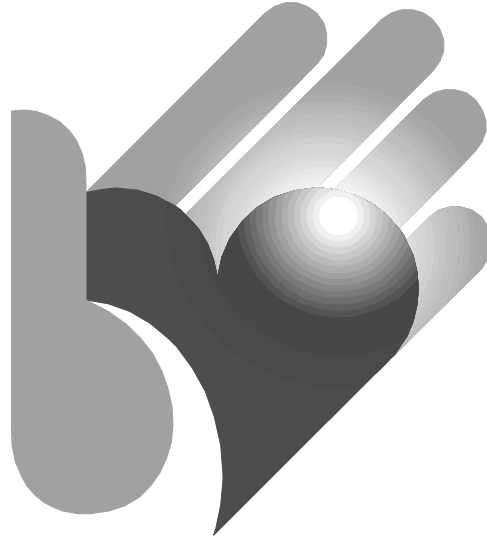


Advanced Training Manual

for



THE HEALING CODES™

Unlocking the Cellular Sequence of Life

by

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"The Healing Codes will revolutionize health."
Mark Victor Hansen, co-author, *Chicken Soup for the Soul* books

"The Healing Codes is truly a Nobel Prize worthy discovery!"
Dr. Steve Robertson

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Disclaimer & Informed Consent

The Healing Codes techniques are not intended to diagnose, prescribe, treat, or cure any disease whether physical or mental. The Healing Codes techniques are self-help techniques used for balancing bio-energetic systems, relaxation, and stress reduction and are not intended as a substitute for medical care. No action or inaction should be taken based solely on the contents herein; instead, readers or viewers should consult appropriate health professionals on any matter relating to their health. The FDA has not evaluated this information and we make no curative claims. We only relate the reported experience of clients and pre- and post-session Heart Rate Variability tests.

Accordingly, this book and the methods it describes should not be substituted for the advice and treatment of a physician or other licensed health-care professional.

The Healing Codes exercises only treat the destructive pictures of the heart and are intended to be used only as directed. Sporadic or non-committal use of exercises may slow the picture-healing process. No one is advised to discontinue or avoid medical or psychological consultations. The Healing Codes theory and practice are based on experience, and pre- and post-session Heart Rate Variability tests. We make no claim that these HRV tests are controlled, clinical, or double blind.

Although this literature and our results reflect our experiences, your results cannot be guaranteed. The Healing Codes coaches practice as bio-energetic consultants and do not practice under any license such as a medical doctor, psychologist, psychotherapist, chiropractor, lawyer, nutritionist, or naturopath. According to Paul Harris Ph.D., "this is the only health field where there has never in history been a validated case of harm." Energetic consulting is not currently regulated by any licensing board in the United States. Any spiritual guidance provided by The Healing Codes is not part of any recognized religion, nor is it intended as the practice of clinical psychology.

The Healing Codes coaches are certified by The Healing Codes organization. Coaches are screened and trained by The Healing Codes staff. Only a percentage of applicants are chosen. Those chosen go through a self-study course. Coaches are released to do coaching work only after completing the course and receiving testing and certification by Dr. Loyd.

This information and the opinions provided here are believed to be accurate and sound, based on the best knowledge, experience, and research of the authors. Readers or viewers who fail to consult with appropriate health authorities assume the risk of any injuries. **Using the techniques herein is acknowledging that you have read, understand, and agree to this disclaimer and therefore that informed consent has been established.**



To make comments about The Healing Codes Advanced Training Manual
please send your email to:
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Introduction to the Advanced Training

This manual is intended as a supplement to The Healing Codes Advanced Training DVDs. Please watch all the videos before using the methods and techniques which are also described here.

The Healing Codes Advanced Training is available only to people who have also purchased The Healing Codes program. We hope that everyone will go through the *12 Days to a Changed Life* and experience the profound healing that The Healing Codes provide as you continue to follow Phase Two of the program.

The Healing Codes Advanced Training covers three topics:

1. The Truth Technique -- Applied Kinesiology

You will learn The Healing Codes copyrighted techniques for how to muscle test. There are many other possible applications in your daily life. Applied kinesiology—also known as muscle testing—is the most accurate bio-resonance testing method in the world when done correctly, and the Truth Technique is the most accurate method of applied kinesiology.

2. The Memory Maker Protocol

After you have healed destructive cellular memories using The Healing Codes, the Memory Maker is a way to infuse a new memory into your heart that will resonate health, joy and peace to your cells, and have a wonderful healing effect. Destructive memories resonate disease and distress, but the right memories can resonate health, joy and peace. This method creates the right kind of memories.

3. Seven Secrets of The Healing Codes

The Seven Secrets describe where The Healing Codes came from, how they work, how problems develop in our lives, and how we can solve them. Knowing the Seven Secrets adds a depth of understanding about healing.

The goal of this training is to give you the tools and instruction you need to deepen your healing work with these methods. You will need to practice the Truth Technique to become skilled at it, and you will need to continue using the Memory Maker to benefit from it. That part will be up to you. It is our hope that your entire life will be affected in the most positive ways.

Dr. Alex Loyd and Dr. Ben Johnson





The Healing Codes Truth Technique

The Truth Technique is a unique system of applied kinesiology—also called muscle testing—that was discovered and developed by Dr. Alex Loyd in 1997, and copyrighted in 1999. It is easy to learn, and it is more effective than any technique we know of. The Truth Technique is unique and effective for two important reasons. It doesn't rely on muscle strength and weakness for muscle testing, and so muscle fatigue is never a problem as it is with traditional Applied Kinesiology. It also has built in controls that correct the possible emotional bias and uncertainty that can influence standard muscle testing.

When you discover the many ways you can apply the Truth Technique, you will realize how it can literally change your life for the better. This is very exciting, and for a while you may want to do almost nothing else but muscle test everything you can think of as you practice your new skill. It's a great deal of fun, and the Truth Technique makes it even easier to learn and much more reliable than standard Applied Kinesiology. When you have practiced and mastered the Truth Technique, it is like having a portable product tester with you wherever you go.

There are two elements of the Truth Technique: the muscle testing methods themselves, and the series of truth-testing questions that improve the method's accuracy. Combined, they are unparalleled in their ability to access your body's innate wisdom about what is good and healthy and true.





Applied Kinesiology and Muscle Testing

What Is Applied Kinesiology?

Applied kinesiology—when done correctly—is the most accurate form of testing available for determining what is helpful or harmful for our bodies. *Kinesiology* is the study of human physical movement in general, and applied kinesiology (AK) uses this understanding to test how the body moves in response to positive and negative stimuli, especially food, supplements, and even thoughts and emotions.

AK was developed in the early 1960's by Dr. George Goodheart, an American chiropractor. Dr. Goodheart realized that testing the strength or weakness of the skeletal muscles was a way to diagnose how well the internal organs were functioning. He taught his method to many students, who developed still more ways to use AK in their professions. The best known type of AK links traditional Chinese ideas of energy flow, such as are used in acupuncture and acupressure, with Western style muscle testing. AK is now used by many people in everyday life, not just chiropractors and other professionals.

This energy branch of AK—also known as muscle testing—is type of bio-resonance testing based on the fact that all matter, including our bodies, is made of energy, and all energy has a frequency at which it resonates. *Bio-resonance testing* measures some aspect our biological energy fields (called *biofields* by today's scientists).

When we bring a toxic substance into the body's energy field, it interrupts the energetic connection to the muscle. People use AK to determine if a food or supplement is good for them, and there is other information that can be learned from testing as well. Some of it will be discussed as we explain the Truth Technique and why it is the most effective method of muscle testing.

Traditional muscle testing is usually done in pairs, with one person pressing down quickly but firmly above the wrist of the other person, who is holding one arm out straight. If the arm is capable of resisting being pushed down, then the response is strong. If the arm can't resist, the response is weak. A strong response shows that the person's body (and biofield) has a positive or neutral response to whatever is being tested. A weak response shows that the body's response is negative.

The Biological Truth Detector

What Dr. Goodheart, his students, and the people who have studied and developed AK muscle testing discovered was that there is a biological truth detector built into the

Applied Kinesiology and Muscle Testing

circuitry of every human being. Our bodies' electro-magnetic energy fields have a positive/negative polarity, similar to a magnet, a battery and the earth itself. Energy flows through our bodies at all times, but this flow can be interrupted or reversed by false statements, toxic substances, and negative thoughts or emotions. True statements, neutral and healthful substances, and positive thoughts or emotions do not disrupt our bodies' energy flow. They can even correct it when it has been interrupted or reversed.

This activity of our biofields can be compared to the basic functioning of a computer, where every bit of information is either a 1 or a 0, either On or Off, but in this case the muscle response is either Strong or Weak. This built-in truth detector responds to statements which have a simple True or False answer. Depending on what you are testing, you might also think of the answer as Yes/No or Positive/Negative. In any case, your body is responding to something that is true or healthy or beneficial by remaining strong, and responding to something that is false or unhealthy or harmful by becoming weak.

The key to using the biological truth detector is to be able to tell the difference between a strong and a weak muscle response. A muscle test is simply an outward manifestation of an inward shift in energy toward the positive or negative. What we really want to know is that shift in energy. Anything harmful—a toxin, a negative emotion, a word, even a person—causes an inward shift that momentarily weakens every muscle in the body, and that is why muscle testing works.

All we need to do is place a toxin in someone's energy field for them to react negatively to it, *even if they do not know what is in their field!* The implications of this fact are huge. It means that muscle testing is a way to determine the inward truth which is known by our innate biology, regardless of the knowledge and belief systems of our minds.

In other words, we have a wonderful internal mechanism that allows us to tell if something is healthy for us physically, emotionally and spiritually. This positive or negative response is not hit or miss. It happens every single time, whether we are aware of it or not. All through the day this electro-magnetic mechanism is being activated because the body is always reacting to what is beneficial or harmful. Over time, as we practice muscle testing, our awareness of our bodies' positive and negative reactions increases as we learn to pay attention to the messages our bodies are giving us.

One of the two greatest drawbacks to the usual procedure for muscle testing is that a person's arm quickly gets tired as they hold it out and resist the pressure test over and over again. The other major drawback is that if either the person performing the test or the person being tested has a strong emotional reaction to what is being tested, that can influence the outcome of the test.

Fortunately for the people receiving this training, the Truth Technique has neither of these two drawbacks. We can use the Truth Technique for hours without our muscles tiring, and we can determine with each test whether it is accurate and reliable.



Muscle Testing with the Truth Technique

The accuracy and reliability of The Healing Codes Truth Technique rests on two elements: the superior accuracy and reliability of its unique muscle testing methods, and the layers of checking and re-checking for reversals in the body's energy flow with the testing procedure. Once you are confident in using your testing ability, it is rare for anyone to receive inaccurate results.

The Truth Technique muscle testing methods are easy to use. Muscles do not become fatigued as they do with standard muscle testing, because the Truth Technique tests muscle flexion instead of muscle strength. When a statement is true, muscles not only remain strong, they also flex or extend easily. When a statement is false, they are constricted as well as weak. Muscle flexion and constriction is a more consistent test of the effect of something on our energy fields than muscle strength or weakness, which is why it is more reliable.

After you've practiced these methods of muscle testing for a while, you can easily feel the difference, and there will be a bigger difference in how much your muscles flex or constrict in response to your statements. The more aware you become of your body's responses to harmful and beneficial substances and emotions, and the more clear you become in your mind regarding the test, the better your testing will be.

The Truth Technique offers several methods for testing muscle flexion or constriction. Different methods work better for different people, so you will want to play with them all until you know which one works best for you. We strongly suggest mastering one of the one-handed methods. This allows you to use the other hand to hold a food or substance in your energy field.

All muscle testing takes a little practice, but almost anyone can quickly master the skill with practice. Absolutely everyone can eventually master it once they find and practice the method that works best for them. At first you may not be sure of yourself, and many people are frustrated at first, but everyone learns it with practice.

As you begin to practice and play with these muscle testing methods, it is helpful to use statements where you know the answer and to test substances that you know are harmful or beneficial. This may sound like it will give you "fixed" results, but it's not really possible to fake the flexibility and constriction of your muscles. By beginning with known answers, you can concentrate on learning to move your muscles with the same amount of force or effort each time, and especially on learning to feel the difference between your body's positive and negative responses.

All but one of these methods can be performed with either hand. Many people find that their non-dominant hand (i.e., your left hand if you are right-handed and vice versa) is more flexible and responsive to these tests.



Truth Technique Muscle Testing Methods

Most people are successful using the first two methods, the Wrist Flip and the Thumbs Up, and these two are recommended. Almost everyone has one method which works best for them, which is the reason more than one method is given. Everyone can learn to test, and practice is the key to mastery.

The Wrist Flip

*Please watch the demonstration before trying this muscle testing method.
Doing it incorrectly could be frustrating and damage your confidence.*

1. Hold your arm straight out away from your body with your hand flat and the palm facing down at the floor.
2. Make a statement (ex: "I want to be healthy").
3. Flip your wrist as far as it goes without forcing it, so your fingertips rise and the back of your hand is towards your body.
4. Note how high your fingertips rise at the end of the wrist flip.
5. Return your hand to the palm down position.
6. State the opposite of the first statement (ex: "I want to be sick").
7. Flip your wrist back again with the same amount of force.
8. Note how high your fingertips rise this time.

Your wrist will flex further after a true statement than a false one, so your fingertips will rise higher after a true statement. You may need to support your arm when you begin to practice, so that your arm doesn't rise when you flip your wrist. Learn to flip your wrist with the same amount of force after all statements. Learn to see and feel the difference between your responses to a true and a false statement. Make your statement before you flip your wrist, not as you flip it. You may not see and feel the difference right away, but there will be a greater difference as you become comfortable with the technique.

Thumbs Up

*Please watch the demonstration before trying this muscle testing method.
Doing it incorrectly could be frustrating and damage your confidence.*

1. Hold your straight arm away from your body with your hand in the “thumbs up” position—a fist with your thumb extending away from your hand. Keep your hand in this position the entire time.
2. Rotate your hand until your thumb is pointing outwards as far as it will go naturally.
3. Make a statement (ex: “I want to be healthy”).
4. Rotate your hand until your thumb is pointing inwards as far as it goes easily, without forcing it.
5. Note where your thumb stops.
6. Return your thumb to the outward-pointing position.
7. State the opposite of the first statement (ex: “I want to be sick”).
8. Rotate your hand with the same amount of force until your thumb is pointing inwards as far as it will go easily.
9. Note where your thumb stops this time.

Your arm will rotate further after a true statement than a false one, so your thumb will stop lower for a true statement. Learn to rotate your hand with the same amount of force after all statements. Learn to see and feel the difference between your responses to a true and a false statement. Make your statement before you rotate your hand, not as you rotate it. You may need to support your arm when you begin to practice, so that your shoulder doesn't rotate as you rotate your arm. Hold your arm and elbow in the same position every time. After a while, you will be able to perform this test accurately with a bent elbow next to your body or an elbow on the table. You may not see and feel the difference right away, but there will be a greater difference as you become comfortable with the technique.

The Pistol

*Please watch the demonstration before trying this muscle testing method.
Doing it incorrectly could be frustrating and damage your confidence.*

1. Form a gun with the fingers and thumb of one hand like a child would do when playing cops and robbers. Point the barrel of the gun (your index finger) straight ahead, make a fist with the other three fingers, and point the thumb up. Keep your hand in a gun position the entire time.
2. Make a statement (ex: "I want to be healthy").
3. Lift the barrel finger of the gun hand up as far as it goes easily, without forcing it.
4. Note how high the tip of your barrel finger rises above pointing straight ahead.
5. Return the barrel finger to pointing straight ahead.
6. State the opposite of the first statement (ex: "I want to be sick").
7. Lift the barrel finger of the gun hand up with the same amount of force as far as it will go easily.
8. Note how high your barrel fingertip rises this time.

Your wrist will flex further after a true statement than a false one, so your barrel fingertip will rise higher after a true statement. As you begin to practice, use the other hand to hold the gun hand just behind the wrist to keep your arm from rising when your finger does. Learn to cock your wrist back with the same amount of force after all statements. Learn to see and feel the difference between your responses to a true and a false statement. Make your statement before you lift your barrel finger, not as you lift it. You may not see and feel the difference right away, but there will be a greater difference as you become more comfortable with the technique.

The Double Pistol

The Double Pistol method controls for reversals automatically because your palms are pressed together. If you are having difficulty getting consistent results in your testing, you may want to use this technique for a while.

*Please watch the demonstration before trying this muscle testing method.
Doing it incorrectly could be frustrating and damage your confidence.*

1. Clasp your hands with your palms together and your fingers interlaced, as if praying.
2. Form a gun with the index fingers and thumbs of both hands like a child would do when playing cops and robbers. Point the barrel of the gun (your index fingers pressed together) straight ahead, and point the thumbs up together. Keep your hands in a gun position the entire time.
2. Make a statement (ex: "I want to be healthy").
3. Lift the barrel of the gun up as far as it goes easily, without forcing it.
4. Note how high the tips of your barrel fingers rise above pointing straight ahead.
5. Return the barrel fingers to pointing straight ahead.
6. State the opposite of the first statement (ex: "I want to be sick").
7. Lift the barrel of the gun up with the same amount of force, as far as it will go easily.
8. Note how high your barrel fingertips rise this time.

Your wrists will flex further after a true statement than a false one, so your barrel fingertips will rise higher after a true statement. As you begin to practice, learn to keep your arms from rising when your fingers do. Learn to cock your wrists back with the same amount of force after all statements. Learn to see and feel the difference between your responses to a true and a false statement. Make your statement before you lift your barrel fingers, not as you lift them. You may not see and feel the difference right away, but there will be a greater difference as you become more comfortable with the technique.

The Head Turn

*Please watch the demonstration before trying this muscle testing method.
Doing it incorrectly could be frustrating and damage your confidence.*

1. Face squarely forward, keeping your neck and shoulders relaxed.
2. Make a statement (ex: "I want to be healthy").
3. Turn your head to one side toward your shoulder as far as it goes without forcing it.
4. Note where the middle of your chin stops.
5. Return your head to facing forward.
6. State the opposite of the first statement (ex: "I want to be sick").
7. Turn your head again, to the same side with the same amount of force.
8. Note where the middle of your chin stops this time.

Your neck will flex further after a true statement than a false one, so the middle of your chin will travel further after a true statement. Keep your shoulders still and turn only your head, not your body. Learn to turn your head with the same amount of force after all statements. Learn to see and feel the difference between your responses to a true and a false statement. Make your statement before you turn your head, not as you turn it. You may not see and feel the difference right away, but there will be a greater difference as you become comfortable with the technique.

The Finger Lift

*Please watch the demonstration before trying this muscle testing method.
Doing it incorrectly could be frustrating and damage your confidence.*

1. Lay your open hand palm down on any surface, such as a table or your leg.
2. Make a statement (ex: "I want to be healthy").
3. Lift your index finger as far as it goes without forcing it.
4. Note how far your finger rises above your hand.
5. Return your finger to the palm down position.
6. State the opposite of the first statement (ex: "I want to be sick").
7. Lift your index finger again with the same amount of force.
8. Note how far your finger rises this time.

Your finger will flex further after a true statement than a false one, so your finger will rise higher after a true statement. Learn to raise your finger with the same amount of force after all statements. Learn to see and feel the difference between your responses to a true and a false statement. Make your statement before you raise your finger, not as you raise it. You may not see and feel the difference right away, but there will be a greater difference as you become comfortable with the technique.

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#### *A Note About the Copyright to These Muscle Testing Methods*

These copyrighted testing techniques are the reason you were asked to sign a confidentiality agreement when you purchased the Advanced Training. In order to guarantee that no one is harmed by using an incomplete version of these methods, please respect the agreement and the copyright.

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Controlling for Reversals

Anyone's energy flow can become reversed because it is affected by many factors. You may not have gotten enough sleep. You may be in a stressful environment. You may feel some anxiety about the issue that you are testing. Often people simply have not had enough water to drink that day.

Here are a few simple methods that you can use while you are performing the Truth Technique. We recommend that you use them every time for the entire time you are testing to ensure the greatest possible accuracy. Please watch the demonstration of these methods to learn them correctly.

1. **Karate Chop**

Tap the outside edge of one hand on the palm of the other hand at least five times, as if you were lightly karate chopping your palm.

2. **Palm Clasp**

This is what corrects reversals when you use the Double Pistol method.

Clasp your hands so your palms are pressed together.

3. **Water**

Drink 8 oz. (or more) of water and try again in 10 minutes.

4. **Thumb and Finger**

Press the pad of the thumb against the first crease from the fingertip on the underside of the index finger of that same hand.

5. **Knuckles Under Chin**

This is the most effective technique for controlling energy reversals.

Bend all four fingers gently at the second knuckle from the fingertips.

Place the second knuckle of the middle finger under the middle of the chin behind the bone.

Rest the tops of all four fingers against the underside of the chin.

Tuck the thumb in and rest the thumbnail against the insides of the fingers.



The Truth Technique Testing Procedure

All muscle testing requires mental and emotional clarity, otherwise we may influence our energy fields that are giving the answers. Our thought fields are capable of switching the polarity of our bio-fields, so we must be in a position of neutrality where we are not trying to get a certain answer and are not afraid of what answer we will get. We must simply want to know the truth, even if the truth is not the answer we desire or expect to receive. In fact, we shouldn't bother to do the test at all if we are going to go ahead and do what we want to do regardless of what the test indicates. Disregarding what we learn will begin to deteriorate our ability to test accurately.

Step 1: Test for Blocks to Accuracy

It's not always easy to know if you might influence the results of your muscle testing. It's also hard to know if your biological energy circuits are flowing in the right direction to begin with. The Truth Technique uses what we call the Test for Blocks to Accuracy to determine whether your energy flow is blocked or switched. If it is, then you know to correct a polarity reversal before you begin the test so you don't get incorrect or inconsistent answers. (A polarity reversal simply means that your energy flow is blocked or has switched direction.) Use this preliminary test every time to ensure you are testing accurately and won't get inconsistent answers.

Always make statements when you perform any part of the Truth Technique Testing Procedure. If you ask questions, your results will not be as clear. The test will show whether the statement is true or false, and you can test both the positive and negative of a statement to give yourself confidence that you are receiving accurate results.

Everyone should get a "yes" to certain statements and a "no" to others that are used in the Test for Blocks to Accuracy. We begin with the statements "I want to be healthy" and "I want to be sick" because, on a basic biological level, even a suicidal person has a will to survive regardless of their emotional condition. Getting the wrong answers to these first two questions lets you know immediately that your energy flow has switched and you need to use one of the techniques to correct reversals. (It does not mean that you want to be sick!)

The third statement is, "I am ready to test truthfully—free of deception, desire and fear." These are three important factors that can block your testing. If you have difficulty clearing them using the methods suggested in the explanation of the test, this can give you insight into what issues you need to work on with The Healing Codes.

At the end of every test, we confirm the results by testing the statement, "This is the best whole truth."

The Truth Technique Testing Procedure

No muscle test—even the Truth Technique—is 100% accurate, which is the reason we use these filtering statements before and after testing. Go through all the steps of the Truth Technique testing every time to ensure your accuracy.

The exercises in the Peace category of The Healing Codes treat the negative emotion of anxiety, so they are good for clearing problems if you are having difficulty with your testing.

Step 2: The Heart Check

Once you have established that you are testing clearly, the next thing you must do is find out if you should even ask about the issue you want to test or not. We want to be acting in love and light and truth at all times, so we test the statement, “It is in the best love interest of my heart to test _____ (the issue).”

If you get a “no” you should stop right here. If it is not in the best love interest of your heart to test an issue, you will not receive clear answers.

We define the “heart” in the Biblical sense of the word, including your unconscious mind, your conscience, and your spirit. Your heart is the true you, the you at the core of your being that is more than your body and experience. Many people think of this as the Higher Self, but we believe it is more accurate to call this aspect of your being the heart, because it is a source of wisdom in your physical being that you can tap into for information.

There is harmony and a trust relationship between you and your heart. Don’t test something if you are not going to act on it. If you do, you will begin to get inconsistent responses. Disregarding what you learn will begin to deteriorate your ability to test accurately because you are creating disharmony and distrust between you and your heart.

However, if the issue you want to test is about a decision you are making and the Heart Check says not to test it, then feel free to go ahead and choose for yourself. Not every issue is black or white, positive or negative. When it is, you will receive a clear “yes” or “no,” but when it isn’t, just enjoy your freedom to do as you please and make your own decision. You don’t need to test what color of shirt to buy. Buy what you like.

A clear example of when you just plain should not continue is if you want to do surrogate testing for someone else without their permission or test for personal information about someone else. If you test an issue that is not yours to know about, you have stepped out of the light and into the darkness. You may get answers, but you will not get reliable answers. In fact, they are more likely to be wrong than right. You will never get reliable answers about the future, either. As long as you have free will (and you do) the paths to future events are still open and cannot be determined from a human point of view.

Step 3: The Heart Test or the Stimulus Response Test

When you first begin testing issues using the Truth Technique, you will need to test whether to use the Heart Test or the Stimulus Response Test as Step 3. You need to determine this only once, and from then on you will use the same test every time.

Well over 90% of people test positive for using the Heart Test. A few more detail-oriented and clinically-minded people test positive for using the Stimulus Response Test.

Both tests begin by retesting for energy reversals using the same statements as the Test for Blocks to Accuracy. Although you have already gone through these statements a minute ago, it is very possible for your energy to become blocked or switched by your emotional response to thinking about the issue you want to test.

The Heart Test uses statements that aim specifically at what you want to know about an issue. If you want to know if something you intend to buy is good for you, you would test the statement “_____ is good for me.” If you are concerned that a substance may be toxic to you, you would test the statement “_____ is toxic to me.” When you get a “yes” or “no” response, you can also test the opposite statement as a way of confirming it. Whether you test the opposite statement or not, you will also test the statement “That is the best whole truth” afterwards as a mini-check on the accuracy of the test.

The Heart Test also includes a procedure for learning more information about the issue. You will ask if you need to be more specific in your statements, and if you get a “yes” you know that there is more information that will be helpful to you in making your decision or dealing with an issue. The Heart Test procedure leads you through these steps also. After double-checking the truth of your responses, you will be ready for Step 4, which is a final test for the accuracy of the entire test you have just performed.

The Stimulus Response Test is a less detailed version of Step 3. It simply indicates whether a food, a substance or an issue is a problem for you. After retesting for energy reversals, you perform three simple tests to which you will receive three specified responses if the issue is not a problem for you. If there is any variation in your responses from the ones that are specified, you know that the issue is a problem for you. After double-checking the truth of your responses, you will be ready for Step 4, the final test for the accuracy of the entire test you have just performed.

Step 4: Retest for Accuracy

Once again, at the end of your testing, you will ask the three basic questions which test for reversals. If you get a wrong answer here, your energy has become reversed in the last steps of Step 3, possibly because of your emotional reaction to the issue and to the answers you have just received. At times it may seem that all this testing and re-testing is unnecessary, but this process is what guarantees that you can trust the responses you get with the Truth Technique. This muscle testing method is superior, but it can only be as accurate as your own energy flow at the time you are testing. With experience, the process goes so quickly the extra testing will take no time at all.

The Healing Codes Truth Technique

Testing Procedure Flow Chart

1. Test for Blocks to Accuracy

(to check for reversals)

- a. Say: "I want to be healthy." (should get a 'yes')
- b. Say: "I want to be sick." (should get a 'no')
- c. Say: "I am ready to test truthfully - free from all deception, desire and fear." (should get a 'yes')

If you are blocked or switched, follow the guidelines on clearing reversals.

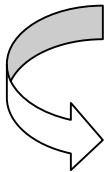
If you're not reversed, proceed to Step 2 of the test.



2. Heart Check

Say: "It is in the best love interest of my heart to check _____" (this issue).

If it is not in the best love interest of your heart, stop here.



Go To the Heart Test

(over 90% of people use the Heart Test)

OR

Go To the Stimulus Response Test

(less than 10% of people use the 2nd SR Test)



3. Heart Test

Retest for reversals

- a. Say: "I want to be healthy."
(should get a 'yes')
- b. Say: "I want to be sick."
(should get a 'no')
- c. Say: "I am ready to test truthfully – free from all deception, desire and fear."
(should get a 'yes')

Test the issue

- d. Say: "The Best Whole Truth is that _____ is (good/toxic/a negative issue) for me."
- e. Say: "That is the Best Whole Truth."

If you get a 'yes' proceed to the next step.
If you get a 'no' return to step a, and use either the same or a different statement in step d.

- f. Say: "I should be more specific."

If you get a 'yes' to this statement, return to step d and be more specific about the issue.

When you get a 'no' to this statement, move on to step g.

- g. Say: "This is the Best Whole Truth."

If you get a 'no' return to step d.



3. Stimulus Response Test

Retest for reversals

- a. Say: "I want to be healthy."
(should get a 'yes')
- b. Say: "I want to be sick."
(should get a 'no')
- c. Say: "I am ready to test truthfully - free from all deception, desire and fear."
(should get a 'yes')

Test the issue

- d. Name the issue "_____"
(ex: "corn" or "anger")
(should get a 'yes')
- e. Say: "_____ - I want to be healthy." (should get a 'yes')
- f. Say: "_____ - I want to be sick." (should get a 'no')

If you get anything other than 'yes' – 'yes' – 'no', the issue is a problem for you.

- g. Say: "The Best Whole Truth is that this was an accurate test."

If you get a 'no' return to step d.



4. Retest for Accuracy

- a. Say: "I want to be healthy." (should get a 'yes')
- b. Say: "I want to be sick." (should get a 'no')
- c. Say: "I am ready to test truthfully – free from all deception, desire and fear."
(should get a 'yes')

If you get a wrong answer to any of these statements, begin Step 3 again.



Explanation of The Testing Procedure Flow Chart

The Truth Technique Testing Procedure flow chart on the preceding pages provides a quick reference for the testing process once you are familiar with it. This section follows the steps of the flow chart. It expands on any area where you might have questions about why something is done, how to use the technique, and how to handle any variations you may experience.

If you are a person who likes to understand how everything works and why it is done, you will enjoy reading this entire section. If you are a person who prefers to see a demonstration and learn by practicing a method yourself, you may find that it is enough to watch the DVDs and follow the Truth Technique Testing Procedure flow chart

When you experience variations on the simple flow of the testing procedure, you can refer to this section for how to remove blocks, correct reversals, and refine your statements to get more specific information about whatever you are testing.

1. Test for Blocks to Accuracy *(To check for reversals)*

Begin every test with the Truth Technique by checking for reversals in your energy system. You may be reversed because of the way you feel about the issue you are testing, or you may be reversed for other physical or emotional reasons. You do not need to determine the details of why you are reversed, but you do need to know if you need to correct a reversal.

- a. Say: "I want to be healthy." (should get a 'yes')
- b. Say: "I want to be sick." (should get a 'no')

Stating both the positive and the negative here accomplishes two things. It demonstrates how your 'yes' muscle extension and your 'no' muscle contraction feel at this time. More importantly, these are statements where the answers should *always* be the same, regardless of your health or your emotional state. Getting a 'no' to statement (a) or a 'yes' to statement (b) tells you immediately that the direction of your energy flow has switched and you must correct for an energy reversal.

Finding that your energy is switched may simply mean that you forgot to use one of the recommended techniques for preventing reversals (page 14). It is always best to correct for reversals the entire time that you are testing any issue. Use one now, and make statements (a) and (b) again.

Explanation of the Testing Procedure Flow Chart

If you're using one of the recommended techniques for preventing reversals and you receive the wrong responses to statements (a) and (b), you should still proceed to step (c) to determine if there are blocks to accurate testing.

- c. Say: "I am ready to test truthfully - free from all deception, desire and fear." (should get a 'yes')

This statement assesses two types of heart issues that may block accurate testing. One is whether there is an emotional energetic block due to your own desire or fear about the issue you are testing. The second is whether there is spiritual deception involved that is blocking your ability to receive an accurate result to your testing. In both cases, you can correct for an energy reversal by using the appropriate prayer or request of your heart.

First determine which of the three heart issues is blocking your testing. To do this, test on each of the three issues in turn, beginning with the two emotional heart issues since they are more common.

It's worthwhile to find out which issue is a problem, because you may want to learn more about why it is blocking you. You might decide that you'd like to do a Healing Code on the issue if it seems significant or if it frequently blocks your testing.

Say: "I am free from desire in my testing." (should get a 'yes')

Say: "I am free from fear in my testing." (should get a 'yes')

If you get a 'no' to one of these statements, you are experiencing an emotional reaction to testing this issue, and it has created an energetic block. Your emotional reaction may be about the issue itself, so that your body has a negative reaction to the subject or substance. Or maybe you desire to have a certain response or fear that you will get a certain response. Any of this can interfere with your ability to stay neutral and want the truth regardless of which answer you get. If this happens, simply stop and pray or make a request of your heart to clear this problem for you.

Pray/Request: "May my testing be free and clear of all desire." or

Pray/Request: "May my testing be free and clear of all fear."

At this point, you retest statement (c) and proceed if you get a 'yes'.

If you tested that you were already free of desire and fear in your testing, then test for spiritual deception.

Say: "I am free from deception in my testing." (should get a 'yes')

If you get a 'no' to this statement, your testing is being influenced by negative spiritual forces that are blocking the truth. Simply stop and pray or make a request of your heart to clear this problem for you.

Explanation of the Testing Procedure Flow Chart

Pray/Request: "May my testing be free and clear of all deception."

Retest statement (c) and proceed if you get a 'yes'.

If you still get a 'no' to statement (c), and you still test that you are not free of deception, then you should make the following declaration.

Say: "I am a child of God's love and light; darkness leave me now".

Testing that there is spiritual deception blocking your testing should not be a cause of fear or distress. God's light and love and peace are always more powerful than the darkness.

If none of this works to give you the right answers, you probably have testing anxiety issues. Do the Peace Healing Codes for fear and anxiety, and then retest.

If you are blocked or switched, follow the guidelines on clearing reversals.

Clearing reversals is discussed above as it applies to each statement.

If you are still reversed after following these recommendations, you may simply be dehydrated. Try drinking a large glass of water before testing.

If you're not reversed, proceed to Step 2 of the test.

2. Heart Check

It is always best to determine whether it is spiritually and emotionally healthy—or even permissible—to test any given issue. The reasons for this are explained in the introduction to this procedure. The Heart Check is one quick step in the process, and it should not be skipped.

Say: "It is in the best love interest of my heart to check _____" (this issue).

*If it is not in the best love interest of your heart,
stop here.*

If you receive a 'no' to this statement, you need to trust your heart and your body's innate wisdom. Even if you don't understand why, it is in your own best interest not to know more about this issue. Your heart may just be telling you that it is fine to make a decision without testing. It is also possible your heart is telling you that you could be stepping out of the light and into darkness by proceeding.

Which Test for Step 3?

When you first begin testing issues using the Truth Technique, you will test whether to use the Heart Test or the Stimulus Response Test as Step 3 in the testing procedure.

Follow Step 1 to check your polarity and correct for reversals.

Say: "I should use the Heart Test." (should get either a 'yes' or a 'no')

Say: "I should use the Stimulus Response Test." (should get the opposite)

Over 90% of people will test positive for using the Heart Test. Less than 10% of people (generally the most detail-oriented and clinically-minded types) will test positive for using the Stimulus Response Test.

You only need to test this once. From then on, you will use that test for Step 3.

3. Heart Test

Retest for Reversals

First, recheck to make sure that your energy polarity has not become reversed while performing the Heart Check.

- a. Say: "I want to be healthy." (should get a 'yes')
- b. Say: "I want to be sick." (should get a 'no')
- c. Say: "I am ready to test truthfully - free from all deception, desire and fear." (should get a 'yes')

If you test that your energy is blocked or switched on any of these statements, follow the recommendations in Step 1 for correcting reversals. Then proceed to step (d).

Test the issue

d. Say: "The Best Whole Truth is that _____ is good for me." or

Say: "The Best Whole Truth is that _____ is toxic for me." or

Say: "The Best Whole Truth is that _____ is a negative issue for me."

Explanation of the Testing Procedure Flow Chart

Use any statement that fits the food/substance/issue/emotion that you are testing. Begin with one that fits what you need to know about the issue. For example, you may be more concerned about whether something is toxic for you than whether it is good for you. If you need to return to this step because of your results in step (f), you may want to choose a different statement. Whether you get a 'yes' or a 'no', proceed to step (e).

- e. Say: "That is the Best Whole Truth."

This is a mini-check to confirm what you tested in step (d).

If you get a 'yes' proceed to the next step.
If you get a 'no' return to step (a) and use either
the same or a different statement in step (d).

A 'yes' indicates that the result of your testing the statement in step (d) is accurate, so you should go to the next step. A 'no' indicates either that you have become reversed and you need to retest for reversals, or that you need to use a different statement in step (d). If you are correcting for reversals already, begin again at step (a) but try a different statement for step (d).

- f. Say: "I should be more specific."

This step ensures that you will learn what you need to know about an issue before you are finished testing it. Otherwise, you might make a decision based on partial results. It will lead you to any information needed to make an informed choice for your physical and emotional health, habits and lifestyle.

If you get a 'yes' to this statement, return to
step (d) and be more specific about the issue.
When you get a 'no' to this statement,
move on to step (g).

If you get a 'yes' to this statement, your body is telling you that a simple 'yes' or 'no' in step (d) is not sufficient. This is the point where you can refine your statements to determine to what degree an issue is positive or negative, healthy or toxic, for you at this time. Tailor your details to fit the issue. Examples of ways to be more specific are:

Say: "____ is (slightly/moderately/very) (good for/toxic to) me." or

Say: "I should (take/do) ____ (every day/every other day/etc)." or

Say: "I should (take/do) ____ (one/two/three) times a (day/week/month)." or

Say: "____ (this issue) is (25% / 50% / 60% / etc.) healed."

Explanation of the Testing Procedure Flow Chart

When you get a 'no' to statement (f)—which may be the first time through or after being more specific several times—you are ready to move on to step (g).

- g. Say: "This is the Best Whole Truth."

This is a mini-check to confirm the details you just added to your testing and to confirm that you do not need to be any more specific in the statements you are testing. You should always end by testing this statement.

If you get a 'no' return to step (d).

You may still need to refine, restate or confirm your statement about this issue.

After completing the Heart Test, proceed to Step 4.

3. Stimulus Response Test

Retest for Reversals

First, recheck to make sure that your energy polarity has not become reversed while performing the Heart Check.

- a. Say: "I want to be healthy." (should get a 'yes')
- b. Say: "I want to be sick." (should get a 'no')
- c. Say: "I am ready to test truthfully - free from all deception, desire and fear." (should get a 'yes')

If you test that your energy is blocked or switched on any of these statements, follow the recommendations in Step 1 for correcting reversals. Then proceed to step (d).

Test the issue

Regardless of the responses you get as you go through this test, test all three statements in steps (d), (e) and (f) and then confirm your results in step (g).

- d. Name the issue " _____ " (ex: "corn" or "anger") (should get a 'yes')

Simply name the food/substance/emotion/issue and then test your response. A 'yes' or a 'no' here indicates whether your body's initial response to that issue is positive or negative.

- e. Say: " _____ - I want to be healthy." (should get a 'yes')

Explanation of the Testing Procedure Flow Chart

Combining the food/substance/emotion/issue with the phrase “I want to be healthy” should not conflict with or override your body’s basic positive response to the phrase. If it does conflict, the issue is a negative one for you.

- f. Say: “_____ - I want to be sick.” (should get a ‘no’)

Combining the food/substance/emotion/issue with the phrase “I want to be sick” should not conflict with or override your body’s basic negative response to the phrase. If it does conflict, the issue is a negative one for you.

If you get anything other than ‘yes’ – ‘yes’ – ‘no’,
the issue is a problem for you.

As long as you receive a ‘yes’ to statement (g), this was a good test and any variation on ‘yes’ – ‘yes’ – ‘no’ in the previous three statements means that this is a negative issue for you. That is the information you were seeking with this test. If you receive a ‘yes’ to statement (g) and you do get a ‘yes’ – ‘yes’ – ‘no’ response on the previous three questions, you know that this is a positive issue for you, and that is the information you were seeking with this test.

- g. Say: "The Best Whole Truth is that this was an accurate test."

This statement confirms your results for the entire test and all three statements. As long as you get a ‘yes’ to statement (g), you have an accurate test. If you get a ‘no’ to this statement, then you would need to return to step (a) and test the issue again, beginning with checking for reversals.

4. Retest for Accuracy

- a. Say: "I want to be healthy." (should get a 'yes')
- b. Say: "I want to be sick." (should get a 'no')
- c. Say: "I am ready to test truthfully – free from all deception, desire and fear." (should get a 'yes')

If you get a wrong answer to any of these statements, begin Step 3 again.

If you get a wrong answer here, your energy has become reversed in the last steps of Step 3, possibly because of your emotional reaction to the issue and the answers you have just received. You will need to correct for reversals again, and go through Step 3 to confirm the answers you got before. If you think you may be entering into the territory of questioning, doubting and second-guessing what your heart is telling you, you may need to take a break before you test this issue again.



Uses of the Truth Technique in Daily Life

There are so many ways to use the Truth Technique in your daily life. One of the most helpful ways is testing the food you buy and the supplements you take to learn what is the best for you as a unique individual. Depending on your genetic makeup, your metabolism, your age, your environment and other factors, you will need more or less of certain foods than another person. You also have a unique need for any supplements you might need to take. At different times in your life, these needs will change temporarily or permanently. When you are under stress or ill, your needs will be different than when you are healthy and relaxed. As your habits and activities change, so will your body's use of food and nutrients. Whatever you are testing, remember to correct for reversals and use the entire procedure to guarantee accurate results.

So, how would you put this into practice?

Grocery Shopping with The Truth Technique

As you cruise the aisles of the supermarket, you can determine which foods are good for you, and which brands of those foods are best for you. Using a discreet method of clearing reversals like the karate chop or the thumb and finger, you can put one hand on an item or hold it in your hand. This puts the item in direct contact with your body's energy field so that you get clear responses to your statements.

Then, using the muscle testing technique that works best for you, you can determine whether you should purchase that item. The testing might go something like this:

“This can of soup is at least slightly good for me.” (you get a “yes”)

“This can of soup is moderately good for me.” (you get a “yes”)

“This can of soup is very good for me.” (you get a “no”)

If you really like that soup, this may be all you want to know to place it in your shopping cart. However, if you are more interested in buying the soup that is the best for your health and nutrition of any that are sold at that store, you can go on to test other brands until you find the one that is best for you. With the next brand, you will want to know if the soup is at least as good as the one you just tested, so you might say:

“This can of soup is at least moderately good for me.” (you get a “yes”)

“This can of soup is very good for me.”

If you get a “no” you can put it aside with the other brand that is also moderately good for you and keep searching for one that is very good for you. If you find more than one that seem equally good, you can test to see which one is the best. At this point, you could

also make your choice based on you own preferences. You know it's very good for you, and that may be enough.

Diet and Nutrition with The Truth Technique

By testing the elements of your lifestyle, you can begin to build the best custom-designed habits and activities possible because the authority is your own body, which knows what it needs better than anyone. You can also save a great deal of money by buying only what your body needs and not what a certain program or a convincing advertisement suggests is necessary.

Diet programs and health fads come and go. Some of them may be excellent for some people and damaging for others. Some people function well on a diet while other people have no energy and have difficulty thinking. However, your own body can tell you how much protein, fat, carbohydrates, fiber, and so forth it needs to function at peak levels. So test statements similar to this: "On the average, my body functions best on ____ grams of ____ per day." And be prepared to act on what you learn, even if you discover that a certain amount of carbohydrates are good for you after all.

There is no vitamin, mineral or other nutritional supplement that is necessary for everyone, or good in the identical dosages. Your physiology is unique. You may already be getting most of the nutrients you need in the food you eat, so you can take your testing skills to the health store to figure out what supplements are optimal for you. In fact, you may want to begin in your own cupboard by testing the supplements you are taking already.

Using the same procedure that was described for food shopping, you can stand in front of the shelf of Vitamin C supplements and state, "My body needs extra vitamin C." If you get a 'yes,' you can begin to narrow your choices down by brand or dosage or whatever choices are offered. Of course, you'd soon be exhausted if you tested everything available in a good health store. Don't go overboard! You can gradually begin to learn your body's individual nutritional needs over time as different products come to your attention.

Once you know the supplements you want to take, you can also determine how many to take of each one and how often you should take it. Test statements such as: "My body needs ____ (number or amount) each time I take this" and "My body needs this every day/every other day/etc."

Exercise and Lifestyle with the Truth Technique

The Truth Technique can help you become your own personal trainer. Of course, you should consult your doctor before beginning an exercise program, and you should always receive training on how to use weights and machines at a health club. However, you can consult your body's inner wisdom about maximizing the effectiveness of your workout. Within the safe parameters that you have been given by professionals, you can fine tune the timing and distance and frequency and difficulty of your program.

Uses of the Truth Technique in Daily Life

You can also use your testing skills on your habits and lifestyle. There are so many questions you may have asked yourself at times without knowing how to find an answer. How many hours of sleep do you need a night? Is this TV program harmful to watch? How long can you sit at the computer before you need a break? It is even possible to ask if your relationship with a certain person or group is good for you or toxic to you. But remember to think about what you are and are not willing to change before you even begin testing, and then test statements that are as specific as you can make them.

The Healing Codes and the Truth Technique

When you are working on an issue with The Healing Codes, it is very helpful to use the Truth Technique to learn how far an issue has healed. You can begin by saying, “This issue is more than 50% healed.” When you get a response, you can lower or raise the percentage in your statement to 25% or 75% and continue to narrow it down as far as you feel you need to go. This is a quick and useful alternative to rating your discomfort with an issue from 0 to 10 after you have worked on it for a while.

You can also use the Truth Technique to determine the best category for you to address next when you have several issues that are bothering you at one time. It can help you prioritize issues and decide what to include in your prayer or request as you set your intention for a Healing Codes session.

You Can Improve Your Life

It should be clear by now—and hopefully very exciting to see—that you can improve your life with The Healing Codes Truth Technique. It’s easy to learn, and you can use it in most areas of your life. Now we’d like to leave you with a little piece of advice:

Don’t test everything.

Don’t be surprised if it’s okay to indulge yourself sometimes.

Have fun with the Truth Technique

Enjoy your life.





The Memory Maker

After you have healed destructive cellular memories using The Healing Codes, the Memory Maker is a way to infuse a memory into your heart that will resonate joy to your cells, and have a wonderful healing effect. Destructive memories resonate disease and distress, but the right memories can resonate health and peace. This protocol creates the right kind of memories.

The Memory Maker was developed over a year's time, after it came to Dr. Loyd that for every destructive memory being healed by The Healing Codes, there must be a good memory that could be created to replace it. This is a method anyone can learn to use to literally create a memory that will resonate good for the rest of your life. It is very powerful.

The Healing Codes are the necessary first step in the healing process because they get the old cellular memories out. They remove the negative emotions and wrong beliefs that were making you sick. Then the Memory Maker instills positive emotions and beliefs by creating new memories for the future.

As Dr. Loyd demonstrates in the Seven Secrets of the Healing Codes, when the head and heart conflict, the heart always wins. Even when you know the truth in your mind, you have to get rid of the negative in your heart before it can accept the positive. In cleaning up the rooms of your heart, there is simply no substitute for taking the garbage out. The garbage always turns out to be a lie you have believed which has been broadcasting destructive frequencies throughout the cells of your body. Once a lie has been removed, you need a new frequency to replace it which comes from truth and love.

Truth Focus Statements are an important aspect of healing with The Healing Codes, because they teach your heart and mind the truth about the issue or problem you are healing. After a problem is healed, you *can* build what we call a future memory.

After you know the real truth in your heart, you can do even more to create the life you want for yourself and the people around you. The Memory Maker creates a very specific image of a wonderful future for you. This future can contain elements of the truths you learned in some or all of The Healing Codes categories, plus include details that aren't covered by the Truth Focus Statements.





How the Memory Maker Works

When you do The Healing Codes, the Memory Finder (also called the Picture Finder) helps you identify the distortion or misinterpretation of the truth that is contained in a destructive memory. You identify the facts of the event, your feelings about the event, and, most important of all, your beliefs resulting from the event. Misinterpretations and misunderstandings of the event were developed by your mind to protect you from ever having such an event happen again, and your mind continued to shield you even when this kind of self-protection was no longer needed.

As you may have discovered while doing The Healing Codes, memories can return after a few days or weeks. The main memory was healed, but the related ones weren't, and they gave life back to the original memory until the others also were healed. Once all this has been healed, you are ready to do the Memory Maker. When the amount of discomfort you feel about an issue or problem is healed down to a 0 or 1 on a scale of 1 to 10, and when it stays at 0 or 1 for a while, your heart can accept the possibility of a beautiful future.

The Memory Maker uses what you have learned about yourself and the destructive memory to build a future memory. The future memories you create are based on the truth about the lies you found in the past memories, not on the past event itself. You might begin by thinking about the opposite of the negative emotions and wrong beliefs you found in the old memory. Imagine learning the life lessons from the healed memory that can take you to a new level in your life. Imagine in great detail what it would be like to already have what you want in relation to that issue. Imagine having things better than before. Allow yourself to dream without limitations about how you would like things to be. The only rule is that what you imagine must be in the context of truth and love for others as well as yourself. Revenge and negative consequences for the past should not be part of your imagining.

When you have a beautiful future situation clearly in mind, you take a mental snapshot of the central scene. Looking at this snapshot as if it has already happened, what do you feel? You will want to identify all the positive emotions and beliefs that are contained in this picture.

Because you have just created this snapshot and it is not yet a reality, you will probably not entirely believe it is possible for this future ever to be true. That is why you need to rate how much you believe in this new memory on a scale from 0 to 10. Then you focus on this snapshot as you begin to apply The Healing Codes to the future to help this dream come true. You will use the same Codes to create your new memory as you used to heal the old one.

The more you believe in the image you have created, the more the future can develop to fit the image. Each time you do The Healing Codes on your new memory, your belief in it will grow. When other people are involved in what you imagine, it will take a while to

How the Memory Maker Works

see your picture come true. Don't lose hope! As you work on this possible future, the changes in yourself will cause the people around you to change in response.

How can something this simple possibly work? Your unconscious mind doesn't differentiate between what actually happens and what you imagine. Physiologically, it is as if whatever you imagine has actually occurred, because your body responds to the experiences your mind creates. This fact is well supported by science.

As you continue to use the Memory Maker, it will overwhelm other cellular memories because The Healing Codes instill and infuse the new memory into your unconscious mind and your heart in truth and love. You will have created a truthful, loving belief in place of a lie, and this belief will shape your future.



The Memory Maker

Step 1 – Using The Healing Codes Manual, do the Picture/Memory Finder and the appropriate Healing Codes to change a destructive memory to a healthy, truthful memory. The 0-10 discomfort rating should be down to 0-1 and remain there for a while. (Try to identify the misunderstanding of the truth in the memory. This is optional, but helpful for creating your future memory.)

Step 2 – Imagine in great detail already having what you want concerning the same issue. (What you imagine must be in the context of truth and love).

Step 3 – Take a snapshot of this future memory to create a picture that will radiate life, health, and prosperity to your cells.

Step 4 – Identify the feelings, thoughts, and beliefs about yourself, others, and your circumstances in the snapshot. List them. (They will be in contrast to the misunderstandings of the truth you found in the destructive picture.)

Step 5 – Rate your positive experience of the new memory from 0-10 according to how much you feel it or believe it.

Step 6 – Pray (or request of your heart) – “I ask that this truthful, loving imagination be instilled into my heart and that it resonate love, life, and healing to every fiber of my being forever. May God’s will be done.”

Step 7 – Do the same Healing Codes you used to heal the destructive memory for the appropriate time – timed or intensive.

Step 8 – Focus on the truthful/loving memory snapshot while doing the exercises.

Step 9 – Do the exercises until your positive 0-10 rating for how much you believe the new memory is at least at a 7. (If your belief in the positive memory decreases later, repeat this process until it is back to at least a 7.)

Step 10 – Go on to next issue and repeat this process.





Seven Secrets of The Healing Codes

In this section, *Seven Secrets of The Healing Codes*, Dr. Loyd and Dr. Johnson explain the scientific facts and general principles upon which The Healing Codes rest. These Seven Secrets explain why and how The Healing Codes are able to permanently heal cellular memories and remove the cause of most illness and disease.

This section of the Advanced Training is based on Dr. Loyd's and Dr. Johnson's forthcoming book, *The Seven Secrets of Life, Health and Prosperity: The Discovery and Application of The Healing Codes*.





Secret #1: Stress Causes Most Illness and Disease

If there were one source of all physical and emotional problems, you could simply treat that one source in order to solve any problem you had. You could feel confident that if you heal that one source, then you're improving in all directions. If there were one source of all problems, and if you had ten problems, you could treat all of them at one time. If you healed that one source, you could actually be healing all the problems that are keeping you from having the life, the relationships, and the peace, prosperity and success you want to have.

Here's good news! One thing that most people in the health field agree on is that there *is* one source of almost all health problems. Almost everyone agrees that most health issues originate from one problem – STRESS! In fact, over the last 10-15 years this has become so universally accepted that even a United States federal government agency has come out publicly in agreement. The Centers for Disease Control in Atlanta say that 80% of all health issues are related to stress. However, Dr. Bruce Lipton, in research released in 1998 out of Stanford University Medical School, disagrees with the CDC. Based on his laboratory work, Dr. Lipton believes that over 95% of all illness and disease is linked to stress.

What does all this mean? It means that anytime we have a physical or emotional problem, the very first question we should be asking ourselves is: "What is the stress that's causing this and how can I fix it?"

Before we can answer this question, we must answer another question, "What exactly is stress in the body?" There is a critical difference between the issues of everyday life that we normally think of as stress—such as jobs, relationships and finances—and the physiological stress that results in illness and disease. Physiological stress, simply put, is when the nervous system is out of balance.

Doris Rapp, MD, coined a theory that she called "the stress barrel." In Dr. Rapp's theory, all of us have an internal "barrel" representing the amount of stress we can deal with before something breaks. As long as our barrel is not full, we can have new stressors come into our lives or our bodies and deal with them quite effectively so they don't affect us negatively. Once our barrel overflows, the weakest link breaks.

How does the body manifest stress? We call these diseases or symptoms. Why so many different symptoms or diseases if there is only one cause? The answer is simply that, although stress affects the entire body, we have broken the weakest link. This may be a genetic predisposition or the result of a toxin we have ingested or from prior physical injury.

What about The Healing Codes and stress?

The state-of-the-art test in mainstream medicine for measuring physiological stress is called "Heart Rate Variability" (HRV) and it measures the balance or lack of balance in the autonomic nervous system. Over and over again, when people have been

Secret #1: Stress Causes Most Illness and Disease

administered a pre-session HRV test, done The Healing Codes, and then had a post-session HRV test, their autonomic nervous system has gone from out of balance (which indicates stress) to in balance (which indicates a normal state or lack of stress) in twenty minutes or less. The majority of people we have been able to retest at the end of twenty-four hours have still been in balance. Dr. Ben Johnson and other medical doctors, and HRV manufacturers and experts, have said that our results are not only unprecedented in the history of medicine, but—until we did them repeatedly—they would have been considered by many doctors to be impossible.

This is why we say confidently that The Healing Codes heals the source of illness and disease in the body.

That's Secret #1: The one source of illness and disease in the body is stress, and The Healing Codes have been found to eliminate stress in the body in a way that is unprecedented in history.



Secret #2: $E = mc^2$

Albert Einstein's famous equation forever changed the way scientists look at the world. To see why, you have to understand just what $E=mc^2$ means. On one side is E, which stands for energy. On the other side is everything else. In fact, that is the meaning of $E=mc^2$. Everything is energy, and everything boils down to energy.

Everything is energy, and energy is frequently described by these elements:

1. frequency
2. wavelength
3. spectrum

Whether it's a table, a banana, your gallbladder, or one of the elements on that eighth-grade chemistry chart, everything is energy. Just as importantly, every kind of thing has its own frequency. For us in this context, the most important fact is that there is a relationship between frequency and health or disease. A healthy body or organ or cell vibrates at a certain frequency when it is in balance and therefore healthy. Under stress and when it is diseased, it vibrates at a different frequency.

So if we're going to heal health issues at their source, we have to heal the energy problem. We have to heal the destructive frequency in the cells, and The Healing Codes does precisely that. The Healing Codes change destructive energy frequencies into healthy ones. The way to change a destructive energy frequency to a healthy one, or to one that is not harmful anymore, is relatively simple. We neutralize a harmful frequency by meeting it with an equal and opposite frequency. When we neutralize the frequency, the source of the frequency is either healed or it will heal if we can keep that frequency neutralized. And that's what The Healing Codes do.

Another way to put this is that The Healing Codes stop the energy frequency signal that initiates a stress response in the body when a stress response should not be occurring. It does this by using the body's own healthy energy frequencies (the opposites of the destructive frequencies) to overcome the destructive energy frequencies, like turning a light on in a dark room. Light always overcomes the darkness. The healthy energy will overcome the destructive energy frequencies.

Can we prove this? We can prove that The Healing Codes remove stress by the HRV test results. And we can prove that The Healing Codes fix the energy problem associated with a problem in the body by the testimonial results of clients who do The Healing Codes. In other words, their problems go away when they do The Healing Codes. The only way the problems could go away is if the destructive energy frequencies are eliminated, and the immune system is allowed to heal the body in the way it is designed by God to heal.

This not only shows that The Healing Codes heal the energy frequency problems in the body, but this also confirms Secret #1 -- that there is one source of all health issues. As the destructive energy frequencies are changed to healthy ones with The Healing Codes, both emotional and physical issues are healed.

Secret #2: $E = mc^2$

Here's what we have learned so far:

Secret #1: Stress is the one source for almost all health problems, and The Healing Codes heals that source.

Secret #2: Every problem is an energy problem, and The Healing Codes heal the energy problem.



Secret #3: Cellular Memory

Cellular memory is THE healing control mechanism of every cell in the body and the cause of stress in the body. Dr. Loyd and Dr. Johnson have known this and taught it for years, and now there is scientific validation.

Southwestern University Medical School, Stanford University Medical School, and New York University Medical School have all released research indicating that cellular memories may very well be the missing piece of the puzzle for health and healing. The research from Southwestern concludes that the best hope for healing incurable illness and disease in the future may lie in learning to heal cellular memory.

What is a cellular memory? It's a memory stored in your cells. Which cells? All of your cells. For many years, science believed that memories were stored in the brain. Today many scientists are convinced that memories are stored in the cells all over the body, not localized in one particular place. Any and every event in our lives, whether we still remember it consciously or not, is stored in the cells of our bodies. Positive memories resonate positive frequencies throughout our bodies, but negative and traumatic memories resonate destructive energy frequencies and create stress.

A person, animal, or plant with destructive cellular memories will struggle even in good circumstances. With healthy cell memories, a person can thrive even if their circumstances are not ones where you would expect someone to excel. At the heart of negative cellular memories are wrong beliefs, and it is wrong beliefs which initiate the body's stress response. A wrong belief is stored in our cells when we misinterpret a negative experience and make false conclusions such as, "I don't deserve love" or "Life isn't fair" or "I can never do anything right" or "I will always be in danger."

To have permanent, long-term healing, you have to heal the destructive cellular memories. This just makes sense. We all have memories in our lives that are full of anger, sadness, fear, confusion, guilt, helplessness, hopelessness, worthlessness. . . the list is endless. It doesn't make sense that we can have all of that inside and not pay a price. The price is our health, relationships, careers, and self-image. We all need to have the *source* of our problems healed, not just the symptoms. If we only heal the symptoms, the problem is likely to return, or maybe two in its place because the memories that caused the symptoms are still there.

The Healing Codes heal the destructive cellular memories automatically. The Healing Codes are a literal physical mechanism on the body that, when turned on, change the energy pattern of the destructive cellular memory to a healthy one. When this occurs, the stress response of the body is turned off. This doesn't mean we have erased the memory; it is still there, but it's not destructive anymore.

Once we've healed a memory, we will not feel the negative beliefs, anger, frustration, resentment, guilt, hopelessness, and other destructive emotions associated with it.

Secret #3: Cellular Memory

How does all of this fit together? Cellular memories (Secret #3) cause destructive energy frequencies (Secret #2). Destructive energy frequencies create physiological stress. And stress is the one source of all physical and emotional problems (Secret #1).

Therefore, if you can heal the cellular memories, you can heal just about any problem in your life.

These three secrets contain the basic fundamental understanding of how The Healing Codes work, but we can go deeper



Secret #4: The Human Hard Drive

Think of a computer's memory as being stored on the hard drive. All of the letters, documents, emails and spreadsheets are recorded there. Inside the human computer, the memory of everything that ever happens to us is recorded on the human hard drive. Even when we can't recall a memory consciously, it is still recorded. On a computer hard drive, everything is stored as bits and bytes. On the human hard drive, everything is stored as pictures and images.

These memories are not flesh and blood; they are stored in our cells as an energy pattern. The substance of the memory is an energy pattern, but the actual memory is an image. Except for people blind from birth, all data is stored inside our memories as images, and these memories are also recalled as images. Healing the destructive image creates a permanent healing effect in the body. Understanding this is vital to healing cellular memories.

In psychology, the relationship between our recorded memories in the conscious and unconscious mind is often illustrated as an iceberg that represents 100% of our memories. The 10% above the waterline represents conscious memories that we can recall if we try. The 90% below the waterline represents unconscious or subconscious memories, which are either very difficult or impossible for us to recall.

With our conscious minds, we can choose to think about good, happy, healthy thoughts and memories, but with our unconscious minds, we can't really choose because they are below our level of awareness. Even though 90% of our memories are no longer conscious, they can still broadcast destructive energy frequencies when they are triggered or activated. Our unconscious memories can be triggered by association with any number of things that remind us in some way of the original event. When this happens, we can be flooded with emotions that belong to the memory, but we usually blame our current circumstances because we are totally unaware that a memory has been activated.

All of us want to live lives based on what we consciously choose, not on unconsciously motivated behavior. In fact, one study demonstrated that everyone wants the same things at heart: love, joy and peace. However, instead of living from a heart of love, joy and peace, we find ourselves acting on the lies and wrong beliefs of our destructive memories. We act out of fear even when there is no longer anything to fear.

When we do The Healing Codes, they heal the destructive frequencies and allow the wrong beliefs that are encoded into our cellular memories to heal. They allow us to believe the truth about ourselves, other people, and the world around us.

Let's review our secrets so far:

Secret #1: Stress is the cause of all illness and disease.

Secret #4: The Human Hard Drive

Secret #2: Everything is energy.

Secret #3: Cellular memories control health.

And you now know Secret #4: All memories are energy stored and recalled as images, and 90% of them are unconscious.

If we are going to have permanent, lasting results in our lives, we will have to find some way to heal these cellular memories that are causing the problems.



Secret #5: Your Mind's Antivirus Program

Most of us have an antivirus program on our computers, and so does the human hard drive, which is the conscious and unconscious mind. We are born with an antivirus program that is meant to protect us from both physical and emotional harm by ensuring that we avoid experiences that will hurt us. As we have more and more negative experiences, the program adds more and more “virus definitions,” just as your computer’s antivirus program does when a new virus becomes known.

The antivirus program on the human hard drive is a stimulus-response program. Basically, it is the instinct to seek pleasure and avoid pain. For every pleasurable stimulus, we have a positive response that teaches us to welcome—or at least not avoid—that experience, and for every negative stimulus, we have a response that teaches us to avoid that stimulus. The more painful the stimulus, the stronger our response to avoid it in the future.

The reason we can’t easily identify that an illogical or counter-productive action of ours is a response is that we may be totally unaware of the stimulus that caused it. The stimulus is always a memory, but there are three types of memories encoded into our memory banks that we may not be able to recall at all. Even when we can, our response still doesn’t always seem logical.

Inherited memories, pre-language and pre-logical-thinking memories, and trauma memories become a stimulus-response protective programming belief system, and this antivirus program may be making you sick.

1. Inherited memories

Just as inherited DNA is passed down to each generation, giving us our physical traits, cellular memories from both parents are also passed down in the DNA as energy frequencies. This has been happening with every generation, and it explains why a tendency to develop certain diseases or emotional problems also runs in families. At some point some trauma may have created the environment for cancer or heart disease or depression in a person, and this frequency became imprinted in their DNA.

If learning this makes you feel a bit hopeless about healing all your issues, there is more than hope! Inherited cellular memories are being healed with the rest as you use The Healing Codes.

2. Pre-language and pre-logical-thinking memories:

Before we were able to think very rationally or talk very well, we had many events occur in our lives. These memories are recorded like any other memory, but they are recorded through the reasoning level of the child at the time they are experienced. These pre-language and pre-logical-thinking memories can become an issue for us throughout our lives. And we have thousands of them. How much of what we know about the world

Secret #5: Your Mind's Antivirus Program

is learned in the first three or four or five years of our lives? A *ton* of it, and all of that is encoded through the eyes and the reasoning of the age when it occurred.

Whenever those memories are reactivated, they will reactivate back to the emotions of five months or five years old, not as an adult thinking rationally about it. Fortunately, these memories, too, are being healed as you use The Healing Codes, even when you are not aware of what is triggering your responses.

3. Trauma memories:

Trauma memories are encoded throughout our lives, whenever a trauma occurs. We can inherit trauma memories, as well. An interesting thing about trauma memories is that when we go through a trauma, even a small one, our higher rational thinking is disconnected to some degree. Why? Because the person goes into some degree of shock. Then, when a trauma memory is reactivated, the conscious thinking mind is bypassed. The unconscious mind kicks in and does whatever it needs to do. This usually involves activating the body's stress response. That is why so many times we say things or do things that work against what we really want in our lives, and we do it over and over, and we don't know why.

We are able to recall many, though not all, of our trauma memories. However, we are often unable to identify the elements that reactivate these memories. Your Healing Codes work is healing it all as you continue to do the Codes.

Your mind's antivirus program is a protective system. Because this is a protective system, the pain memories are given greater priority by the control systems of the body. The mind resists healing this kind of memory because it is programmed to protect you from pain and harm. Healing pain memories may actually seem like a threat. This is one reason we sometimes have healing responses as we are clearing our hearts of negative cellular memories. We also tend to assign our emotional reactions to current circumstances. Since we can't remember the thing that is causing our responses, our minds fill in the blanks by blaming the people and events around us.

One of the things that drives many people to seek healing is that this antivirus stimulus-response system doesn't work well with love. Love means overriding our desire to seek only our own pleasure and to avoid pain at all cost if we are to do what is best for another person and our relationship. Higher intellectual rational thinking is able to override our programming for the sake of love when all is going fairly well. But we have no rational choice and no control over our reactions when trauma is reactivated.

Secret #5 is that we can heal the memories being protected by the mind's antivirus program so we can get out of living by stimulus and response. Then we can learn to live by love and truth.



Secret #6: I Believe

Our protective programming is actually a belief system. This belief system, by the time we get to 6 or 8 or 10 years old, contains deeply encoded beliefs based on memories for just about any issue: parents, relationships, identity, how threatening strangers are, how good I am at things, whether I am going to be able to succeed or fail, whether I am a good person or not, whether I am secure or not.... and whether I can live my life in love and joy and peace. The main problem with this belief system is that much of it may not be based on the truth, only on misinterpretations of some of these memories.

Stress—the one cause at the root of most problems—is caused by fear, and often fear is caused by a wrong belief about something we shouldn't actually be afraid of. We might believe that we will be hurt again in the same way we were hurt in the past when, in fact, it is not at all likely. Every negative emotion begins with fear and originates in something painful, often one of our unconscious memories.

Whether we realize it or not, we do what we believe 100% of the time. Everything we do is because of something we believe, but these are usually unconscious beliefs. When we snap at a spouse or a child because we are irritable, or when we give in to a bad habit we are trying to break, we may think we are going against our beliefs, but these are our conscious, rational beliefs. Underlying these are the foundational beliefs that were laid in our cellular memories, as we discussed in Secret #5, and these are the ones we act on.

How do you tell if a stimulus-response belief is being reactivated and a problem is not due to your current circumstance? There are a few very simple ways:

1. Your feelings. If your feelings do not match your current circumstances, then you can almost be guaranteed that an old stimulus-response pain memory is being reactivated. However, you often won't be aware of this because the feelings will seem to be due to current circumstances. You may need to ask how others see the situation.
2. Your thoughts. If the thoughts you're having about your current circumstances are not in harmony with your current situation, then you are having a pain memory reactivated. Your thinking should be appropriate to the events in the present.
3. Your behaviors. If you repeatedly do things that you don't really want to do and that work against your life purposes, you are acting upon a stimulus-response memory. You may tell yourself, "I'm under a lot of stress; I'll do better tomorrow," but the reality is that almost any destructive habit becomes locked in by painful cellular memories.

Our beliefs also affect us in the areas of peak performance and success. We act on our goals 100% of the time, even if the goals are unconscious. Beneath our mature, loving goals are our survival and self-protective goals programmed into us by our DNA and our experiences. A good goal is one that is both 100% under our control AND motivated by love.

Secret #6: I Believe

Secret #6 is that a formal, rational belief system is formed (with language and reasoning abilities) based on the unconscious stimulus-response belief system.

To change the destructive beliefs and goals that undermine our conscious ones, we have to be able to heal the heart. The “heart” can be defined as the unconscious mind + the conscience + the spirit, and the heart is the person you truly are in the inner you.



Secret #7: The Heart Always Wins

On the Advanced Training DVD, Dr. Loyd gives a demonstration with a key on a string held over a pie chart. The key moves no matter how a person tries to hold it still. The 1st command to hold the key still is a conscious head command, but the 2nd command is a heart command because it uses the imagination. The heart overrides the head every time, and the unconscious overrides the conscious mind. Pictures, not words, are the language of the heart, and the imagination is the picture maker.

The image of the key moving is the heart command that overrides the head and causes the key to move. For 20-25% of people, the key and string do not move, and it appears the heart does not override their head. However, in every case it turns out that the person was not able to visualize the movement of the string.

So this is Secret #7: When the head and the heart conflict, the heart always wins.

We know that the signals sent from the heart – the cellular memories of the heart – activate the stress response in the body, which leads to all of our problems. In Secret #1 we said that every time we have a problem we should ask, “What is the stress that is causing this?” Whenever we have a health problem, a relationship problem, a problem with our career, we should also ask, “What is the heart problem I have that is the source of this, and how do I heal it?” We can go a long way to understanding our own hearts if we understand a couple of important principles:

Who you really are is who you are in your heart.

No matter how good our logic or our intentions, when the head and heart conflict, the heart wins.

What you really believe is what you believe in your heart.

No matter how admirable or reasonable our belief system, our unconscious beliefs are what we end up living by most of the time.

You are where you are based on what’s in your heart.

The stimulus-response belief system, when it is activated, will take you back to whatever age you were when that pain memory was created.

You do what you do based on what’s in your heart.

When we are not doing what we want to do to accomplish what we want in our lives, that is evidence that pain memories are being reactivated and are causing us to do something that we don’t want.

The heart is programmed to protect.

It is the number one job of the heart to protect you from having painful, possibly fatal things happen to you and especially to keep them from happening again.

Secret #7: The Heart Always Wins

Your priorities are determined by what's in your heart.

How we actually prioritize things in life is determined by what we value, and what we value is based on what's in our hearts.

It is our hearts that turn our beliefs into reality. This can be a wonderful thing if we are healing the memories of our hearts. When we have applied this understanding to using The Healing Codes and the Memory Maker, we can truly change our lives.

Welcome to a new life.



A Word about Us and Our Philosophy

I've been to dozens and dozens of seminars, lectures and workshops over the years. I have read hundreds of books—in graduate school, for training programs, and just for fun. I have always appreciated it immensely when the presenters would share what they believed, especially concerning their spirituality and worldviews.

We thought you might appreciate knowing that about us.

Dr. Ben and I are Christians. We believe in one God, His son Jesus, His Holy Spirit who lives in us, and His written word, the Bible. We believe that God is the only being in the universe who is incapable of anything except love – because He *is* love. We believe that God knows and cares about each tear that falls of every person on earth. I grew up being taught that God was mean, vindictive, and selfish . . . at least that's what I remember. It took me years to realize that this is not what the Bible teaches at all: it is a love letter. The Bible does contain dos and don'ts, but so does the instruction book for my DVD player. The “do's and don'ts” are loving instructions by the Creator on how to live in love, joy, and peace.

We believe that he calls individuals to certain tasks to spread his love. We call this a ministry. We believe that God has called us to The Healing Codes ministry. The ministry is to help hurting people through love. Some of that can be accomplished by The Healing Codes system itself. Some of the ministry can be accomplished by giving money generated by The Healing Codes to other programs with a similar mission.

Currently, our main charity is a program in South America for street kids ages 2-12. They take them off the street, give them a home, feed them, clothe them, teach them about God, and teach them a trade. In short, they give them back their lives.

You do not have to agree with our views for The Healing Codes to work for you. Our experience is that it works for all creeds, ages, races, etc.

So, in a nutshell, that's what we believe. If you would like to know more about our beliefs, feel free to contact us. If you would like information on how you can help the street children, we will be happy to tell you.

Thank you and may God bless you!

Alex and Ben



Other Available Services and Products

Personal Coaching:

Over the last two years we have trained approximately 65 coaches who use The Healing Codes principles with people all over the world.

Personal coaching is often more effective for two reasons:

1. The coach can give you custom Codes designed just for you and your problem.
2. The coach can help you find hidden or unconscious pictures, which can speed up the healing process.

If you would like to work with a coach one-on-one, contact us on our web site www.thehealingcodes.com and we will be happy to put you in contact with one. Or call 1-800-516-3040.

Train to Become a Practitioner:

There is more and more demand for practitioners trained at using these principles with people one-on-one. We have an in-home training program that makes this process simple. You do not have to be a professional – we will make you one. Contact us for more information at www.thehealingcodes.com. If you would like to apply to become a practitioner, we would be glad to speak with you about how you can do so.



The Healing Codes Order Form & Request for Coaching
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- The Healing Codes “Close your Eyes and Follow Verbal Overview and Instructions” 6 CD Set.
- Introductory Training Teleseminar on using the Healing Codes Manual with Dr. Alex Loyd. 24/7 playback #: 1-405-244-4000, Mailbox 729.
- Thursday Night Teleconferences of one hour for Q & A at 7:30 pm Central; Call 1-308-377-8203; PIN Code 647116#.
- Free Bonus: Up to 8 Coaching Sessions over 4 weeks with a Certified Coach. The purpose of The Healing Codes Package is to Heal Your Life. The purpose of the coaching sessions is to address issues that demand urgency now. Normally four weeks of eight coaching sessions is a \$200 investment.
- Free Bonus Number 2: This DVD presents a few of the testimonials by people like you who have used this process to restore their body’s natural healing ability.
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Money Back Guarantee:

Ninety Day Unconditional ‘No Questions Asked’ Money Back Guarantee. You may return your Package in saleable condition for any reason and we will refund the price of The Healing Codes Package.

If you have any questions, please call: 1-800-465-3579.