How The Healing Codes Work

One problem with presenting new information is helping people to connect it to something they already know about. No connection means no understanding.

Years ago doctors didn't know they needed to wash their hands before and after delivering babies. They were not aware that they were harming, even killing, the mothers and their newborns. Ignaz Semmelweis, a Hungarian doctor, proved the benefits of washing his hands by keeping his patients alive. He learned and promoted the idea that cleaning the hands to remove unknown and unseen things was very healthy. Even though he had proof of his theory, Semmelweis was still ridiculed by his peers.

*The Healing Codes* use unseen energy to remove unknown and unseen things that may be causing harm to people. Those unknown and unseen things we call "pictures of the heart."

Two of the most common questions posed to me about *The Healing Codes* system are, "How does it work? Is it spiritual, physical, emotional, self-help, mystical, conscious or unconscious?" My answer is that it works like a drinking fountain. Using established laws of nature from the field of Newtonian physics, a drinking fountain is the final delivery mechanism of water from its original source deep in the earth. Many steps are needed to take advantage of these capabilities.

*The Healing Codes* work because of established laws of nature from the field of quantum physics, laws that have been validated and accepted for at least 75 years. *The Healing Codes* allow us to heal the body in a way we have never done before because we are discovering new ways to use quantum physics. With *The Healing Codes*, we take steps to deliver energy to the body for it to use in healing itself. *The Healing Codes* make bio-energy available to us using a new but natural delivery system.

In short, *The Healing Codes* activate a physical function built into the body by God that consistently and predictably removes the #1 cause of illness and disease from the body. This is another key point to remember: God designed our bodies to be able to maintain optimal health!

Stress Kills

According to the Centers for Disease Control and Prevention in Atlanta (CDC), Stanford University Medical School, and numerous health experts, the number one killer on the planet is stress. Most physical and nonphysical health problems have long-term, physiological stress as their origin. Every time we have a health problem, we should be asking, "What stress is causing this and how can I eliminate it?"

The CDC also estimates that 80% of all health care dollars are spent on illnesses related to stress. Research at Stanford University by cellular biologist Dr. Bruce Lipton found this figure to be low (see [www.brucelipton.com](http://www.brucelipton.com)). His research indicated that over 95% of all illness occurs because of stress in the body's autonomic nervous system.

Wrong Beliefs Cause Stress

According to Dr. Lipton, physiological stress is caused by deeply held wrong beliefs about our circumstances and our selves. We may believe "Bad things always happen to me" or "I can never be safe" or "I am not good enough" or "I always fail." These wrong beliefs cause us to misinterpret our circumstances as threatening, when in actuality they are not, and this creates internal stress. These beliefs are often unconscious, so we may not even be aware that we are acting on our "programming"
rather than reason.

We learn our wrong beliefs in several ways. We learn them from negative experiences that we then draw faulty generalizations and conclusions about. Our parents, our teachers and our peers pass their beliefs on to us by word and example. We even inherit them in our DNA!

This wrong interpretation of our circumstances causes the unhealthy activation of what is known as the "fight-or-flight" syndrome, which has three components:

1. The autonomic nervous system triggers the pumping of adrenalin into our bodies so that we can run faster or fight harder, literally to survive the current event.

2. Resources — including blood flow, nutrients, waste removal, and oxygenation — are shifted away from our internal organs, immune system, and higher intellectual functions, and shifted to large muscle groups and the brain stem, where reactive thinking occurs.

3. Individual cells receive an alarm message from the nervous system to shift out of growth and into the self-protection mode. Cells in self-protection mode are susceptible to illness and disease; cells in growth mode are impervious to illness and disease.

The body was designed to go into the fight-or-flight mode only when our lives are threatened, and then immediately go back into growth mode when the threat has ended. Bruce Lipton explains that if the body stays in this state long enough, illness and disease are likely to follow. This is the process that creates 95% of disease and illness.

Dr. Lipton goes on to show that the reason we are getting sicker as a population, even though our technology and research are improving, is that we are going into the fight-or-flight mode daily. Innocuous events such as hearing the phone ring, driving our cars, going to the mailbox, or looking at our checkbooks can trigger stress.

We remain in the fight-or-flight mode so consistently throughout the day because of our false and unhealed mental images and their associated wrong beliefs that constantly create more negative thoughts, feelings, beliefs and behavior.

Memory Pictures Program Our Hearts and Lives

According to Pierce Howard, Ph.D., author of The Owner's Manual for the Brain, data is encoded into us in the form of images. These images are the literal hard drive programming that determines how everything the operates. In other words, there would be no wrong beliefs that make us sick were it not for the false and destructive images that are stored in our hearts and minds.

Rich Glenn, Ph.D., says it another way in his book Transformation. He states that "the disruption in the body's energy system can be traced back to a disruptive picture; the replacement of that picture creates a permanent healing effect." Glenn advises: "Become aware and mindful of the fact that your current pictures are influencing your life, including your physical, emotional and spiritual well-being."

Research by Dr. Glenn, Dr. Howard, and many others leads to the conclusion that destructive, often unconscious, images cause both physical and nonphysical illnesses.

A study published in the Wall Street Journal stated that the money spent on health care in the United
States has exceeded 15% of our gross national product. At the heart (literally!) of this epidemic of illness is unhealed physiological stress caused by the destructive memory pictures and unhealed energy patterns stored in our body's cells.

What makes the pictures so destructive? Everything is energy at its most basic level, and everything has a frequency that is transmitted to whatever surrounds it. The energy that emanates from painful, negative memories and the cells that contain them is unhealthy for the cells. Just as cancer cells are a result of these destructive frequencies, negative emotions and unhealthy beliefs are the result of the destructive frequencies produced by negative, painful images.

These images trigger fear signals all over the body, sending the nervous system into a state of fight or flight, which is synonymous with stress. As we have seen, over time the fight or flight syndrome will lead to illness and disease. There is even evidence that genetic diseases originate because stress damaged the genes of our ancestors.

There Is Hope for Healing

It was hopeful news when research from the Institute of HeartMath in California indicated that if the stress can be removed, the genes will often heal. They identified an internal healing resource so powerful it literally has a healing effect on damaged DNA. This discovery (which will be described later) offered great promise... However, there were two major obstacles:

1. 90% of the time the source of a problem is unconscious. If you don't know the source, how do you address it?

2. Paradoxically, the self-protection mechanisms in the body resist being healed.

So how can anyone benefit from what they found?

The Healing Codes Transform Destructive Images

The discovery of The Healing Codes revealed the physical function that automatically activates the healing resource identified by the Institute of HeartMath. Using this healing resource, a Healing Code heals by changing the underlying destructive energy pattern, or frequency, of a destructive image to a healthy one.

Healing energy directed at different combinations of the four healing centers of the body is used to heal different unhealthy beliefs and images. These healing combinations could be compared to the four amino acids that make up our DNA. Every difference in every person in the world is determined by a unique combination of just four amino acids.

This fits beautifully with recent research findings that our memories and images may literally be stored in the energy information field of every cell of the body, similarly to DNA. (This would also explain why organ transplant patients may experience memories of the donor) When you do a Healing Code with the appropriate combination of the four healing centers, we believe that you are literally showering every cell in the body with healthy healing energy.

What Is a Healing Code?

What is a Healing Code, and how can it activate such a profound process?
I discovered that there are four healing centers located on the head and neck. These healing centers appear to work like a hidden fuse box that, when the correct switches are flipped on, will allow healing of almost anything. They do this by removing the stress in the body that had switched them off, thus allowing the neuro-immune system to resume its job of healing whatever is wrong in the body.

A *Healing Code* is one set of easy hand positions. Each hand position activates one or two of the four healing centers. One Code can be one hand position, but it is usually made up of several hand positions. Each hand position uses two hands. The hand positions must be done in a specific order to heal a specific issue. Although the instructions may say something like, "Temple — Left hand; Jaw — Right hand" so that it is clear how to do a Code on yourself, it is the healing centers that are important (left temple and right jaw, in this example), not which hand you use.

*The Healing Codes* system uses 12 pairs of Codes, and each pair addresses one of the 12 categories of core spiritual issues that affect everyone's lives. By healing the underlying spiritual issues, the Codes heal the stress that causes most emotional and physical problems. At its most basic, using *The Healing Codes* system means doing these 12 pairs of Codes repeatedly until your issues are healed. As the spiritual and emotional issues that create stress are healed, your joy in life will increase. Also, your body may heal itself as it begins to function as it was intended to function.

A *Healing Code* is performed by aiming all five fingers of both hands at one or more of the healing centers from two to three inches away from the body. The hands and fingers direct flows of energy at the healing centers.

The healing centers activate an energetic healing system that functions in a manner parallel to the immune system. Instead of killing viruses and bacteria, it targets memories related to the issue a person is thinking about. Using positive, healing energy frequencies, it cancels out and replaces the negative, destructive frequencies.

When cells are showered with healthy energy by doing a *Healing Code*, the unhealthy energy is literally cancelled by the positive energy, similar to the way noise cancellation headphones cancel harmful sound frequencies. After the destructive frequencies are cancelled, the image will resonate with healthy energy that will contribute to the good health of the cells, organs, and body system that it resides in. Healing energy has transformed destructive energy that was stored as cellular memories in the body/mind, ultimately affecting the physiology of the cells in the body.

How Do the Healing Centers Affect the Whole Body?

If you follow the path of the healthy energy as it travels through the four healing centers into the body, the physical systems you would discover would include:

**Bridge:** The pituitary gland (often referred to as the master gland because it controls the major endocrine processes of the body) and the pineal gland.

**Temples:** The higher functioning left and right brain, and the hypothalamus.

**Jaw:** The reactive emotional brain, including the amygdala and hippocampus, plus the spinal cord and the central nervous system.

**Adam's Apple:** The spinal cord and central nervous system, plus the thyroid.

In other words, *you would discover the control centers for every system, every organ, and every cell of the body*. Healing energy from these centers flows to them all. Your fingers activate these centers,
and the centers activate the healing process. It does not matter which hand you use to activate a center, but it does matter which center you activate in what order.

Is There Evidence That The Healing Codes Really Work?

As described earlier, the validity of The Healing Codes is established by:

1. Clients' reports of self-healing from all manner of problems, including many regarded as incurable.

2. Mainstream diagnostic tests (Heart Rate Variability) showing stress is consistently removed from the body following the use of a Healing Code.

This is a brand new method, and the validation of our results is still a work in progress, as is our understanding of how a Healing Code works.

This is not at all unusual, even for things that have been used for decades by millions of people. For instance, we may not have a clue as to how particular medicines work, but we believe they do, and so we take them. You may be surprised to know that researchers are uncertain of the way many common medicines work, despite years — even decades or more — of their use. The following are just a few examples out of the Physicians Desk Reference (PDR), a primary reference used by physicians to guide them in precribing pharmaceutical drugs:

Accutane: "The exact mechanism of Accutane is unknown."

Zoloft: "The mechanism of sertraline [Zoloft] is presumed to be linked to its inhibition of CNS neuronal uptake of serotonin." [Emphasis added.]

Xanax: "Exact mechanism of action is unknown."

Risperdal: "The mechanism of Risperdal, like all other anti-psychotics, is unknown."

Depakote: "The mechanism by which valproate [Depakote] exerts its therapeutic effects has not been established."

The above is a representative sample from several major categories of drugs. The PDR is filled with many other drugs whose method of action is also unknown or uncertain.

What Seems Like a Miracle Is Simply a New Discovery

Let me repeat the words of St. Augustine: "Miracles happen, not in opposition to Nature, but in opposition to what we know of Nature."

Although we have known for a long time that destructive energy patterns cause stress and health problems, little is being done by modern medicine to resolve these patterns. The reason you haven't heard more about these truths is that no one has found a reliable, consistent, predictable, validated way to change destructive energy patterns to healthy ones in the body. Moreover, even attempting to do so does not fit the paradigm of traditional modern medicine, which is focused on biochemical treatment, not prevention or healing using bio-energy.
According to physics, the exact equal and opposite frequency is required to cancel out another frequency. For a *Healing Code* to work, something has to find the related unconscious memories, and something has to determine their frequencies, and something has to create the equal and opposite frequencies. And it does!

It not only works, it seems to work almost 100% of the time. At a conference in Mexico, 142 out of 142 who did a *Healing Code* on a memory related to the biggest issue of their lives had the negative power of that memory heal down to a zero or 1 on a 10 point scale. With results like this, we have to be tapping into a system that is designed to heal. If something happened over 99% of the time in nature, we wouldn't even need to do a study. We know an object will fall every time we drop it, and we believed this long before we understood the invisible force of gravity.

Based on our experience and research, we believe that healing these destructive energy patterns is precisely what a *Healing Code* does. And the news is even better than that! A *Healing Code* works without our having to be consciously aware of the destructive images, beliefs, thoughts and feelings that are being healed.

A *Healing Code* — by focusing exclusively on the destructive memory pictures in the heart — is able to heal the stress and the wrong beliefs that underlie the physical and non-physical problems in our lives.

We may not be able to explain it fully yet, but we do believe we know the nature of the seemingly miraculous healing energy that is accessed by a *Healing Code*.

What Is This Amazing Healing Energy?

Just as all colors of light are contained in pure white light, similarly we believe that all virtues are contained in pure love (courage, truth, loyalty, joy, peace, patience, etc.).

In fact, we believe that the energy frequency of pure love will heal anything — and that it may be the only power that will. The vibrational frequency of love is the ultimate healing resource.

What Is Our Scientific Basis for This Theory?

In the last few years several individuals have been able to isolate and quantify the frequencies of love and other virtues. The frequency of love resides in us in every loving memory of our heart. Let me prove it to you. Think about the most joyful, loving memory of your life. Take a moment to fully relive this memory with your eyes closed, calling it back into life again. What do you feel? Don’t you feel good? Don’t you re-experience, at least to some degree, the loving event — even if it occurred decades ago? Why does that happen?

The instant you access and activate a loving memory, the frequency of love is transmitted throughout your body, and it has a corresponding physiological healing effect. As mentioned earlier, the Institute of HeartMath has published studies indicating that activating these types of positive memories can actually have a healing effect on damaged DNA. (See www.heartmath.com.)

In the same way that our loving memories transmit healing frequencies all over our bodies, painful, destructive and distorted memories transmit frequencies that cause illness and disease. According to Dr. Lipton’s research, these destructive memories broadcast a signal in the body that causes us to interpret current circumstances as threatening even when they aren’t. This is what keeps our body under stress. I encourage you to do an experiment with this as well. Recall a memory that is still painful for you and notice how you feel. If you think of this memory long enough, you will not only feel bad, you will
literally shift your cells into the "self-protection mode" and your nervous system into "fight-or-flight."

Unfortunately, your unconscious mind can be focused on these destructive images without your ever knowing it. When this happens, it has the same damaging effect to the physiology of your body as conscious negative thoughts and images. Many people walk around every day with this "process of creating illness and disease" occurring, and they never know it until they become very ill. This is why the source of our problems is unconscious at least 90% of the time, making it impossible to consciously address the cause of our physical, emotional and spiritual issues.

The good news is that the key to healing issues at their root is found inside the human heart, not in anything outside of us. All that is needed is a way to take the power of the love resources of the heart and use them to heal the destructive images that lead to illness.

If the love resources are already inside us broadcasting their healing signals, why don't these images heal on their own?

The problem is that there are certain memories or images that seem to be guarded from receiving healing when healing frequencies are broadcast all over the body. This may be a hidden or repressed memory, as described in psychology, but we might also be completely aware of the memory. It is as if the mind has literally built a fort or stronghold around certain memories. It does this to protect us from the pain of something similar happening to us again. It believes that if we aren’t vigilantly on guard, we might be hurt again. Preventing pain is fine, but by protecting the destructive images in this way, the mind can also prevent the resources of the body from reaching and healing the destructive images. What is needed is a way to infuse healing frequencies into the images that are causing the problem but are not receiving the healing energy.

This is precisely what The Healing Codes do. By accessing the love and healthy resources from all over the body, The Healing Codes then transmit those frequencies through the fingers into the four healing centers to change the energy patterns from destructive images to healthy ones, even the ones being guarded.

People tell us over and over again that as they do The Healing Codes, hurtful memories seem to just melt away and, as they do, physical symptoms also disappear. I believe this is exactly what those physicists were predicting when they made comments such as that of Dr. William Tiller, who said, "Future medicine will be based on controlling energy frequencies in the body."

With that, I welcome you again to The Healing Codes. May they change your life as they have changed mine!