

How to use The Healing Code

The hand position

Bring all your fingertips on both hands together and aim them at the specific healing centre and hold them 5-7 cm away from your face. It doesn't matter if your fingers are straight or curved, only that the tips of your fingers are aimed at the area surrounding the healing centre. Precise aim is not necessary for healing!

Having the fingertips this distance away from the face is several times more effective than touching the skin. It creates an energy field over the entrance of the healing centre that allows the body to automatically produce the precise positive/negative energy pattern needed for healing.

The four healing centres

1. *Bridge Position*

This healing centre is located between the eyebrows



2. *Adam's Apple Position*

Resting your arms on your chest, aim your fingertips at the base of your throat



Custom Codes Manual Healing Code

Kathleen Armour



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