affairs of your life and the whole world, how he will make sure everything is OK. Every atom in the universe is subject to him, and he is Love, and wisdom, and he is the mighty warrior who has conquered everything and will one day finish what he started, to make all things right and all things new.

www.healingheartissues.com (blog)

www.healingcodescoaching.com

7

Free email daily devotionals by Diane Eble: www.abundantgiftsfromtheword.com

© Diane Eble, 2010, 2015. All rights reserved.

Diane's Personal Truth Focus Statements

He has already begun that work, in you. He is shining his light into all your dark places, he is working all things together for your good, he is straightening out the bent places and smoothing out the path before your feet. His life-giving light shines all the time, and it brings complete healing, peace, and right relationships with him, with yourself, and others. His life-giving light brings peace, and joy, as he fills you with his love.

*Listen to him singing; feel his love and delight in you, as well as his quiet confidence in his ability to save and to conduct the affairs of the whole universe. From the smallest subatomic particle to the details of your life to whatever it takes to keep the heavenly bodies in place, he is quietly confident in his ability to take care of anything and everything and to work it all into a beautiful harmony.**

*This Love Picture is based on many scriptures, but especially from my favorite verse in the Bible, [Zephaniah 3:17](#). The Scriptures is so full of beautiful "love pictures" that I believe will have a very healing effect as we meditate on them. That's why they were given!

Love Picture #2:

*Picture yourself under the wings of a huge eagle.** Under this eagle's wings, you are safe, protected. It is quiet here. It is beautiful. [Youi might picture your favorite place to be. For me, it's a memory of being in the woods on a warm spring day, by a fast-flowing stream. Birds are singing, wildflowers breaking out of the moist soil, the scent of growing things in the air. My dog is contentedly beside me. I am supposed to be fishing, but what I'm really doing is drinking in Spring and fresh beginnings, Life. You may picture yourself on a beach, or in the mountains ... just picture a wonderful place, under the wings of this Eagle.]*

Though you are under the Eagle's wings, you have a sense of its face. It's sharp eyes are looking far and wide for anything evil that may come against you. You have a strong sense that should anything bad dare to come near, the Eagle's sharp beak will tear it apart. The Eagle is Love to you, but a Strong Protector against anything that will come anywhere near you.

In fact, you are also aware of a great storm outside the Eagle. Not only is there a storm raging, but there is fire in the heavens. You are only vaguely aware of it, however. Though the storms rage outside, you know you are safe under the Eagle's wings. You know, somehow, that the Eagle is a shield against all storms. You know that the Eagle's beak is totally able to tear apart anything evil.

Spend as much time as you need to under the Eagle's wings. Drink in the sense of safety and protection. Linger in that favorite spot of yours.

Go here as often as you need to, even when not doing a Healing Code.

**This picture is based on Psalm 91 from the Hebrew Scriptures.