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THE HEALING CODES: A path to peace? One coach's perspective

Lorna Minewiser, PhD

Abstract

Dr. Lorna Minewiser, a Healing Codes Coach, describes the Healing Codes program using Dr. Benor's list of common factors in healing. She cites research by Dr. Bruce Lipton, which appears to substantiate the process underlying the Healing Codes. The description of how Dr. Alex Loyd discovered the Healing Codes and how they seem to work is followed by Dr. Minewiser's experience with the Healing Codes. Interviews with several of her Healing Codes clients are included. She concludes that the Healing Codes process can help people change their beliefs about themselves and their world and find peace. The Codes may also heal at a deep spiritual level, as Dr. Loyd claims.

Keywords: The Healing Codes, Alex Loyd, energy psychology, peace

Introduction

For the past four years I have been a Healing Codes Coach, assisting clients all over the world to use the Healing Codes system. When I was introduced to the Healing Codes process, which claimed that the images and beliefs that we hold could negatively or positively affect our health, it made sense to me. The possibility that an energy modality that could work at a deep level to change negative beliefs and memories was intriguing. I was ready to explore this new energy healing modality because I had been on this journey of exploration for the past twenty years

My path to learning this method was a personal as well as a professional one. My mother died in 1987 of stress related illness at the young age of 62. It was then I realized that I handled stress in very similar ways as she had. That led to my decision to learn about stress and stress management so that I could make the changes I needed to increase my chances of living a long, healthy life.

I decided to return to school and began the journey of self-exploration, growth and change at Vermont College and later at Saybrook Graduate School. I learned about "working models" when I studied John Bowlby's attachment theory. One of the main tenets of his theory was that the internal working models a child develops of the world and his or her place in it, including the relationship with caregivers, is especially significant in the child's development. The type of relationship with the primary caregivers affects whether the child develops a working model of self as valued and reliable or as unworthy and incompetent.

While at Saybrook, I studied with Dr. Jeanne Achterberg, a pioneer in the research on imagery in health and disease. I learned that there is strong evidence in the research that demonstrates that images are at work very deeply in the mind. Dr. Achterberg worked on the early imagery and cancer research. She found that she could learn a great deal about patients' expectancies and attitudes toward their cancer and treatment factors through the use of images. In her research (Achterberg and Lawlis, 1984) she found a correlation between the patients' images and their prognosis. I wondered if images and working models were related.

In 1999 I conducted research on imagery for my dissertation. I combined what I had learned on imagery and "working models" which is also referred to in education as "mental models" with Achterber and Lawlis' imagery interview process. "Eliciting Mental Models: Images of teaching and learning," In this limited qualitative study with teachers (Minewiser in press), it appeared that the deep images that were elicited when the participants were relaxed, fit their "mental models" of teaching and learning. I continued to use the "Eliciting mental models process" that I developed in my counseling and coaching. When I was introduced to the Healing Codes I was ready to use the combination of accessing and changing images at a deep level with this new energy healing technique.

The Healing Codes

As a Healing Codes Coach I believe that the process that is used with the codes is an effective energy modality that targets the deeply held beliefs that cause stress. Bruce Lipton claims in *The Biology of Belief* (2005) that the memories and deeply held "wrong beliefs" cause fear and grief which can produce stress that can lead to the energetic shut down of cells. This then leads to emotional and spiritual problems and eventually physical problems. Lipton also proposes it is our perception of the environment around us that affects our cellular activity and therefore our health and well-being.

Dr. Alex Loyd, the founder of the Healing Codes, proposes that there is a mechanism in the body that heals the destructive underlying beliefs and images and the stress that these cause. The Healing Codes uses this mechanism. The Healing Codes came into being through Dr. Alex Loyd's prayers and efforts to help his wife Tracey heal from her life-long struggle with depression. In desperation, he prayed for a way to help her. It was then he received, as he believes, a gift from God in the form of the information about several healing centers on the head and neck and the hand positions that activate them. He excitedly shared them with her. Although what he shared seemed, as she has said, "too different, too off the wall, too bizarre" (Lloyd, 2005) she was willing to try anything, and she achieved amazingly quick relief. She released her hopelessness and desperation, feeling for the first time that there was hope for her. She felt changes not only in her body, but also in her thinking. Now, as she says, she could be the person she "was put here on earth to be" (Lloyd, 2005). Tracey has since changed her name to Hope.

Dr. Loyd believes that the Healing Codes work at a spiritual level. As he said "When we work on the emotion of anger we are really working on a symptom, but when we work on the beliefs that are fueling that anger we are working at a foundational level" (personal communication, 2007), which he believes is the spiritual level.

General factors in healing and the Healing Codes process

In his article, "Common denominators across healing modalities", Daniel Benor (2005) describes the general healing factors involved in therapy. I describe the Healing Codes here, using these factors as a lens to show what happens as someone uses the codes.

Making a firm decision to explore your problems is the first step. (Benor, 2005, p. 1)

When clients start the Healing Codes practice, they decide on the issue that they want to address. It might be a physical, emotional or spiritual issue. Usually the client begins by going through a prescribed 12-day routine of addressing the issue from a different focus each day. These include unforgiveness, wrong beliefs, love, joy, peace and more. I believe that this sets the intention for healing. Each day, as the client does the Healing Codes, he or she simply says a prayer for healing of the issue, the feelings, the images and the cellular memories that are associated with it.

After the prayer, the client proceeds through a series of hand positions that send energy through the healing centers Dr. Loyd discovered. He claims that if you were to trace the path of the energy as it travels through the healing centers into the body, one of these paths would include the amygdala and other parts of what he refers to as “the reactive emotional brain.” (Loyd, 2004, p. 15) David Feinstein (2004) cites research that shows that “reactivating a memory makes it vulnerable to events that can change the connections to and from the amygdala that are implicated in conditioned fear.” (p. 4) Perhaps when one focuses on the current issue and also remembers an earlier memory that may be related to the issue, this sets the stage for a change to occur. People often report that old memories surface as they do the Codes.

Staying with the primary issue and not getting lost in the emotions. (Benor, 2005, p.1)

When the client does the Healing Codes practice, he or she only focuses on the emotional issue for a short time during the prayer. While he or she is doing the code, the focus is on a positive memory, place or what we call “Truth Focus statements.” There are twelve categories that are addressed in the Healing Codes Program. Each category has a set of Truth Focus statements that are similar to affirmations. An example from the Peace category is “My goal is to find inner peace.”

This also helps address the third of Benor’s factors in healing:

Finding and staying in a place of love, acceptance and Spirit. (Benor, 2005, p. 1)

One of the things that Healing Codes coaches can do for clients is to help them find a “love picture” to focus on while they are doing the codes. The Truth Focus statements are positive statements that clients can repeat or on which they can meditate. Often while doing the codes, a painful memory will come into consciousness. The client can simply acknowledge and release this memory and the feelings that are attached to it while they do the code, which is the other factor that Benor describes.

Connecting with and accepting the feelings and memory which contribute to diseases and facilitating their release (Benor, 2005, p. 1).

We believe that this process helps to elicit and release the stress that accompanies old unhealthy memories and beliefs and facilitates the healthy functions of the immune system. When the immune system works properly, the body and mind are more likely to function properly. The practice of The Healing Codes may affect physical, the emotional and/or spiritual issue that clients are addressing.

Dr. Ben Johnson, now a partner in the Healing Codes Company, went to see Dr. Lloyd after he was diagnosed with ALS, also known as Lou Gehrig’s disease. Dr. Johnson, who appeared in the movie, “The Secret,” was quite experienced in alternative medical modalities when he began to use the Healing Codes. He had been symptom free of ALS for several years and medical tests show it to be 100% gone. He attributes this to his use of The Healing Codes system. He believes that the Healing Codes can heal at physical, emotional and spiritual levels.

Finding peace through the codes

I consistently hear from clients that they have found a new sense of peace, joy and love through doing the Healing Codes. The same theme runs through many of the testimonials we receive from Healing Codes clients. For instance, Jennifer, a pastor of a large church and the mother of 5, came to the Healing Codes with severe health problems, including fibroid tumors, gallstones, chronic fatigue and panic attacks. (Loyd, 2004) She had tried for three years to overcome these through both traditional

and alternative methods. After doing the Healing Codes exercises for a few months, she found a sense of peace that had been missing from her life. She says her heart began to feel hope, peace, love and joy and she even thought to herself “even if I am not healed of these physical problems I could be happy for the rest of my life because of the joy I felt through connecting with God. ...the joy began to heal my heart and gradually the physical problems are healing as well.” (2005)

My story

My preparation for my work as a Healing Codes coach began in 1991 when I was introduced to the “Five minute phobia cure” of Roger Callahan (1985), which released my 40-year long height phobia in just minutes. I was intrigued by what had happened but didn’t pursue learning more about it at that time. During my MA and PhD studies I explored imagery and mental models. The Healing Codes process, teaching that the images and beliefs that we hold can negatively or positively affect our health, made sense to me. That an energy modality could work at that deep level to change negative beliefs and memories appealed to me as well.

In 2003 I was just beginning an energy coaching practice. I woke up one morning in May with painful, swollen hands. I tried both the energy and then the allopathic route. Although I was not given a diagnosis, I was told that I would need to take a heavy pain medication to reduce the pain and swelling. I was reluctant to do so and prayed for some other way. Later that week I was contacted by the Healing Codes Company, which was in the process of training new coaches and looking for someone with my qualifications. During an introductory session, I chose to work on the swelling in my hands. The image that came quickly to mind was of me as a toddler, standing in my crib, holding on to the side bar as tightly as I could, crying and crying and no one coming to help me. The Healing Codes Coach gave me a code which involved pointing my fingers at different areas on my head. It seemed strange, but as I pointed my fingers at these healing centers and focused on a “love picture” of holding my infant granddaughter. Over several days, the swelling went down in my hands and the pain started to disappear.

Even more important for me were the realizations that came to me while I did the code that the coach had given me. All my life I had struggled with the belief that my mother didn’t really care about me and wouldn’t “be there” for me. I know now that during a good part of my childhood she had been clinically depressed. It would have been very difficult for her to be emotionally available to me. Through doing the code I realized that it wasn’t that she didn’t love me; it wasn’t that there was something wrong with me; it was her depression. I didn’t cause her apparent uncaring. Finally, when I felt at peace with my memory of my mother, my hands stopped hurting, and the swelling was gone. My feelings and beliefs had changed as well as my physiology. What a gift! I wanted to learn more. It seemed as though the codes were working at a very deep level to affect and change my beliefs. I decided to get trained with the Healing Codes and have been a coach ever since. I am also involved in training new coaches. I have worked with many clients and I have asked a few of them share their experience with the Healing Codes, below.

Experiences with the Healing Codes

Healing with the Codes has come at physical, emotional and spiritual levels for my clients.

Andrew, a national accounts manager, came to the Healing Codes for physical issues. He had a physical collapse and he had tried the allopathic medical system and thousands of dollars of tests to be told that there was no medical reason for him to be sick. When he first started the Healing Codes, he thought they were goofy and wasn’t sure if he would do them. Much to his surprise, the Codes were most instrumental in his healing process. He started the 12-day process and thought to himself, “I don’t have a lot to work on.” But stuff kept coming up. He wasn’t sure about finding memories because he thought that things from the past were not bothering him that much. But as

he started doing the codes, he was flooded with emotion and he wasn't sure where it was coming from. That had never happened to him before. This went on for weeks and although he was annoyed that it had that kind of effect, he kept with it because he was feeling better.

During the coaching process we found painful memories from his childhood when his parents divorced and he moved to another continent. He had not realized how those memories were still affecting his adult life. As he used the Healing Codes to release the stress and negative energy around those memories, his life changed.

He says that he doesn't wake up with fear every day, and he doesn't make all his decisions from that fear place. "It cleared a lot of stuff. It still does!" "I can't tell you how they work, but they work." (personal communication, 2007) He continues to do the Codes. He has so much more peace, he feels he is a different person today.

Bob, a theatre artist, has been using the Healing Codes for about eight months. He found a sense of profound peace almost immediately. For him the changes were so sudden, it was shocking. As a performer, a student and working at odd jobs to support himself, he leads a very busy life and he used to be very caught up in stress and tension. His work requires him to perform well under pressure and it was affecting his body. Since he started using the Healing Codes, he can perform at the same high levels, but underneath his mind is peaceful. That had never happened for him before. Through using the Codes and the coaching sessions, he has been able to identify in a profound way the source of his unease and then to release it with the Codes. For him, the physical effect might be immediate or might take a few days.

He was also able to identify, by going into the mental images and pictures of abuse from early life, very specific things in his core relationships that had undermined his sense of self. Most of his life he had struggled with the inability to appreciate and accept his accomplishments, but through the use of the Codes that has changed for him. He was able let go of old beliefs and create new beliefs that have healed the relationship with the significant others in his life. He was able to let go of the stress emotionally and physically and has helped family members to use the codes as well,

He feels that he has better access to the creative force within himself. He loves that the Codes are so simple to use. "Even if you don't know any of it (what beliefs are causing you stress), you can heal it. It's so amazing, whether you come from an intellectual or a pragmatic point of view, the Codes can work- almost invisibly." As his sister recently said to him, "I don't know how this works, but I don't care, I just know that I feel better even when I'm stressed." (personal communication, 2007)

Tami, a spiritual counselor, thinks that the Healing Codes can work on an incredible deep spiritual plane. She writes of her own experiences with the Healing Codes:

**One day my heart just opened up
Tami Coyne, PhD**

I started using The Healing Codes back in January 2006 and began working with my wonderful Healing Codes coach, Dr. Lorna Minewiser, shortly thereafter. I had a strong intuition that the Codes were "the real deal" but I didn't really have any concrete idea about what effect they were going to have on me. I ordered the Codes not because I was physically sick, but because I wanted to remove any blocks that were holding me back from advancing spiritually and to help me become a better spiritual counselor to my clients.

The Codes worked for me on a very subtle level, although their effects were sometimes like an emotional tsunami and other times almost non-existent. It seemed that the Codes themselves (and the custom codes provided by Dr. Minewiser) somehow knew my deepest and most pure intentions and were determined to stop at nothing to open my heart and align me with LOVE, the most powerful force in the Universe, my favorite synonym for God.

I am an ordained Interfaith Minister, a spiritually-oriented life coach, and a published author. I have been on the spiritual path for over twenty years. I've studied a variety of philosophies and have used a variety of modalities to help me experience the "peace that passeth understanding," the serenity that comes from feeling the unconditional acceptance of God/Goddess's Love in one's life. At the time I began using the codes, I was able to connect to my divine source on many occasions: when I sang just for the sheer joy of it; when I allowed myself to write from my heart and not my head; when I worked with my clients to open up and explore new life possibilities; when I gave birth to my daughter. I now see that what I wanted from the codes was a deeper, more consistent, and more personal relationship with the power behind Life itself. And miraculously enough, I got it.

Lily Tomlin once said, "Why is it that when we talk to God it's called prayer but when he talks to us it's called schizophrenia?" To those people who believe in the primacy of matter, the quest for spiritual enlightenment is for fools and madmen. To those who have had a glimpse of the realms beyond this reality, it's the only journey worth taking. For me, the Healing Codes have helped me to open the door to the kingdom—the eternal kingdom of physical, emotional and spiritual health ruled by LOVE.

In conclusion

It is my belief that the Healing Codes work at a deep level to reduce stress and increase the sense of peace and joy in living. Some people experience profound physical changes, for some people the changes are at the emotional level, and for some it is a spiritual process. It will be interesting when research determines what is happening when people do the codes and experience such profound effects.

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Lorna Minewiser, PhD, LPC, is an energy coach in the Detroit area of Michigan. She was recently awarded Diplomate status through the International Association for Comprehensive Energy Psychology. She has been a Healing Codes coach and trainer since 2003.

Contact:

Lorna Minewiser, PhD
 36389 Harper Ave
 Clinton Township, MI 48083
 586-783-2715
www.HealingCodesCoach.com
Lorna@HealingCodesCoach.com



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