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# Dr. Alex

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*presents:*

Top 10

The Secret Spiritual

Laws of Nature

Alexander Loyd, PhD, ND

The Secret Spiritual Laws of Nature *teachings from*  
*Dr. Alex's Loyd's teleseminar The Cutting Edge*

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## WHAT ARE THE SECRET SPIRITUAL LAWS OF NATURE?

Let me tell you where *The Secret Spiritual Laws of Nature* came from. After I finished my master's degree in psychology and was starting the doctoral program, I decided I wanted to start a private practice. Ever since I went back to graduate school, my wife and I had been eating beans and peanut butter and jelly. We had a young son, and we were ready to quit eating beans and peanut butter and jelly.

I knew I had something to offer people, but I only had my master's degree and I wasn't licensed. What I needed was for a clinical psychologist to be in active supervision over me. Robert Sturgeon, a wonderful man who was head of the psychology department at the university, agreed to supervise me. So I started a private practice.

So there I was—a young guy wet behind the ears—starting a private practice and charging basically the same rate as the clinical psychologists who were licensed and had been in practice for a long time. Right or wrong, I believed I was going to give people the same or greater value, so that's what I did. In a short period of time, I had a six-month waiting list. Then that waiting list later ballooned to about a year.

This drove some of the psychologists a bit crazy! They were fighting for clients and wondering how to get more. And yet here's this snot-nosed kid with only a master's degree, not even licensed yet opening this practice, and now he has a six-month to a year waiting list!

The main thing I was doing to help my clients was what I'm calling *The Secret Spiritual Laws of Nature*.

A Secret Spiritual Law of Nature is a short little “Aha!” to enlighten you, to allow you to have a different perspective on an issue in your life. If you can have that little “Aha!” it can produce a big change really fast. When you have a sudden shift in perspective, it can change everything, almost on a dime.

And that is what a Secret Spiritual Law of Nature does.

## YOUR HIDDEN SOURCES OF POWER

I don't know about you, but there are a lot of times during my day when I may feel tired or discouraged or feel some anxiety. I may be overwhelmed; I may be running late. I may just be kind of down in the dumps. I may feel stuck. Something I've found that is extremely helpful is to tap in to my hidden power source. Let me tell you how to do this. This is very simple.

Think of one of your favorite feelings. Let's say it's joy. Here's what I want you to do. Start with that feeling of joy. Then ask yourself, "What is the greatest joy memory I have in my life? As I look back at my whole life, what is the time that I felt most joyful? The time that whenever I remember it, I feel joy so thick I can cut it with a knife? I feel it in my body. I feel it in my heart. It makes me smile without even trying to. What is that memory?"

What I'm suggesting is that memory is a power source for joy. If in your life you are feeling sadness or apathy, go back to that joy memory, that hidden power source of joy, and just let yourself relax and mediate on that joyful experience. Do you know what will happen? You will start feeling joy again. It will be as if you are there in that joy experience rather than in the joyless experience where you find yourself today. The more you do this, the better you'll get at it. The more you think about that past joy experience that brings you those wonderful feelings, the stronger it will get, and the more powerful it will become to offset joyless times in your life right now.

What I would suggest is to find your hidden power source for a variety of possible issues in your life. If you have an anger issue, then find your hidden power source for patience. If you have low self-worth, then find your hidden power source for unconditional love and acceptance. If you have anxiety and worry, find that hidden power source memory for peace. Then, almost like storing DVDs on a shelf, whenever you need a positive emotion you can pull it out and let that power source permeate your situation right now. It will absolutely change it, and it will usually change it quickly. The more you practice this, the faster the positive memory will change the negative feelings in the present. After practicing this a while, while you are in the midst of a situation you will be able to immerse yourself in that positive memory and let it resonate and heal your situation now.

In her book *Molecules of Emotion*, biologist Candace Pert demonstrates that the more time we spend in an emotion, the more our cells are capable of feeling and holding that emotion. So with this technique, you are literally creating a more positive you.

It's amazing how powerful this can become in your life. Find those hidden power sources for every emotional issue you have in your life. I'd write them down on a little piece of paper and carry it around with you, at least at first. Then, when you have a problem come up, go to that power source so that you experience the joy, not the sadness; the peace, not the anxiety and worry. This is a wonderful way you can combat any negative issue that confronts you during your day.

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## THE DEADLY VOW

That's a forbidding name, isn't it? We've all seen a movie or read in a book about someone who "made a deal with the devil" or "made a contract with the devil." A deadly vow is not a deal with the devil, but it is the closest thing I can think of.

Most people don't realize that at some time—and it's usually early in life—they make a vow. This is not a formal vow where they get on their knees and look up to the heavens and say, "I vow...." It happens deep inside them, maybe even in their unconscious or subconscious mind, but it affects every single thing in their life for the rest of their life as long as that vow is in place. And it affects it in a very negative way.

Almost everybody has a life vow, some bigger than others. Here's one form it comes in: "I can survive \_\_\_\_\_ if I can just have \_\_\_\_\_." Let me share one of the most common ones. "I can survive without true love if I can just have money." Actually you could substitute a lot of things in that first space: "I can survive without fame if I can just have money" or "I can survive without being liked if I can just have money."

A deadly vow is a deal. It's a negotiation. It says: "If I can just have this, this will get me by. This will keep my nose above the water. This will allow me to survive. I'm willing to sacrifice my heart's desire—what I really, truly want—if I can just be guaranteed of survival." For a lot of people, survival involves money, but not always. You can fill in those two blanks with almost anything, physical or emotional.

When you make a vow, you are accepting a substitute in your life instead of the real thing. I call it a love substitute. All of us need to eat. All of us need shelter. But beyond those basic needs, most of the time money is a love substitute. Fame and having people think well of you is a love substitute. The way a lot of people use sex is a love substitute. Almost any addiction that you can name—alcohol, drugs, gambling, constantly reading or watching TV or playing video games to the point where you miss out on life—anything done to extreme usually indicates that way down deep you have a deadly life vow and the thing that you are addicted to is a love substitute.

You can identify the substitute by identifying what you do consistently to avoid pain and seek pleasure, and that is not serving you long term. In other words, it's keeping you from the life that you really want but you continue to do it in order to avoid pain or seek pleasure. If you're doing that, you can be guaranteed that you have a deadly life vow that you don't know about.

You can identify your heart's desire, the thing that you really want, by imagining what you would most desire in your ideal life. Then keep asking yourself, "Why do I want this?" With every answer you find, keep asking yourself, "Why do I want this?" I'll tell you in advance that according to both a university study and an informal poll I did in my own private practice, what you'll come down to is love, joy and peace. Your heart's desire is going to involve relationship and love, joy and peace every time.

You can identify the pain you fear most by what you seek most to avoid. This indicates the pain that is motivating your life vow. In other words, your subconscious mind is saying, “If I can just not have to deal with that pain day in, day out, I will sacrifice my heart’s desire.” The problem with this vow is that it’s a very bad trade.

You need to identify this. “I don’t have my heart’s desire because I am avoiding the pain of \_\_\_\_.” This pain might be rejection or being emotionally hurt in some other way. It could be physical pain or hardship. You must find and heal the memories that say, “Because this event happened, I can’t be okay.” You must forgive people. You must heal circumstances. You must be able to move past the past. You need energy medicine like The Healing Codes. You pray for God to heal it, and you use energy medicine because it can heal memories so quickly.

Many people call a love substitute a coping mechanism. The problem with coping this way is that it will never satisfy you. To be satisfied you have to live your heart’s desire. To do that you must heal the pain and break the cycle of seeking love substitutes. Then you can live your heart’s desire.

To determine when your making of the vow took place, look for dramatic changes in your life. Look for trauma. Look for when the substitute behavior started. Or call one of our coaches and let them use energy medicine to test you and help you find where your vow started.

Here’s the good news about deadly vows. You can break the vow when you stop the substitute behavior and heal the original memory of what occurred when the vow was taken. Then and only then can you break the vow and start to live your heart’s desire, which is what most of us want.

The deadly life vow is different for every single person, but those are some principles that apply. Find your life vow and heal its origin. It can be absolutely transformative for turning your life in a positive direction.

## TWO THINGS THAT WILL KILL A GOOD DAY EVERY TIME

All of us wake up in the morning wanting to have a good day. Sometimes we're already negatively programmed because of some things we know we have to do that day. We think we're not going to have a good day or it's going to be a struggle or we simply dread it. That's an issue in and of itself. All of us want to have a good day every day. Yet, almost everybody I know often does one if not both of the two things that will kill any good day.

The first one is expectation. One of the key components of living in truth and love moment by moment is getting rid of expectation. Get rid of being focused on the end result.

Everywhere you turn, people are talking about manifesting good things in your life. *The Secret* was about this, and I think there are some wonderful things in *The Secret*—including Dr. Ben, of course! But they missed an important point, and almost everybody else misses it, too. What so many people teach is to absolutely fixate on the end result that you want to occur. Taste it. Touch it. Smell it. Breathe it. Inhale it. Exhale it. Digest it. Focus on it all the time, every day. They say that if you do this enough you'll get what you desire. The problem is that this is absolutely not the truth.

Research from Dr. Dan Gilbert at Harvard University (you can go to YouTube and see his little video about their original research) came to the conclusion that expectation is the happiness killer. Let me say that again. Expectation is the happiness killer.

Fixating on the end result will take you away from what you want instead of toward it. When you fixate on the end result it does several things. Number one is it puts you in a state of anxiety. The message there is "I can't relax. I can't be at peace. I can't have what I really want until I get to this end result." Then if I get the result I want, I feel good for a little while, but not for long because then I'm on to the next result. If I don't get what I want, often I'm devastated. I go from anxiety to despair.

On the other hand, if you can learn to live your life with a focus on living in truth and love right now, in the moment—and we can teach you how to do that—it takes all the pressure off. It lets you focus on what you need to do right now, moment by moment, to take you to the end result. The end result doesn't just show up magically. Some things have to happen for you to get there. The things that have to happen for you to get there are the steps that you do right now. If you can do those in truth and love, versus anxiety and tension, do you think that might go a little bit better? Sure it does. You can see this in athletics. When you feel anxiety and tension in tennis, you get "iron elbow." They call it other things in other sports. Basically it means you don't perform as well. If you get rid of the anxiety and tension, you perform better. How do you do that? You get your focus off the end result. You focus on what you need to do right now.

The first thing that will kill your day every time is expectation. The second one is comparison.

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Comparison comes out of judging, out of looking at people and their circumstances and comparing them to yourself and your circumstances. We tend to fall into two mud puddles. Number one is a feeling of superiority. I compare myself to other people and I feel good because I think I'm doing better than they are. I'm smarter than they are. I'm richer than they are. I'm whatever more than they are.

The other mud puddle is a feeling of inferiority. I look at people and I feel worse than they are because they're smarter than I am, wealthier than I am, doing better than I am. Well, the only way to get off of that vicious emotional roller coaster is to quit comparing myself to others. Say to yourself, "Okay, I am who I am. I'm not anybody else. I am absolutely perfect the way God made me. I have a purpose and a wonderful job to do in my life. I have people (usually) who care about me. If I focus where I need to focus, they'll probably care about me more, because I can start loving them the way I should." Accepting yourself as you are can absolutely change everything in your life.

When I did counseling and therapy years ago and people would be down in the dumps because they had less than other people or were not as happy as other people, etc., I'd say, "How do you think you would feel if you had exactly the possessions that you have right now, but you lived in a part of the world that was unbelievably poor, where people didn't have food to eat and were dying every day, and you had your house and car and everything else that you have right now? How would you feel? Would that change how you feel?" Well, they think about it a minute and changed look would come over their face. Of course it would change how they feel! They would feel rich and very blessed.

But we don't like comparing ourselves that way. We like comparing ourselves with the person right next door. The bottom line is that we shouldn't be comparing ourselves at all because it's a form of judging. Judging leads us to either accept or reject ourselves or someone else based on our judgment of them and their circumstances. The problem is you don't even know their circumstances. As I've said in the counseling room with so many hundreds of people over the years, everybody's got their heart junk. Everybody has a behind-the-curtain aspect, like in the Wizard of Oz, that is not like you think it is. You can't accurately judge because you don't have all the facts. You don't even have all the facts about yourself, because you know less than 10% of your own stuff. Over 90% is in the unconscious or subconscious.

Today, for the rest of today, try to push the "off" button on those two things: expectation and comparison. Don't compare yourself with anybody. Be okay where you are right now. Love yourself and try to do the best you can living in truth and love right now and leaving the results up to God. Tell yourself: "I can't judge and I can't compare because I don't have all the facts, and comparing only hurts me and other people. I'll get a lot better results in the long term if I will suspend my expectations and work in truth and love on what I can control right now."

Get rid of those two things in your life and you're going to see your happiness quotient go way up almost immediately. You're going to see your days, day in and day out, get much, much better almost immediately.

## THE DETERMINING FACTOR OF WHAT YOU THINK, FEEL AND DO 100% OF THE TIME

Whether we're talking about success in a business or a relationship or our health, what we think, feel and do is critical in every situation in life. If there is a determining factor in that 100% of the time, we'd better sit up and take notice to see if we can use that principle.

And there absolutely is a determining factor every single time. It is your beliefs. There are two levels of beliefs, not just one. Most people talk about conscious beliefs, but they are only the second level. What you don't hear very much about is the first level of beliefs. This is important because it's the main determining factor of your conscious beliefs.

If you focus all your attention on changing your conscious beliefs, like all the self-help gurus and books tell you to do, it's going to be like trying to roll a rock uphill all your life, because your conscious beliefs are not the determining factor of what you think, feel and do. Before I get to the determining factor, let me share with you how critical this is.

Everything you do, you do because of something you believe, 100% of the time. If you are doing something that you consciously believe you should not do, it means you have an unconscious belief that it is the thing you should do. If you continue to do something you don't want to do, it means you have a programmed conflicting belief that is mandating for you to do that. If you do one thing one time and another thing another time, it means you have two beliefs, one saying to do this at this time and another one that says do that at that time.

Understanding your beliefs can help you get a handle on why you do what you do, why you're thinking what you're thinking, and why you feel what you feel. And you have to learn to understand your beliefs if you want to change your behavior. There's no shortcut.

Let me talk about the two levels of belief. The first one is what I call stimulus-response beliefs. These are instinctual beliefs, mainly about how to seek pleasure and avoid pain. These instinctual stimulus-response beliefs are primarily programmed in us before the age of six. Those first six years are when the most influential programming of life happens.

In fact, Dr. Bruce Lipton says that 98% of our wrong beliefs come from the belief programming that happens before the age of six. It is the only time in our life when we live in a delta or theta brain wave state. When we are in delta or theta, everything we experience is programmed onto your internal hard drive with no filtering. In those first six years, we don't have the logic and reasoning to say, "I'm not going to believe that because it doesn't make any sense" or "That's not the right thing to do in this situation" or "I'm not going to feel that way. That's crazy." We don't have the ability to judge and evaluate the circumstances that happen to us. We are programmed to believe that what happens to us is the normal way the world is supposed to be, no matter whether what happens to us painful or pleasurable, wonderful or terrible.

Then later, after the age of six, we develop our second belief system, which is our conscious beliefs—our rational, reasoning beliefs that we use to work out facts and come to the best decision. We go through life using these beliefs, and we think, “This is where I’m making all my decisions from, this place of reasoning and logic.” Wrong! Why is it wrong? Because our conscious, rational belief system is built on top of our stimulus-response belief system.

Let me give you a silly example. 50 years ago, most cars were either a Ford or a Chevy. Let’s say that when you were growing up your dad was a total Chevy man. He drove Chevys, and he would never have a Ford or anything else. He often said, “I won’t have a Ford because Fords are \_\_\_\_\_. I always drive Chevys because Chevys are \_\_\_\_\_.” All through your growing up that’s what you heard. Well, what kind of vehicle do you think you’re going to favor when you buy a car?

You’re absolutely right: Chevy. Why? Because that’s how you were programmed. This doesn’t mean that nothing can ever change your programming. It just means it’s very difficult. Here is what will tend to happen. Let’s say that you are now a Chevy man like your dad, and Dr. Ben comes up to you with the latest Consumer Reports that absolutely proves that Ford is superior to Chevy these days. He shows you the statistics and says, “Look at the facts. The facts say that Ford is best and Chevy is not good at all.” Do you think you’re going to do a 180 because of those facts and say, “Okay, I’m now a Ford man. Ford is great. Chevy is no good.” You’re not going to do that. In fact, you are probably going to get angry and argue, or else not say a thing but be steaming inside. You will try to prove to Ben that, in spite of the statistics, Chevy is still great and Ford is still not as good.

What do we call that? Rationalization. You’re going to rationalize something that is not the truth because it fits your stimulus-response level belief system programming. You were taught that Chevys are the cars that give you joy. And we all react to things like this every day, only it’s not about Ford and Chevy. It’s about who you believe you are, such as “Everyone in my family is bad at math.” It’s about what you believe about your health, such as “Everyone in my family is overweight.”

If you want to live your ideal life, you have to change the negative beliefs that program you to live the way you are living now. You might think you do that by addressing your conscious beliefs, and your conscious beliefs *can* have an effect on you. But if you have an unconscious belief that conflicts with a conscious belief, your stimulus-response level belief system will win every time.

To truly live the life you want to live, and have the health you want to have, and achieve the success you want to achieve, you have to fix the stimulus-response system that is programming you for failure or health problems or relationship problems. Then your problems tend to fall away, and your life can take off in a way you’ve never seen with using willpower and effort.

I highly recommend using energy medicine like The Healing Codes to find and heal your stimulus-response level programmed beliefs. Why? Because almost all of them are in the unconscious. Having unconscious beliefs means you don’t know what they are. You don’t even know you have them. You think you’re saying “I like Chevy” because Chevy is truly better.

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You can use energy medicine to heal those beliefs in a matter of minutes, hours or days. Then you can begin to change your conscious belief system, the second level of beliefs that use reasoning and logic. Then those efforts will work because the underlying stimulus-response belief layer has been healed.

*You always do what you believe 100% of the time. You never do what you don't believe.*

Some of you are having a hard time hearing that because you're thinking, "I've got an addictive behavior and I don't believe in what I do. I know it's hurting me. I've tried everything to quit. Are you telling me I believe in acting this way?" Yes, that's what I'm saying, but not that you believe in it consciously. In your stimulus-response programmed belief system there is some belief that in order to numb the pain you need to escape into that addictive behavior. To heal that behavior, you've got to heal that belief.

Those are the two levels of belief. They are what determines what you do, think and feel 100% of the time. Until you get your two levels of belief in agreement with each other, you're going to be running around in circles, banging your head against the wall. First heal your unconscious beliefs and then your conscious beliefs, and your life will take off in a wonderful direction.

## HOW TO MAKE THE BEST CHOICE

All of us every day, multiple times a day, are trying to figure out what is the right thing to do, what is the best decision for this or that. In every job or career there are decisions to be made. Some jobs are just full of decisions every single day. My wife was talking about how many decisions there are in parenting every single day. She's always wondering, "What is the best thing to do for the next hour? This or this?" As for our health and our relationships, it is just endless when you start thinking about how many decisions I make every week, every day, sometimes every hour. And we want to make the best decisions we can, but sometimes it's really tough because the issues and consequences are not all that clear.

Some choices may not be that far apart. They both seem good or they both seem not so great. So how do you decide in any situation what is the best choice and what is the truth about a particular issue?

Fortunately we have a thing inside of us that I call the heart. Everything we're about at The Healing Codes is about the heart. There is a mechanism in the heart that is a kind of truth detector, a kind of truth indicator. We call it the conscience. Before you say, "Oh, I know all about that," let me challenge you just a little bit. Just about everybody I've talked to thinks the conscience only functions to tell us the moral right or wrong about every situation. I want to challenge you today because I think it's more than that. I believe that the conscience also functions in other areas besides morality. It also tells us what is best in any particular situation.

Here's why I believe that. There's a wonderful book called *The Pulse Test*, by Arthur Coca, MD, that Roger Callahan, the founder of energy psychology, first told me about. This is a wonderful little book that tells you how you can take your pulse to determine what is best in any situation. Dr. Coca explains that you can use your pulse as a very reliable indicator of the state of your body regarding stress, and this will tell you what the best decision is.

It's very simple to do. In the morning when you get up take your pulse rate. In the afternoon take your pulse rate. At night take your pulse rate. Track that over several days. This gives you a baseline to know what pulse rate is normal for you at each time of the day. Now you are ready to take your pulse rate while you are resting and then while you think about a particular decision or issue to see if your pulse rate goes up or goes down. After you're done thinking about that decision, take your pulse rate again to see if you're back at resting. The basic principle is that if your pulse rate goes up significantly while you're thinking about a particular choice, that choice is inducing stress in you and is not a good choice. If it's a good choice for you, it should not induce stress. You should be at peace when you think about it.

This leads me to an important point. Peace is the light on the dashboard that lets you know how you're doing or what is the best choice for a particular issue.

In The Healing Codes, we talk about virtues of the heart such as Love, Joy, Peace, Patience,

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Kindness, Goodness, Trust, Humility, and Self-Control. There are many virtues of the heart. In my opinion the only one that you cannot manufacture is Peace. I can manufacture some joy or happiness if I really try. I can manufacture kindness even if I don't feel like it.

However, peace cannot be manufactured. It is the state of your body. The opposite of physical stress is peace. Everybody wants peace. So peace is the light on your dashboard that you can apply to any decision in your life to say, "What is the best decision beyond what my head is saying—my logic and reason? Which decision do I feel the most peace about?"

That's simply what you do. Think about a possible choice and see where that peace level is for you on a zero to ten scale, zero being no peace at all, ten being full, maximum peace. Sit with it a while. Give it more than 10 seconds. Sit with it a while, especially if it's a major decision. Then think about possible choice number two and do the same thing. Sit back, relax, think about it, visualize it, and think about the statements in words that would best describe what that choice would be. Then, see where your peace level is. Does your pulse rate go way up? Does your pulse rate nicely settle back and maybe even decrease a little bit or stay even?

Remember that 99% of all of our knowledge and wisdom is in our heart. It's in the unconscious and subconscious mind. Well how do I access that? One way is by accurate bio-energetic testing, so if you know how to do that, you can do that, too. Other ways are my peace level and my pulse rate. These are wonderful indicators of the best decision to make. Now, do not use this in isolation. Don't say, "The thing that makes logical sense to me and everyone else is this thing. But, because when I think about this other thing my pulse rate goes down, I'm going to do that one." No. You've got to use common sense. Use this as one factor in making your decision.

I would encourage you to get that book. You can also go onto Dr. Mercola's website [www.mercola.com](http://www.mercola.com), and he has instructions there on how to accurately take your pulse rate and describes the kind of physiological indicator it can be. Also use the non-physical side of that to test, to think about that issue and see, "Hey, do I have peace when I think about this or does my peace go away?" If your peace goes away it doesn't mean don't do it, but it is a warning sign. You either need to heal some issues in your heart that are stealing your peace, or that may not be the best decision for you.

I have found this to be extremely helpful, extremely accurate, very easy to implement. I don't know how many clients I've had who have told me that this one thing changed their life by revolutionizing their decision making, by taking it beyond just their reasoning and logic. Give it a try and see if it doesn't do that for you as well.

## HOW TO FIND THE SOURCE OF ANY PROBLEM

In The Healing Codes Manual, we show you how find the real problem behind any problem you are aware of by using the Memory Picture Finder. Basically, the thumbnail version of that is to find the first event where you felt the same set of emotions and where you lost your peace. Emotionally, the subsequent events you have experienced related to that same issue are added to the way the original event affects you. Very often you can't fix a current issue until you fix the memory of that first event. We give you the tools for this in The Healing Codes Manual.

Today what we're talking about is how to find the true source of any problem. That's a level down from the problem that is bothering you—it's the source of that problem. I call this "The What, The Why, and The Who."

The WHAT is the situation or issue we think is the problem. "I'm not making enough money." "My relationship with so-and-so is not what I want it to be." "I have this health problem." "It's our circumstances." "It's what is going on right now that is not the way I want it to be." That's the WHAT.

The WHY is the original event that is the real problem, the one you can find using the Memory Picture Finder. There is always a WHY under the WHAT. And—as we explain in the Manual—even if you cannot remember the original event, The Healing Codes will still heal it as you work on your issue. Finding the WHY is very, very helpful, but The Healing Codes heals unconscious and subconscious issues and memories as well as those you are aware of.

Here we're going to go a level deeper and talk about the WHO. Just like there's always a WHY and a WHAT, almost 100% of the time there is also a WHO under the WHY problem, the original event.

Let me explain. It's an identity issue. Almost 100% of the time, the source of our problems—the source of WHY you continue to do what you don't want to do, or WHY you're not doing what you truly do want to do, or WHY you have a health issue—will come down to an identity issue connected to the WHY.

These identity issues tend to break down into two categories. One is *significance* and one is *security*. Significance and security are the two pillar issues of all heart issues. A security issue is basically the question, "Am I safe?" That includes your circumstances and finances and the people in your circumstances. That also includes the fear of rejection, which is a huge issue to so many people. The overriding issue here is "Am I safe in my world?"

The other category is significance. Under significance you would include these questions: "Am I good or am I bad?" "Am I of worth or not as valuable as other people?" "Am I better or worse than other people?" These significance questions are all identity issues.

To fix our problems, the WHATs in our lives, and to fix the reasons for those problems, the WHYs that started the real problem, we have to heal the WHO. In order to fix problems totally and completely and forever, you have to heal the issues of your own identity. You have to understand and truly believe that you're not better or worse than others. You are just as valuable as everybody else. You are wonderfully and fearfully made. You can do anything that you want to do if you get these unconscious and subconscious beliefs right. You are safe and secure, maybe not in all your circumstances, but permanently on the inside. That's where the only real security comes from—the heart, on the inside.

That's what we're all about: helping people heal these identity issues, the WHOs of why we do what we do and the things that are going on in our life.

When we begin to heal a WHAT, a problem that is bothering us, we discover WHY it is such an issue for us, because it is related to one or more layers of earlier events that need to be healed along with the present. When we identify that earliest event, or even other related events, we begin to see WHO we believe we are because of those events.

The WHO is an unhealthy belief about ourselves. The WHO is a lie about our identity that we learned from the early event or events. One example that everyone experienced is that when we are really little, especially in the first six years of life, we often believe that everything that happens is our fault. So when something bad happens in our world, even if we had nothing to do with it at all, we think we somehow caused it because we are bad or because there is something wrong with us. We also believe we are not safe because of things we don't understand that happen around us. We all have some of those lies and unhealthy beliefs tucked away in our hearts. But The Healing Codes can heal them.

You can be sure that if you're feeling strong fear, anger, anxiety, stress, worry, or other negative emotions, or if you're having significant health problems, you most likely have an identity problem that needs to be healed. You are believing yourself to be inferior or superior. You are believing that you are not safe because of past programming that has a lie in it. You have to heal your WHO.

I have to say here that the best way to heal your identity issues, bar none, is to pray to God and ask God in prayer for healing. That's my number one. That's why we suggest it before every Healing Code. Then when you use energy medicine to heal the WHO, you are tapping into powerful principles that were created specifically to help you heal. It does work.

## HOW TO HAVE JOY AND PEACE NOW

I want joy and peace now. How about you? And I believe you can have them.

My question is what is keeping you from joy and peace now in your life? The first thing to look at is what is blocking them. I have seen that there are two things blocking joy and peace in almost every situation. They are a focusing too much on the past or focusing too much on the future in a negative way.

Studies have come out in the last number of years that talk about how traditional counseling and therapy often make people worse instead of better. Let me be very careful here to explain that this is the kind of therapy where you're basically just going back to your problems and rehashing them over and over and over. Research is indicating that a lot of times that makes the problem worse. I don't have any trouble at all believing that.

We have a dear friend who is horribly depressed right now. She's horribly depressed for a number of reasons, but two of them are that she has a negative focus on the past and a negative focus on the future. She goes back to the past in her mind, reliving painful, harmful things. And she goes to the future in her mind, living out bad things that haven't even happened yet.

You may be saying, "Loyd, how can she live things that haven't happened yet?" She can because the heart does not differentiate between what is real and what is imagined. When you imagine something happening in the future, whether it's finances or health or relationships or the car breaking down, to your heart that is actually happening. Imagining an event releases all the same chemicals as living the event right now, which puts you into stress mode. Anyone who has worked with The Healing Codes for very long knows that stress is the cause of almost any problem you can have, at least on a physical level. So it gets us into big trouble emotionally and physiologically when we focus on negative things from the past and negative things from the future.

I want to share with you something that can help you stop doing that. I want to explain how to stay focused in the present time in truth and love.

First of all, write down two things from the past that you have remembered with guilt or shame or regret or fear or anger or unforgiveness—two things from the past that when you think about those things you feel some negative emotion. Then rate how strongly you feel those negative emotions, on a scale from 0 to 10 with 10 as the strongest.

Then do the same thing with the future. Write down two things that you worry about, are afraid of, are angry about because you believe it's going to happen, anything negative that you imagine happening in the future. Write down the number one negative feeling related to that and rate from 0 to 10 how much you feel that emotion when you think about that possibility.

Here's the truth about those things. According to experts, well over 90% of the things we worry about in the future never happen, at least not the way we have imagined them. So, on the two things you wrote down about the future, write down under those things, "There is a better than 90% chance that this will never happen, especially not in the way I'm afraid of it happening."

Then go to the two things you wrote down about the past. Write under those, "I survived anyway." "I survived these two things." Here's the point. All the negative things from the past that bother us, we survived those things or we wouldn't be here. Now I'm not saying they didn't have a detrimental affect on you. But you survived that. Having survived, what is the healthiest thing you can do with those things from the past, even if they did deeply hurt you and you still have scars or are paying the price today for some of those things? Is it healthy to go back to the past and relive that over and over and over and over and over? Another words, wallow in it like a pig wallows in the mud? No, it makes it worse.

Instead of wallowing in your memory, focus on that statement, "I survived" and then add, "Now I'm going to do the best thing I can to heal those places in me." You should never go to the past to relive a negative experience. If you go to the past, go there to be grateful you survived, or to learn something from it, or to fix it. Three reasons: be grateful, learn something, or fix it—never to wallow.

So you survived the past, and there's a 90% chance that what you're worried about won't happen. Even if the future does hold some negative things, because you survived the worst things that happened to you in the past, you can be confident you're going to survive those things happening in the future.

Then what is the best thing you can do right now? It's to get your eyes off the past, get your eyes off the future, and focus on the present in truth and love. Write down the thoughts and feelings and beliefs and activities that when I focus on these things I experience joy and peace.

You may say, "But wait a minute. I have some things in my life right now that I have to deal with. The taxes have to be done by April 15" or "I've got this health issue that I have to go to the doctor about." That's fine, but focus on the real concrete steps you can take to stay in control in that situation, rather than the possible negatives that might happen. Focus on how you can stay conscious in the present, acting out of truth and love in your circumstances and with other people.

Okay, maybe I've got to go to the doctor. What feelings can I focus on that cause me to feel joy and peace? Well, I can think about things turning out well instead of turning out badly. I can think that I'm putting this in God's hands and he has the ability to do what I can't do. So I put it in his hands and say his will be done. I think about what I can learn going through this experience to help me be a better husband, a better father, a better friend. Find the truth and love in the same event that you're choosing the fear and anger and sadness and unforgiveness and wrong identity. Find the truth and love in that same issue and focus on that.

You will probably feel an immediate change in your feelings about this circumstance. And long

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term, as you keep doing this, it will be absolutely transforming. Changes will occur emotionally and physically as you shift out of stress mode into peace mode and your immune system starts to strengthen and heal things. Then that will manifest to your external life and you'll start seeing your circumstances and relationships change as you deal with them in truth and love instead of fear, anger, and sadness. You're going to see a shift in your life toward joy and peace.

For some of you it will be like flipping a switch immediately. For others it will take a little bit of time because you are so immersed in the negative. You are so immersed in the past and the future in a negative way. You will need to train yourself to focus in truth and love on the present. Any new skill takes practice. And when you learn how, the result is joy and peace.

One analogy and then I'm done. Using a television analogy, your feelings respond based on whatever you're watching. Whatever channel you're on, whatever show is on—and in our internal life, that's the images of our heart and the images that we're consciously choosing to focus on—you're going to feel emotions stimulated by whatever the show is that you're watching. Change the channel. Find the channel that is the present, not the past, not the future. Focus on acting in truth and love, not in selfishness and fear.

Do that and it will change your life.

## THE PROBLEM IS *IN* YOU, IT IS NOT YOU

I believe this is a critical issue. The problem is *in* you, but it *is not* you. In a previous Secret Spiritual Law of Nature we discussed the WHO that is the real cause of the problem. Once again we're going to discuss identity issues.

It's easy to understand that people who are severely disabled almost always have some kind of self-worth and inferiority issue, feeling "I'm not as good as other people." This is also true with most people who have a chronic health problem. It leads to an inferiority, a self-worth, an identity problem.

Here's why. We tend to identify our selves with the problem. We believe that if I've got a problem something is wrong with me, that I'm not worth as much as people who don't have this problem. Guess what. We've all got stuff that's wrong with us. We've all got stuff way down deep that other people don't know about. We've even got stuff we ourselves don't know about way down there in our unconscious and subconscious. So if I identify with a problem I have as being me, then my self-worth goes down.

Why is this so crucial? It's crucial first of all because it's not the truth, and secondly because it will create more stress and keep me from the life that I want to live.

So I try to look at a problem in the same way I look at a splinter. The splinter is in me. The splinter hurts. I can see it. I can feel it. I have emotions about it. I have negative thoughts about it. But is it me? No, it's not. It's a piece of wood that is stuck under my skin. I don't have any trouble with understanding that. It's in me but it's not me, so I need to get it out. Then I'll be fine. It will heal, and I won't have to carry it around everywhere.

Try looking at your problems the exact same way. Your problem is in you but it is not you. I don't care if it's a health issue or a situation where you believe you have done something wrong. Ancient manuscripts including the Bible talk about those things as well, and they say they are not you. Even things you have done that are wrong, and you knew they were wrong when you did them but you did them anyway ... that was not the true you at the deep core of who you are. It was a lie you believe in your heart doing its work and motivating you to do that.

I've got to explain one point here. To me the most important thing in the world is being in a right relationship with God. Above everything else you will ever hear us talk about, that is number one. In fact, other stuff doesn't matter that much in my opinion, if you don't get that one right. That is true in this one, too. I'm not trying to ignore things you do that are wrong and just excuse those. I'm talking about underlying principles.

Look at your problem as being like a splinter that is in you but that is not you. Let me give you some justification for that. Dr. Bruce Lipton, from the Stanford Medical School, says that the beliefs we hold in our unconscious and subconscious minds are more than a million times more

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powerful than our willpower. That's why it is almost impossible to change these problems with your willpower. It makes sense then that the problem is not me. I don't have to bear the blame and guilt when I do not consciously choose to keep my problem. I do need to connect to God and get in right relationship with him. Once having done that, I don't have to bear the guilt and blame because the real problem is not me, it is the work of the unhealthy beliefs, the lies about my identity in my unconscious and subconscious.

I really like AA, Alcoholics Anonymous. They have helped millions of people. I think it's a wonderful program, and I would recommend the 12 Steps in a wide variety of situations. But I believe one thing they teach has been counterproductive. That is for every person to stand up in that room and say, "Hi, my name is \_\_\_\_\_. I am an alcoholic." The reason I disagree with this practice is that every time they say they are alcoholics, it reinforces the identity that this is who they are, that alcoholism is not a splinter that is in them that they need to pull out and be done with, alcoholism *is* them. It is their identity. It is who they are. I believe this makes it harder to be free of alcoholism. Everywhere they go, "That's who I am. I am an alcoholic." Well, all of us are an addict of some kind or other. To me one of the critical issues in getting rid of addiction—whether it is to alcohol or drugs or television or exercise (I used to be addicted to exercise) or whatever it is—is to quit identifying the problem as being you. It is not you. It is *in* you, but it *is not* you.

So the next time you have one a problem come up that you want to address so you can move past it or change it, the very first step is to see it like a splinter that is in you but it is not you. I'm going to use The Healing Codes to pull that splinter out. I'm going to pray and ask God to help me pull that splinter out. Then I'm going to go on with my life and throw that problem in the fire or flush it down the toilet or whatever analogy you want to use, because I'm done with it. That was never me.

Identify yourself with who you *really* are: a wonderful, fabulous, perfect, valuable, pure being who is loved by God. That will go a long, long way to healing your problem. And don't forget that number one principle of everything. Make sure that you get in right relationship with God and are connected to him.

## TWO THINGS THAT GIVE YOU A ROTTEN ATTITUDE EVERY TIME

We have talked about comparison and expectation as two things that will ruin any good day. Now we're going to discuss a cousin of that concept: Two things that will give you a rotten attitude every time. They are two unhealthy beliefs: "I deserve." "It's not fair." These are absolute attitude killers.

First a little bit of a disclaimer. If your feeling that "It's not fair" is focused on an injustice regarding other people, that is not necessarily bad. That's the one possible exception. Even with that one, if you focus on the injustice too much instead of focusing in love and truth on what to do about it, it still gives you problems. You can get stuck there and never get out.

These two unhealthy beliefs can be like quicksand that keeps you from moving on in your life. In my experience with The Healing Codes, a lot of people who get stuck in their healing and can't seem to move forward are absolutely entrenched in these two attitudes, "I deserve" and "It's not fair." It can be about relationships or somebody not treating them right or somebody liking somebody else better instead of them. It can be about the economy, the government. It is just endless. This can be absolute quicksand for our life, your health, your relationships, your career moving forward or not.

You may have seen this in the workplace. You've got two people and one of them is focused on trying to do the absolute best job he can do or she can do. They take the initiative. They try to find things to do. They are kind to people. They focus on the positive to get ahead. Then there is a person who would also like to be promoted and go up that ladder to success, but they are focused on these two things: "I deserve" and "It's not fair". Even what they talk about at the water cooler or lunch stand is totally different from the conversation of the one who is focused on being positive. Even their body language is different.

So often the person who is positive and forward looking and taking the initiative and trying to have a good attitude is the one who gets promoted and the other one just uses this as more fodder for their belief that the world is not fair and they're not being treated fairly and they're not being treated the way they deserve. They find a way to rationalize why they should have gotten the promotion instead of the other person.

Let me give you another analogy. Then I'll explain a little bit more about this. Picture a 5-year-old little boy sitting with a brand new beautiful ice cream cone. It has one scoop of ice cream. The little boy's eyes are big. He's smiling. He's already taking a lick or two and he loves the way it tastes. You can tell from looking at this kid that he is a happy camper and he is really excited about that ice cream cone.

Now, add this to the picture. Another 5-year-old boy sits down right beside him. Instead of having one scoop of ice cream, he has a banana split that has strawberries and whipped cream and three flavors and all kinds of good stuff. Suddenly the boy with the one scoop of ice cream

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looks over at the banana split and back to his ice cream cone. Before you know it the look on his face completely changes from excitement and complete satisfaction to “It’s not fair and I deserve to have what he has.”

I hope that little picture gives you a feel way down deep for what we’re talking about. Let’s go into some of the details. The reason these things can be so destructive is that they are judgment based, growing out of pain. It is true that the second boy had more than the first boy, but the first boy would have totally enjoyed his single scoop of ice cream and been happy if he had not made a comparison and drawn the conclusions that he did.

The judgment that something is not fair and you deserve something you do not have is not inspired by love and truth. The judgment is being inspired out of our painful programming. What do we know about painful programming? What is the problem 100% of the time? It’s always a lie. There is always a lie in any painful programming memory that gives us a problem. The experience of the first little boy with the ice cream cone could very well be on piece of painful programming that will need to be healed later in life when he finds himself looking at everything thing through the distorted lenses of “It’s not fair” and “I deserve.” For these beliefs to become major issues in his life, other painful memories will have been added to reinforce them.

Then, after you recognize the lie, you have to confront the lie. Whenever you are feeling expectation, comparison or “I deserve” or “it’s not fair” you need to start using The Healing Codes to heal that unconscious and subconscious programming. You could pray about it and say something like this: “Okay, even though I feel like this is not fair and I’m being wronged and this is not what should be happening to me and I deserved it as much as they did—even though consciously I know that’s what I’m feeling and I feel justified in that—I know that I’ve got painful programming with a lie in it that’s being activated right now. Please heal this painful programming with the lie in it so that I can get out of being stuck in my life. This will make me stuck. I don’t want to be stuck. I want to get out there and live in love and truth and have adventures and live my dream and not be negatively, pessimistically, bitterly, angrily, fearfully focused on all these things in my life.”

You also need to confront the lie consciously. “I’m feeling expectation. I’m feeling comparison. I’m feeling like I’m not being treated the way I deserve. I feel like it’s not fair. I know I’ve got programming that is going off. I am not going to give in to it any more. I am not going to go there. Even though I don’t feel it yet, I’m going to force myself to act in truth and love and kindness.”

You heal it from the bottom with prayer and truth and love and The Healing Codes. You heal it from the top by confronting it and saying, “I’m not going to live in these wrong attitudes based on lies any more in my life.” If you do those two things and do them consistently for about 40 days, you’re going to see a massive reversal of your attitude. Your new behavior is not going to be forced any more. It’s going to happen naturally, freely, easily, and you’re going to see the circumstances in your life start to change. And the people in your life will certainly notice your new attitude and enjoy your company more than they ever did before.

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## THE BEST FRIEND YOU DON'T EVEN KNOW YOU HAVE

I want to ask you to envision your life as being like a house. All the different areas of your life are different rooms in that house. You go in one room and you have the major physical aspects of your life—your muscular/skeletal system, all of your organs. You go into another room and there's your DNA and genetic inheritance. In another room is your conscious thinking. You go into another room and there is your emotional life. In another room are relationships. And so on.

Now I want to focus on going into the room of your heart. As most of you know, healing the issues of the heart is what we're about more than anything else. That's what we believe The Healing Codes do at their core, heal the issues of the heart, not the physical issues. The physical issues that people have reported healing from have happened because the issues of the heart were healed. Physical healing was a natural result of that. We also believe that illness and disease are a natural result of a problem or issue of the heart.

By the way, Dr. Oz agrees with that as well. In the preface to his first book, which is called, coincidentally, *Healing from the Heart*, he says, "When the emotional and spiritual heart heals the physical often follows." Dr. Oz has also said that, "energy medicine is the next big frontier," and we believe that using The Healing Codes to heal the issues of the heart is as cutting edge as you can get. It's as core as you can get. That's why we are so excited that we constantly get feedback from people saying they believe we are the world's leader at healing the issues of the heart with energy medicine. That's why we believe we've had the response that we've had over the last seven years.

Now I want you to picture going into the room of your life that is the room of your heart. What I want to show you is that there are some people in that room who run the things that go on in your heart. One of them I call the Image Maker. That's the guy who creates all the images, all the pictures that are in your heart. As you may already know, the language of the heart is images. Pierce Howard, PhD, in *The Owner's Manual for the Brain* says that all data is encoded and recalled in the form of images unless you are blind from birth.

Rich Glenn, PhD, in his book *Transformation*, says the same thing. "Every problem in your life can be traced back to a destructive picture. If you heal that picture, the outward manifestation symptom will almost always heal." The finding and healing of that picture is absolutely critical in healing. Antonio Demasio, head of the Neurology department at the University of Southern California, has done research where he concludes, "Imageless thought is impossible in fact. What we consider a thought works totally, 100% based on the foundational images that make up that thought."

One person who's in your heart room of your life is the Image Maker who creates all these pictures about everything that has happened in your life. Your birth, your first birthday party, and the pictures of everything else that's ever happened to you.

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Another person in that room who doesn't get a lot of attention, but who I believe is your best friend that you don't even know you have, is someone I affectionately call "Ed". Ed is the editor of the pictures of your heart. This is the person who can take those images that have lies in them—the images that are destructive, that resonate with anger or fear or sadness or "I can't do it" or "It's not going to work for me" or "I'm bad" or "No one will ever love me the way I want to be loved" or "I can't be forgiven"—the editor can take those lies of the heart and go into those images and repaint them. He can Photoshop them to take the lie out. Not to take away the truth, but to make it so that we believe the truth. The memory is still there, but the lie we believed about it is gone.

Let me give you one example on this that you may have heard me tell before. I worked with a woman who had been raped as an adult. She said, "I'm desperate. I'm about to leave my husband and children, and I'm almost suicidal." She told me all these things that had been happening for the last three years. I said, "Okay, what happened three years ago?" She said, "I was raped." By the way, I hesitate to even say that word because some of you have had that happen and I apologize for reminding you, but let me give you hope. We have a way to fix that. That's what happened to this lady.

She said, "I was raped as an adult." I asked, "How do you feel about that?" She said, "I feel like a piece of meat. I feel like my husband will never look at me again in the same way. I feel like I'm dirty in a way that I can't wash off. I'm fearful everywhere I go. I believe this is never going to change. I believe somehow that it was my fault."

I said, "Okay. Let me ask you one question. Which of those things are true?" There was a pause and she said, "Well, none of them are true." I said, "What's the problem then?" She said, "Even though I know intellectually none of them are true, I keep living them. I keep feeling them. I keep believing them. No matter what I do, I can't seem to change it." There's the rub. The problem is always that we're believing a lie. The problem is not the truth. The problem is that she believed lies about that rape. It was not the rape itself, although that's a terrible thing. The problem is the "therefores". What she unintentionally concluded was, "Because I was raped, therefore I'm not safe. Therefore I'm dirty in a way that I can't ever wash off. Therefore I must have done something to deserve this." And on and on and on. The "therefore" in these destructive pictures always has a lie in it.

I worked with her with The Healing Codes to heal that. In a very short period of time the images completely healed. She's never looked back. She reconciled with her family, reconciled with her husband, quit all the medications, quit the alcohol, quit the drugs, and has a normal, healthy life now. That all changed in a period of about 9 days. Why? Because she used The Healing Codes to get the image changer, the Editor in the room of her heart to change those pictures according to the truth, to Photoshop the lies out.

Your Editor will do that for you, too. Here's what I suggest. Take a memory that still has a negative charge on it for you. When you think about it you feel bad in some way—anger, fear, sadness, frustration, low self-worth, unforgiveness. Then look at that picture and find the "therefore." We're not trying to change the truth. Find the "therefore," find the lie that says,

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“Because this happened, therefore I’m never going to be able to succeed. I’m never going to be able to make much money. I’m never going to be able to have a relationship. I’m messed up and nothing can change that.”

Find the lie. Take a look at that picture. See the lie in the picture if you can. Then ask the Editor in your heart to edit, to Photoshop, to change that picture. Take out the lie, take out the destructive “therefore,” and let you believe and live the truth in love from now on.

What I heard in my private practice counseling and therapy when I did this with people was that they were absolutely astounded as they looked at that picture and it changed. When they prayed that prayer and looked at that picture honestly in truth and love, truly wanting to change, that picture could sometimes change right before their eyes. And it did change.

Now, sometimes the images that need changing the most may be ones that you do not have conscious access to. You can’t go look at it and ask to change it. In that circumstance ask your heart to edit and change the ones you don’t know about and can’t see. This is a tremendous blessing of working with The Healing Codes—that they can change the unconscious images as well as the conscious ones.

I highly advise you to use your Healing Codes to heal these images. I’ve found it to be an absolute blessing in so many people’s lives.