

THE HEALING CODE
by
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First, say The Prayer:

"I pray that all known and unknown negative images, unhealthy beliefs, destructive cellular memories and all physical issues related to (state the problem) are found, opened and healed by filling me with the light, life and love of God (or Creator). I also pray that the effectiveness of this healing be increased by 100 times or more."*

(*the original prayer says "would be" instead of are, but you know how I feel about future tense in manifestation or healing.)

The Action:

With all fingers bunched together, point them, hands side by side, at the space between your eyebrows, about one to two inches from your face. Hold, feeling/sending healing light, unconditional love light, coming from your fingertips beaming into your head, as if each finger was a little flashlight. Hold for 30 seconds.

Move both hands, side by side, with fingers bunched together, to one to two inches from your Adam's Apple. Again, feel/send the healing light through your fingertips into your throat. Hold for 30 seconds.

With fingers still bunched, hold your hands on each side of your head right behind the jaw line, one to two inches from the skin. Feel/send the healing light beam through your fingertips. Hold for 30 seconds.

Finally, with fingers still bunched, move them to one inch behind and one inch above your temples, hands on each side of your head, one to two inches from your head. Feel/send the healing light through your fingertips. Hold for 30 seconds.

When complete with this cycle, do it two more times for a total of three times altogether. It takes six minutes.

It's suggested to do this at least once a day. If problems are severe, several times a day.