This page left intentionally blank.
# Table of Contents

Disclaimers .................................................................................................................................................... 1

Welcome ....................................................................................................................................................... 2

Quick Start Guide .......................................................................................................................................... 3

Master Key Definitions.................................................................................................................................. 4
  Spiritual ................................................................................................................................................. 4
  Immune System ...................................................................................................................................... 4
  Master Key ............................................................................................................................................ 4
  Heart/Spirit ........................................................................................................................................... 4
  Body/Soul .............................................................................................................................................. 5
  Imagination ........................................................................................................................................... 5

Master Key Components.............................................................................................................................11
  Master Key Component 1: Prayer ..........................................................................................................11
  Master Key Component 2: Meditation ..................................................................................................13
  Master Key Component 3: Images .........................................................................................................14
  Master Key Component 4: Words ..........................................................................................................20
  Master Key Component 5: Frequency ....................................................................................................22
  Master Key Component 6: Energy medicine .........................................................................................29

The Master Key Process..............................................................................................................................32
  The Child and the Dream ........................................................................................................................32

Putting The Master Key Process Together..............................................................................................36
  Step 1: Say an opening prayer ...........................................................................................................36
  Step 2: Play a song and either listen to the words or repeat the words as you hear them. ..........36
  Step 3: Meditate using images...........................................................................................................37
  Step 4: Energy Medicine Hand positions ...........................................................................................40

Take a 40 day journey to unlock your spiritual immune system ............................................................42

Conscious Conflict ...................................................................................................................................42

Level 1 and Level 2 ..................................................................................................................................42

Master Key Extreme ....................................................................................................................................44

Additional Tips ............................................................................................................................................44

Bibliography ................................................................................................................................................45
Disclaimers

Binaural beats can provide immense support and neural regeneration for most neurological disorders. However, binaural beats are not recommended for epilepsy. Binaural beats provide the brain with energy. Epilepsy has problems with the discharge of energy within the brain. Binaural beats should not be used by people with epilepsy unless they first consult a physician or neurologist.

Binaural beat frequencies are a valuable tool for personal development and the management of physical and emotional health. However, these frequencies should not take the place of professional medical treatment for any serious medical issue. Furthermore, do not listen to binaural beats whilst driving or operating heavy machinery. Binaural Beats should not be used by people: with epilepsy, a history of seizures, heart complications, severe mental disorders, pregnant woman, and minors. Please consult a doctor before using Binaural Beats if you have any of these issues, or if you are under 18. Also there are non-binaural beats in the package for you to use.

The statements made in this program have not been evaluated by the Food and Drug Administration, and we make no curative claims. Results may vary depending upon use and commitment. There is no Immune System Master Key for any specific illness or disease. The Immune System Master Key addresses only the underlying spiritual issues of disease. We believe that people who use The Immune System Master Key can reasonably expect to have the issues of their heart heal.

The entire contents of this program are based upon research conducted by the author, unless otherwise noted. The publisher and the author present this information for the education purposes only. This information is not intended to diagnose or prescribe for medical or psychological conditions nor to claim to prevent treat, mitigate or cure such conditions. In presenting this information, no attempt is being made to provide diagnosis, care, treatment or rehabilitation of diagnosing, treating, operating or prescribing for any human disease, pain, injury, deformity or physical condition. The information contained herein is not intended to replace a one-on-one relationship with a doctor or qualified health care professional. This information is not intended as medical advice, but rather a sharing of knowledge and information from the research and experience of the authors. The publisher and the author encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional. You and you alone are responsible if you choose to do anything based on what you read, hear or view.

For those of you familiar with the Healing Codes products and manuals, this document was assembled predominantly using the transcripts of the videos that are associated with the Immune System Master Key products. Amplifying information has been added to fill in details not covered in the videos themselves. This document is written in amore colloquial style, reflecting current speech patterns rather than more formalized written text.
Welcome
Dr. Alex Loyd welcomes you to the Immune System Master Key program. It’s been under development for the past four and a half years. The Immune System Master Key helps you heal the spiritual core that all of us have. It’s been a missing piece for many, many years, whether in the health world, or for people trying to improve relationships or improve their career.

In 1971, President Richard Nixon declared war on cancer. Since then, cancer has gone to the 8th leading cause of death and is now # 2. Forecasters are saying that it’s going to become #1. During the same time period, the diagnoses of almost any disease has sky rocketed. The amount of money spent on any medication has sky rocketed. Many people, when they hear these statistics will say that it’s because of standard medicine.

But, in the year 2000, people were just as likely to see an alternative therapist as they would a family medical practitioner. And, in the year 2000 was the first year in recorded history that in western history; people spent more, dollar for dollar, on alternatives than they did on medications. And, that wave started 10 years before that. We’ve been on a 20-year wave of natural alternative health and the numbers of diagnoses are still getting worse. So, what could it be?

Everywhere you go, you hear either standard medicine or alternative. What if the real source of the problem and the solution isn’t in either one – not in standard medicine and not in alternative medicine? What if the real solution is somewhere totally different? That would make sense as to why things have been getting worse, even with the wave of natural health. In spite of all that, things have been getting worse.

Alex believes that the real source of our problems and the solution is in the spiritual realm, not standard medicine or alternative. If we really want to heal ourselves at the source, in a way that will be lasting and permanent, we have to address the spiritual.

In the context of the Immune System Master Key, we’ll take you on a voyage of discovery to show that we are a three-part being. And, one of the critical elements to unlocking ourselves to life, health, achievement, career, relationship, and everything you want in your life, is to unlock that spiritual or core element of yourself so that those issues can heal and you can be in harmony with yourself.

I challenge you to really engage with this. Try it. You’ll love it as so many people have. It will make a huge difference in your life. It will unlock you for your full total potential in every area of your life.

Welcome to the Immune System Master Key.
Quick Start Guide

- Start by listening to the instructional video.
- Choose one of the sounds or music from either the CD/mp3 or other DVD/video.
- Say an Opening Prayer about what you want healed in your life.
- Turn on the music you selected.
- Meditate on the words for 20 minutes daily using the following approach:
  - Listen and repeat one word every 15 seconds and just continuing to repeat those in sequence.
  - Listen to the frequency of love
  - Picture the images that correspond to each of the words.
- Energy Medicine Hand position – put your hands on the back of your head with fingers interlaced

Once you get used to this process, where you are repeating the words in order, you have the incredibly powerful love frequency going off at the same time, and you are picturing with your image maker that Master Key to your heart, those pictures of the words of love, all aspects of love, you will unlock your body, your soul and your heart. Once you do that you have turned on your spiritual immune system. Empower this approach more by using the energy medicine hand position. Do this for at least 40 days before moving on to Level 2.

Tips:

For most other healing modalities you can simply play the Master Key music (the 528 tone with the words) in the background and continue on your way with your normal course of effort for that healing modality.

If you are using the Healing Codes, select one of the 12 healing codes and do all hand positions within 1 minute. Then do the Master Key in the normal way. That’s the same number of positions, just spending less time on each one.

If you are using LT3, spend 30 seconds doing a power healing code and then another 30 seconds doing MC3. Then do the master key in the regular way.

Caution: Do not listen to any of the songs that include a binaural beat while driving a car or operating heavy machinery. Binaural beats can provide immense support and neural regeneration for most neurological disorders. However, binaural beats are not recommended for epilepsy. Binaural beats provide the brain with energy. Epilepsy has problems with the discharge of energy within the brain. Binaural beats should not be used by people with epilepsy unless they first consult a physician or neurologist. Binaural beat frequencies are a valuable tool for personal development and the management of physical and emotional health. However, these frequencies should not take the place of professional medical treatment for any serious medical issue. Furthermore, do not listen to binaural beats whilst driving or operating heavy machinery. Binaural Beats should not be used by people: with epilepsy, a history of seizures, heart complications, severe mental disorders, pregnant woman, and minors. Please consult a doctor before using Binaural Beats if you have any of these issues, or if you are under 18. Also there are non-binaural beats in the package for you to use.
Master Key Definitions

Let’s look at some of the words we’re going to use in this program. Let’s take each word one at a time.

**Spiritual** – What do I mean by that? It means so many things to different people. Webster defines it as first of all, the non-physical, and the immaterial. Secondly, Webster defines it as having to do with the human spirit or soul. I agree with a lot of that. I agree with the non-physical. I think that is absolutely the truth. But as far as having to do with the human spirit or soul, I think we need to get a little more specific and define that.

**Immune System** – We all have a physical immune system. When we have a virus or bacteria or cancer cells start to grow or any threat to our health occurs, the immune system attacks it to help us stay in good health. We all know there is a problem with that because the immune system can be turned on and off. If the immune system is turned off, something that could potentially hurt us may get a foothold. We may get the flu. We may get cancer if that physical immune system is turned off or turned down enough.

It works the same way with the spiritual immune system. The spiritual immune system permeates every area of our being. The spiritual immune system helps us stay healthy. It helps us be happy. It helps us be able to deal with whatever comes up in life. It can be turned off too. We’re going to look at what turns it off and on and how that happens and how to make sure that yours is turned on. Also, we’ll provide information to help you if your spiritual immune system is turned off, how to get it turned back on, and how to keep it on.

**Master Key** – What is a master key? It’s a key that unlocks many doors, or maybe all doors, or maybe a number of different things. That’s true with this system. This system doesn’t just unlock one thing. There are really three master keys within this system, because there are three parts to our being that all have to be unlocked. I believe that’s why so many things in the past have missed the mark as far as healing or improvement or better relationships or making your career be everything it can be. They may have had one or two of the keys, but I’ve never seen anything that had all three of the keys. You have to have all three because we have three parts that make us up. I need all three parts turned on if I’m going to be operating as well as I can be, if I’m going to be healing, happy, prospering and all those things that all of us want.

What are the three parts of our being and what the spiritual immune system really involves?

I believe that we are a multi-part being and this is how we work:

**Heart/Spirit:** We have a heart that is the container for our spiritual being. The heart is the name of the container and within the heart is the spirit. The spirit is who we really are, more than anything else. That’s the part of us that will never die, that will live forever, and that you
can’t kill. You can hurt my body but you can’t get to my spirit. The spirit is a part of me that relates most to God. That is in the heart. This represents my spiritual being.

**Body/Soul**: Another part of our being is the body. The body is the container for the soul.

**Imagination**: The thing that combines the two, the thing that joins the inner part of my being, the heart, with the outer part, body/soul, is the imagination. Think about it. The imagination may very well be, and I think it is, the only creative force in the world. I don’t even call it the imagination. What do you get when you say that word, imagination? You get a picture of somebody daydreaming. That’s not the context that I’m trying to get across at all. When I talk about the image maker, that is a function of the imagination, but that is the creative force, the only creative force on planet earth.

 Anything that you can see, anything that has ever been created was imaged first. To create something, usually someone images it first in their mind’s eye. Then they might draw it out on paper. But somebody saw it in their mind in a non-physical way before it became physical. There is nothing you can see on planet Earth that did not come into being in that way. It was imaged first.

 Our **heart** images, we just can’t see it – it’s in the realm of the unconscious. The **soul** is the realm of the conscious mind. The subconscious kind of goes back and forth – sometimes you can’t remember it and sometimes you can, if you think really hard. The **heart** can image things and we feel it (9:25). We can’t see it with our conscious mind, we feel it, and we get impressions of it. We can on purpose image things in our **soul** with our image maker. Everything is imaged before it comes into physical being. The **image maker** is what connects our inner being to our outer being. **Imagination** is used by both the heart and the body. Here’s a graphic that shows these relationships:
The thing that goes around everything is energy. Albert Einstein was right with his formula that \( E=MC^2 \). E is on one side of the equation and means Energy. Everything else is on the other side. That’s exactly what it means. Everything boils down to energy.

Now, let’s define how these parts work a little bit more.

In our inner being (our heart and spirit), we have feelings, thoughts, actions, and beliefs. All four of these items are in our inner being. Our spiritual heart does actions and it will override our willpower, our conscious thinking easily and it often does. Our body, or outer being, being the container for the soul has emotions, thoughts, actions, and beliefs. The outer being has emotions, thoughts, actions, beliefs and come from the un or subconscious mind. The inner being has feelings, thoughts, actions beliefs and come from the conscious and sometimes subconscious mind.

What’s the difference between feelings and emotions?

**Feelings** are not consistent with your physical circumstances and come from the heart. **Emotions** are consistent with your physical circumstances. Let’s take an example. You might be hungry and go to a restaurant. Perhaps you haven’t eaten in a long while. While you are in the restaurant, you might experience a delay in getting your food. As part of that circumstance you might start experiencing irritation or frustration about not being served the food you ordered while people in the restaurant that came in to be seated after you have started getting their food. The emotion of irritation is consistent with your physical circumstances. If you start also feeling angry or fearful about what a teacher once said to you 10 years ago, you are experiencing feelings. Feelings are not consistent with your physical circumstances and are coming from the heart.

You have actions, thoughts and beliefs in both the inner part of you (the Heart/Spirit) and the outer part of you (the body/soul). Which has primary control — the outer man or the inner man?

Professor William Tiller, a quantum physicist from Stanford University. Professor Tiller says that the unseen is always the parent of the seen. Creating something new, always starts in the heart and mind, and then becomes built and then seen. If your inner man has a problem, sooner or later your outer man will have a problem. Interestingly enough, 99% of all interventions occur at the level of the body, the outer man. Interventions such as medicines, therapies and treatments target the cells of the body, controlling emotions, taking a look at conscious thought; or changing behavior or beliefs that you know about. However, since the problem always starts in the heart or spirit, or the inner being, these interventions don’t always work.

Dr. Bruce Lipton, cellular biologist from Stanford University Medical School wrote a book called, The Biology of Belief. In this book he states that the unconscious is more than 1 million times more powerful than the conscious. That’s why it’s almost impossible to change
something with your will power. The issues of the heart (the unconscious) are more than a million times more powerful than your willpower (your conscious mind). You can get better results by focusing on healing the issues of your heart.

This is not to say that you shouldn’t be focusing on the body or conscious issues by eating the right foods, taking care of yourself, exercising or thinking the right thoughts. However, if the majority of your focus is not on the heart or spirit, you are missing out. The unseen controls the seen. We all know if you have a weed in your garden and if you keep cutting it off at ground level, how long will you be cutting it off at ground level? The answer is, everybody knows, forever. It will keep growing back every single time. If you take a little more time and effort and go underground (to work on issues of your heart), and get it by the roots you will never have to cut it out again.

Here’s a more concise summary of what we just covered in chart form:

<table>
<thead>
<tr>
<th>Heart</th>
<th>Contains the Spirit</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Has feelings, thoughts, actions, beliefs</td>
<td></td>
</tr>
<tr>
<td>• Feelings do not have to be consistent with your outer circumstances</td>
<td></td>
</tr>
<tr>
<td>• Unconscious or Subconscious Mind – often contains things we are not aware of</td>
<td></td>
</tr>
<tr>
<td>• Creates images automatically - We can’t see it with our conscious mind, but we can feel it and we get impressions of it</td>
<td></td>
</tr>
<tr>
<td>• Inner Being</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Body</th>
<th>Contains the Soul</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Has emotions, thoughts, actions, beliefs</td>
<td></td>
</tr>
<tr>
<td>• Emotions are consistent with your outer circumstances</td>
<td></td>
</tr>
<tr>
<td>• Words and logical reasoning are most important</td>
<td></td>
</tr>
<tr>
<td>• Conscious Mind</td>
<td></td>
</tr>
<tr>
<td>• Can create images on purpose using the Imagination</td>
<td></td>
</tr>
<tr>
<td>• Outer Being</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Imagination</th>
<th>Image Maker</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Connects inner being to outer being</td>
<td></td>
</tr>
<tr>
<td>• Used by both conscious and subconscious, heart (spirit) and body (soul)</td>
<td></td>
</tr>
</tbody>
</table>
That’s the difference. That’s how the inner man and the outer man work together. The thing that joins them is the imagination. The foundation for all of it is energy. Both of them have thoughts, actions and beliefs. The unconscious has feelings. The conscious has emotions. Almost all interventions, almost all self-help books, almost all medications, almost all surgery, just fill in the blank, is aimed here. I believe that’s why things have been getting worse and worse and worse for about the last 40 years. Even though we are supposedly getting smarter and more natural-health minded, it doesn’t seem to be making a whole lot of a difference. I believe it’s because we’ve been looking in the wrong place. We think the problem is in the body, but guy’s let me tell you, the problem is always in the heart.

That’s why you need to turn on your spiritual immune system, but to do that you’ve got to have the master key. Now, let’s get to what the Master Key is, why in the world I’ve gone through all this and how it’s related to the Master Key to turn on your spiritual immune system.

The reason we need a master key is because each part of our being speaks a different language. Think of the language as a lock. I used the example earlier about the cells being open or closed. Whether they are open or closed determines whether you get the benefit from the nutrition or supplements or good foods or hydration from water. We see all the time that people drink lots of water and still are dehydrated. It’s because their cells are closed and they can’t absorb.

Think of these languages as locks. You’ve got to have the right key to unlock each lock. There are three locks, three master keys, three languages and we need three master keys to unlock every part of our being for maximum healing. **The language of the heart is images, pictures. The language of the soul is words. The language of the body is vibration or frequency.**

If you speak words to the heart, it might respond some, but it is not going to respond the way you want it to respond for optimal health or optimal relationships because the language of the heart is pictures or images. In the heart meaning comes from those images. When you see the Hallmark commercial it touches your heart. You start to tear up or cry. You look at old
pictures and before you know it you go, “Ah, isn’t that sweet! Look at that!” It touches your heart.

So to unlock the heart you have to have the right picture. The wrong picture is what closes the heart. It makes the heart become stagnant and dark and diseased. The disease starts to spread. The wrong images are what lock the heart. You need the right images to unlock it.

The body gets meaning from vibration and frequency. It is a bio-chemical, energy phenomenon.

The language of the soul is words. Remember, our soul is conscious emotions, thoughts, actions and belief. It is logical reasoning. Words are the language of logical reasoning. You need the right words to unlock the soul. Words touch your soul. “I love you.” That touches your heart, too, but words get your emotions more than your heart. You know how that will happen? Someone says, “I love you” and the soul hears the words, but the heart looks in the eyes of the person to discern whether those words mean what I think they mean or not. Is this person telling me the truth or are they trying to manipulate me?

We have to have the master key of the exact right vibration to unlock the body. We have to have exactly the right words for the soul and exactly the right images for the heart. What is exactly right? What could the perfect master key be that will unlock those areas? It’s love. The master key is love.

The master key of love manifests differently depending on which language you are in. So we need vibration of love. We need words of love and not just one. There is the word, love, but we need a more holistic set of words that make up love rather than just that one. There are so many aspects of love. And then we need images of love. Those can be unique to that particular person.
Those are three master keys we need and then we need to figure out how to insert them and turn them. They need to be turned all at the same time. This is kind of like going to the safe deposit box. You’ve got a key and the bank has a key. You have to insert those keys and turn them at the same time. We have to have the right keys, the perfect keys, they can’t be off one bit, and we’ve got to insert them into the right places the right way and turn them at the right time. It sounds complicated. That’s why it took years to figure this out. But we’ve got it. You can start it today and it’s going to make a huge difference.
Master Key Components

There are six Master Key Components

- Prayer
- Meditation
- Words
- Images
- Frequency
- Energy Medicine

Master Key Component 1: Prayer

Prayer is the first component. When you pray, you are essentially energizing an intention to get well and asking for help in doing so. We recommend that you experience the effect of prayer on yourself first-hand. When you have experienced the effectiveness of prayer on your own, you will not need an outside authority to validate its effectiveness. Numerous studies have been conducted on the effectiveness of prayer on illness and healing.

One of the most quoted scientific studies about prayer was conducted in 1982 and 1983 at San Francisco General Hospital. Almost 400 patients of their Coronary Care Unit participated in a double blind study to assess the therapeutic effects of intercessory prayer. Patients were randomly selected by computer to either receive or not receive intercessory prayer. All participants in the study, including patients, doctors, and the conductor of the study himself remained blind throughout the study.

The results of the study showed that the patients who had received prayer as a part of the study were healthier than those who had not. The “prayed for” group had less need of having CPR (cardiopulmonary resuscitation) performed and less need for the use of mechanical ventilators. They had a diminished necessity for diuretics and antibiotics, less occurrences of pulmonary edema, and fewer deaths. Taking all factors into consideration, these results can only be attributed to the power of prayer. Likewise, in a follow-on study of nearly 1,000 coronary care unit patients, prayer was deemed to be an effective adjunct to standard medical care.
Here is a recap of five additional studies on the effectiveness of prayer:

In 2006, a meta-analysis study (which means a joint analysis of many other studies conducted on prayer) was conducted at Arizona State University. The results were published in the March 2007 Journal Research on Social Work Practice. Published in one of the most prestigious journals in the field of social work, this study also found prayer that is offered for the benefit of another person is beneficial.

In 2009, there was a study about the effect of prayers on the recovery of the unconscious patients admitted after traumatic brain injury. The study, conducted at Louisiana State University, found that patients receiving prayers recovered better following severe head injury.

In 2002, there was a study on intercessory prayer as it relates to psychological well-being conducted in the Psychology Department of Bloomsburg University, PA. More specifically, undergraduates were prayed for who were taking an upper-level psychology course. The students who were prayed for experienced less anxiety than the students who were not prayed for.

In 2001, in the Journal of Reproductive Medicine, a randomized, controlled, triple-blind study reported on the influence of prayer as it relates to the success of in vitro fertilization. More specifically, the study found that “the women who had been prayed for had nearly twice as high a pregnancy rate as those who had not been prayed for. Furthermore, the women who had been prayed for showed a higher implantation rate than those who had not been prayed for. The conclusion was that distant prayer facilitates implantation and pregnancy.”

In 2006, there was a study on the effect of intercessory prayer on wound healing in primates conducted at Loma Linda University in California. Twenty-two bush babies (Otolemur Garnettii) were treated for wounds – all with L-tryptophan and some additionally with intercessory prayer over a 4 week period. At the end of the study, it was found that prayer group animals had smaller wounds, increased red blood cells, hemoglobin and hematocrit. They also had greater reductions in both mean corpuscular hemoglobin and corpuscular volume along with a reduction in wound grooming behaviors than the non-prayer animal group. One particular aspect of the findings of this study enables the removal of the placebo effect that could be used as a basis to discount the results.

A bibliography of all these studies can be found at the back of this document along with some additional reading recommendations.
Master Key Component 2: Meditation

The second part is meditation. Meditation, as far as non-physical things, meditation has probably been tested more than anything I know of in the last 30, 40, 50 years. The results are absolutely staggering. It’s basically good for everything: stress, blood pressure, all kinds of illness and disease. Even the National Health Institute says that meditation helps just about anything. The second aspect of how we are going to do the master key is meditation.

Thousands of studies have been conducted all over the world. These studies repeatedly demonstrate that meditation has a positive effect on many physiological and biological aspects of our health. Here is a short list of known improvements that can be found through meditating:

- Improved resting and ambulatory blood pressure
- Reduce heart rate
- Synchronize heart and respiratory systems
- Boost immune response
- Alter levels of melatonin, serotonin, and or dopamine
- Reduce stress and promote positive mood states
- Reduced anxiety, pain, depression
- Enhance self-esteem and mood
- Improve tolerance for pain
- Reducing rates of Attention Deficit Disorder
- Improve quality of life

Research selected from around the world in 2010 demonstrates the effectiveness of meditation. Here is a recap of six additional studies:

In a Swedish study of cancer patients by, Kvillemo and Bränström, participants found they benefited from using mindfulness-based stress reduction or meditation techniques. Most specifically, they found that by using these techniques the experienced increased calm, enhanced sleep quality, more energy, less physical pain, and increased well-being.

In a study out of Seoul Korea consisting of over 100 participants, more than half found meditation as mind-body training is associated with lower stress, higher positive affect and higher plasma levels when comparing the meditation group with the control group. Thus, mind-body training may influence stress, positive affect and the sympathetic nervous system.

A study out of the Weill Cornell Medical College in New York focused on a contemplative self-healing program among breast and gynecologic cancer survivors on self-reported quality of life (QOL). The study found that a contemplative self-healing program can be effective in
significantly improving QOL and reducing distress and disability among female breast and gynecologic cancer survivors.

In a study out of Japan on the use of mindfulness-based meditation as a therapy for cancer patients, it was found that meditation produced adapted coping such as positive recognition and changes for an adapted lifestyle. Also, participants found an increased ability to cope, improved personal growth, found positive meaning and spirituality in their meditations.

In a study from Switzerland on meditation and bipolar disorder, participants found a decrease in depressive symptoms.

In a study at Brown University, regular meditation improved sleep quality and reduced depressive tendencies as well as mood disturbances.

**Master Key Component 3: Images**

Number three, images. It’s been so fascinating to me to see the studies on using images to heal. One of my favorite studies on peak performance was a study they did out West. I believe it was at a University around San Diego. They looked at basketball, archery and golf. They would have athletes practice free-throw shooting or practicing putting a golf ball or practice shooting an arrow, and then they had those who did not actually practice, but just imaged it. They visualized shooting a basketball, visualized shooting an arrow, but didn’t even practice it. They just visualized shooting. They had another group that didn’t do anything. They didn’t visualize or practice.

Here’s what they found. The group that didn’t do anything didn’t get any better. But the group that visualized improved just as much as the group that actually practiced. That blew me away. I grew up doing athletics. What I was taught over and over is you’ve got to practice every day. I still believe in practice. But what they legitimately found is that visualizing created just as much improvement as practice. They figured out why. When you do an action, any action, it creates a neural pathway for that action. Every time you do the action it strengthens that neural pathway. The more you do it the stronger that pathway is. The stronger the pathway is, the more easily you do it without even thinking. (For more information see the study by Ann Issac on Mental Practice or the book by Porter and Foster called Visual Athletics).

According to Porter, the reason visual imagery works lies in the fact that when you imagine yourself performing to perfection and doing precisely what you want, you are in turn physiologically creating neural patterns in your brain, just as if you had physical performed the action. These patterns are similar to small tracks engraved in the brain cells which can ultimately enable an athlete to perform physical feats by simply mentally practicing the move. Hence, mental imagery is intended to train our minds and create the neural patterns in our
brain to teach our muscles to do exactly what we want them to do. Likewise, Roure in his study of Autonomic Nervous System Responses found that mental imagery may help in the construction of schema which can be reproduced, without thinking, in actual practice – providing a large rationale for the importance and persistence of imagery in sports psychology overall.

The effect of using imagery for performance enhancement works with elementary age children as well. A study by Orlick found that children who used mental imagery had significant improvements in the accuracy and quality of their tennis game compared with the control group.

Not only does mental imagery seem to enhance athletic performance, but it has been shown to enhance intrinsic motivation as well. A study in 1995 by Martin and Hall tested who would spend more time practicing a golf putting task and who would result in having higher self-efficacy. Thirty-nine beginner golfers were divided into two groups: one that used imagery to practice and one that did not (the control group). For 3 sessions, both groups were taught how to hit golf balls. The imagery group practiced in an imagery training session designed for this specific golf skill. As a result, the imagery group spent significantly more time practicing the golf putting task than the control group. In addition, the subjects in the imagery group had more realistic self-expectation, set higher goals to achieve, and adhered more to their training programs outside the experimental setting.

Here’s the key. What they found is that the heart, the unconscious mind does not differentiate between what is real and what is imagined. Every time it is visualized, to the heart it is as if you actually did practice shooting the basket or shooting the arrow. Your heart is what determines how your body acts when you go out to play basketball.

They’ve also done wonderful research in this same field of visualizing related to health improvement. Reducing and eliminating pain by visualizing it going away, all the way down to have serious health issues improve. One of the research studies I read is that about 90% of all health issues can be dramatically benefitted from visualization. We’re going to use exactly the right images to turn that master key of the heart.

The power of the mind to influence the body is quite remarkable. Although it isn't always curative, imagery can be helpful in 90 percent of the problems that people bring to the attention of their primary care physicians. Imagery is the most fundamental language we have. Everything you do, the mind processes through images. When we recall events from our past or childhood, we think of pictures, images, sounds, pain, etc. It is hardly ever be through words.

In an article in The Dallas Morning News, Sue Ambrose reports that “Cancer can be a result of bad cellular memories replacing good ones. Psychological trauma, addiction and depression may all be furthered by abnormal memories inside cells. Diseases that turn up later in life,
scientists suspect, may be due to errant memories programmed into cells as people age. Even real memory, the kind that requires a brain, also seems to rely on memories locked in cells.”

Images aren't necessarily limited to visual but can be sounds, tastes, smells or a combination of sensations. A certain smell, for example, may invoke either pleasant or bad memories in you. Similarly, going to a place where you had a bad accident may instantly invoke visions of the accident and initiate flight or fight response.

Think, for example, of holding a fresh, juicy lemon in your hand. Perhaps you can feel its texture or see the vividness of its yellow skin. As you slice it open, you see the juice squirt out of it. The lemon's tart aroma is overwhelming. Finally, you stick it in your mouth, suck on it and taste the sour flavor as the juices roll over your tongue.

More than likely, your body reacted in some way to that image. For example, you may have begun to salivate. Images and other senses are the means used by the brain to communicate with our other organs.

Imagery is the language that the mind uses to communicate with the body. You can't really talk to a wart and say 'Hey, go away,' because that's not the language that the brain uses to communicate with the body. You need to imagine that wart and see it shrinking. Imagery is the biological connection between the mind and body. As we will see, this is extremely useful in mind body healing.

Unfortunately, many of the images popping into our heads do more harm than good. In fact, the most common type of imagery is worry. Because when we worry, what we worry about exists only in our imaginations.

It is estimated that an average person has 10,000 thoughts or images flashing through his mind each day. At least half of those thoughts are negative, such as anxiety of meeting a quota, a coming speech, job related anxiety, etc. Unharnessed, a steady dose of worry and other negative images can alter your physiology and make you more susceptible to a variety of ailments, ranging from acne to arthritis, headaches to heart disease, and ulcers to urinary tract infections.

Your thoughts have a direct influence on the way you feel and behave. If you tend to dwell on sad or negative thoughts, you most likely are not a very happy person. Likewise, if you think that your job is enough to give you a headache, you probably will come home with throbbing temples each day. This is just another clear example of the power the mind exerts over the body.

But if you can learn to direct and control the images in your head, you can help your body heal itself. Our imagination is like a spirited, powerful horse. If it's untamed, it can be dangerous and run you over. But if you learn to use your imagination in a way that is purposeful and
directed, it can be a tremendously powerful vehicle to get you where you want to go, including to better health.

Your imagination can be a powerful tool to help you combat stress, tension, and anxiety. You can use visualization to harness the energy of your imagination, and it does not take long—probably just a few weeks—to master the technique. Try to visualize two or three times a day. Most people find it easiest to do in bed in the morning and at night before falling asleep, though with practice you'll be able to visualize whenever and wherever the need arises.

Imagery has been considered a healing tool in virtually all of the world's cultures and is an integral part of many religions. Navajo Indians, for example, practice an elaborate form of imagery that encourages a person to "see" himself as healthy. Ancient Egyptians and Greeks, including Aristotle and Hippocrates believed that images release spirits in the brain that arouse the heart and other parts of the body. They also thought that a strong image of a disease is enough to cause its symptoms.

Here is a recap of more than 10 studies on the effectiveness of visualization or imagery on health:

Imagery had been found to be very effective for the treatment of stress. Imagery is at the center of relaxation techniques designed to release brain chemicals that act as your body's natural brain tranquilizers, lowering blood pressure, heart rate, and anxiety levels. By and large, researchers find that these techniques work. Because imagery relaxes the body, doctors specializing in imagery often recommend it for stress-related conditions such as headaches, chronic pain in the neck and back, high blood pressure, spastic colon, and cramping from premenstrual syndrome.

Researchers at Ohio State University in Columbus, Ohio found that people with cancer who used imagery while receiving chemotherapy felt more relaxed, better prepared for their treatment and more positive about care than those who didn't use the technique.

Several studies suggest that imagery can also boost your immunity. Danish researchers found increased natural killer cell activity among ten college students who imagined that their immune systems were becoming very effective. Natural killer cells are an important part of the immune system because they can recognize and destroy virus-infected cells, tumor cells and other invaders.

In another small study, researchers at Pennsylvania State University in University Park, Pa and Case Western Reserve University School of Medicine in Cleveland, Ohio found that seven people who suffered from recurrent canker sores in their mouths significantly reduced the frequency of their outbreaks after they began visualizing that the sores were bathed in a soothing coating of white blood cells.
Imagery can also help alter menstrual cycles and relieve symptoms of premenstrual syndrome. In a preliminary study, researchers at Massachusetts General Hospital in Boston found that 12 of 15 women, ages 21 to 40, who used imagery for three months lengthened their monthly menstrual cycles by an average of nearly four days and slashed their perceived levels of premenstrual distress in half. They also reported fewer mood swings.

At the University of South Florida in Tampa, researchers asked 19 men and women, ages 56 to 75, who had chronic bronchitis and emphysema to rate their levels of anxiety, depression, fatigue and discomfort before and after they began using imagery. The researchers concluded that imagery significantly improved the overall quality of these people's lives.

A study at Yale demonstrated that patients suffering from severe depression were helped by imagining scenes in which they were praised by people they admired- a clear boost to their self-esteem.

A controlled study of fifty-five women examined the effects of imagery and relaxation on breast milk production in mothers of infants in a neonatal intensive care unit. They received a twenty-minute audiotape of progressive relaxation followed by guided imagery of pleasant surroundings, milk flowing in the breasts, and the baby's warm skin against theirs. They produced more than twice as much milk as compared to those receiving only routine care.

In another study, a group of metastatic cancer patients using daily imagery for a year achieved significant improvements in NK cell activity and several other measures of immune functioning.

At Michigan State University, researchers found that students could use guided imagery to improve the functioning of certain white cells called neutrophils, important immune cells in defense against bacterial and fungal infection. They could also decrease, but not increase, white cell counts. At one point in the study, a form of imagery intended to increase neutrophil count unexpectedly caused a drop instead. Subsequently, students were taught imagery explicitly intended to keep the neutrophil count steady, while increasing their effectiveness. Both of these goals were achieved.

Studies by Murphy and Ahsen have shown that images have three parts. First, there is the image itself which has meaning to the individual. Second, some images bring up a sensation that it attention getting internally. These images may provide so much realism that the viewer can interact with the image as if it is real. And, third, images elicit a somatic or bodily response. The very act of imaging results in psychophysiological changes in the body. The most effective images to be used in performance improvements or healing carry all three components.

Studies indicate that imagery works best when it is used in conjunction with a relaxation technique. When your physical body is relaxed, you don't need to be in such conscious control
of your mind, and you can give it the freedom to daydream. Meditation, progressive relaxation and or yoga are the most common relaxation techniques used with imagery.

Loosen your clothing, take off your shoes, and sit comfortably in a chair. You can also use one of the yoga or meditation postures. Dim the lights, if you prefer. Close your eyes. Take in a few deep breaths. Picture yourself descending an imaginary staircase. With each step, notice that you feel more and more relaxed.

When you feel relaxed, imagine a favorite scene. It could be a beach, a mountain slope or a particularly enjoyable moment with friends or family. Try to go into this scene each time you practice your imagery. If you can create a special, safe place where nothing can hurt you and you feel secure, it will make you more receptive to other images.

Once you feel comfortable in your favorite scene, gradually direct your mind toward the ailment you're concerned about. Use one of the images suggested by experts or allow your mind to create one of its own. Let the image become more vivid and in focus. Don't worry if it seems to fade in and out. If several images come to mind, choose one and stick with it for that session.

On the other hand, if no images come to mind, you can search the internet for images or you can try focusing on a different sensation. For instance, imagine hearing fish frying in a skillet or smelling wildflowers in a Meadow. If all else fails, think about how you feel at the moment. Angry? Frustrated? What color is that anger? What image is evoked? Use these feelings to forge images.
Master Key Component 4: Words

The next one we need to look at is words. The images are for the issues of the heart, the inner man. The words are for the soul. An absolutely unbelievable study came from the Institute of Heart Math in California, and all I can do is describe this. Every time I think about it, it blows me away. Here’s what they did. They took a glass vial of human DNA. They had someone put it in their hand. Then they introduced a word, like the word “anger”. The person thought about the word “anger”. Then, after doing that for a little while, they took the DNA out and analyzed it and the DNA had been damaged from the emotion connected to the world in the soul. Remember, the soul has emotions. The heart has feelings. The emotion and word, “anger” had damaged the DNA.

They put it back in the test vial, had the person hold it in their hand again. They would introduce a positive word like love or joy or peace. The person would experience the word and emotion, love. They took the DNA out again, looked at it and the DNA had been healed. Their conclusion is that words and the emotions that come from words can literally heal or damage your DNA.

Another one that has been really big in the news in the last couple of years is in a huge best-selling book The Hidden Messages of Water, by Dr. Emoto. What Dr. Emoto did – this is so incredible to me – he would take a glass of water and speak to it or write the word on the glass of water like “hate”. Then he would freeze the water, slice off a tiny little segment and put it under a microscope. He took pictures of those and published the pictures. Then he would take the water and say the word “love” or write it on the glass. This seems nuts, doesn’t it? It’s absolutely true. The pictures are published. When he said the word “love” and froze, cut and photographed the section, the water molecule of the word “love” looked like a gorgeous snowflake. It was just spectacular. Like something you’d see in a kaleidoscope. The picture of the water molecule, same water molecule, with the word “hate” looked dark and yucky and distorted and disfigured.

You can go on a web search under Dr. Emoto or Hidden Messages of Water and see these for yourself. It is absolutely shocking. (http://www.masaru-emoto.net/english/e_ome_home.html)
This picture on the left is one of the crystalline patterns formed when the word LOVE was put on a water bottle. The picture on the right is a picture of the crystalline pattern formed when the words I want to kill you were put on a water bottle.

But the conclusion is that these words will literally change the molecular structure of water and of molecules in your body. Guess what, you are 75% water. So do you want your cells to look like some grotesque, dark thing or do you want your cells to look beautiful, light, and healthy? What are the thoughts, the conscious “soulish” thoughts that you are having at about the rate of 1300 words a minute? What words are those? Are those words that are going to make your molecular structure healthy or terrible and grotesque and distorted and healthy?

So we need exactly the right words to unlock the soul and here’s some research to back this up:

Besides, reading Dr. Emoto’s books and articles related to Healing with Water, Masaru Emoto and a few others posed and tested the theory that water “treated” with intention can affect ice crystals formed from that water. A group of approximately 2,000 people in Tokyo focused positive intentions toward water samples located inside an electromagnetically shielded room in California. That group was unaware of similar water samples set aside in a different location as controls. Ice crystals formed from both sets of water samples were blindly identified and photographed by an analyst, and the resulting images were blindly assessed for aesthetic appeal by 100 independent judges. Results indicated that crystals from the treated water were given higher scores for aesthetic appeal than those from the control water, lending support to the hypothesis.

In addition, Dr. Larry Dossey has written a few books on the power of the spoken word, both negative and positive. In the book, Be Careful What you Pray For....You Just Might Get it, Dr. Dossey looks at negative prayer and use of negative thoughts to create harm. John-Roger and Peter McWilliams wrote a book about 30 years ago called You Can’t Afford the Luxury of a Negative Thought. In this book, they detail the importance and power of positive thoughts as well as how negative thoughts affect the mind, body and emotions.
Master Key Component 5: Frequency

The next thing we need is the exact right frequency for the physical body. The body responds to frequency and vibration. Everything in all creation has three things. It has a frequency. It has a color. It has a wave length. Every frequency can be expressed either as a light somewhere on the light spectrum from black to pure white, or it can be expressed as an audible tone, like a musical tone.

Back about a thousand years ago there were chants that were sung in monasteries. These chants supposedly had incredible healing powers. The reason they had healing powers was because of the particular notes that were in those chants. You may have heard of Gregorian chants. That was the name of some of those. But about a thousand years ago they just disappeared off the face of the earth. They were just gone - almost overnight.

Dr. Joseph Puleo, in the 1970’s, rediscovered the key to those ancient Gregorian chants in ancient manuscripts. They key is the 528 Hz frequency. The interesting thing is that back many, many, many years ago those chants were lost. Somewhere around the time when the chants were lost the notes changed. So 528 Hz used to be Middle C, but it is not Middle C today. Somewhere along the line, through the centuries the frequency for Middle C became changed. Dr. Puleo found this and rediscovered the 528 Hz frequency which is the vibrational frequency for love. IT is part of what is called the Solfeggio scale.

Here is the original Solfeggio scale:

<table>
<thead>
<tr>
<th>Tone name</th>
<th>Latin</th>
<th>Definition</th>
<th>Frequency (Hz)</th>
</tr>
</thead>
<tbody>
<tr>
<td>UT</td>
<td>queant laxis</td>
<td>The Gamut of dramatic emotion from grief to joy; liberating guilt and fear</td>
<td>396</td>
</tr>
<tr>
<td>Re</td>
<td>sonare fibris</td>
<td>Resonance; undoing situations and facilitating change</td>
<td>417</td>
</tr>
<tr>
<td>MI</td>
<td>ra gestorum</td>
<td>Miracle; Love; transformation (DNA repair)</td>
<td>528</td>
</tr>
<tr>
<td>FA</td>
<td>multi-turom</td>
<td>Group or quorum; connecting/relationships</td>
<td>639</td>
</tr>
<tr>
<td>Sol</td>
<td>ve pollute</td>
<td>Solve, release, cleanse; expression/solutions</td>
<td>741</td>
</tr>
<tr>
<td>LA</td>
<td>biireatum</td>
<td>Manifestation; awakening intuition</td>
<td>852</td>
</tr>
</tbody>
</table>

It is believed that the reason those Gregorian chants had the healing capacity is because they were focused on that 528 Hz frequency and five others that worked together in harmony. They key one was the 528 Hz frequency, the frequency of love. Doesn’t that just sound cool,
“The frequency of love…” Man, give me more of that. I take Vitamin D every day. Give me the frequency of love.

Just like water crystals are created when words are spoken, likewise water crystals are created when these frequencies are played. Shown below are the images for each of the tones listed above.

Musical Tone "C" (DO) 396Mh

Musical Tone "D" (Re) 417Mh

Musical Tone "E" (Mi) 528Mh

Musical Tone "F" (Fa) 639Mh
Many people have reported healing just from listening to the frequency of love and nothing else. It has been studied by doctors and researchers and PhD’s. Several researchers have said this frequency can literally repair damaged DNA. Remember vibration and frequency is the master key to the body. It is not an accident to me that they’ve found that frequency will repair the very heart of the body, the DNA itself. That’s what we are all so scared of, “Do I have DNA for cancer or heart disease or whatever?” Well, you don’t have to be afraid of that any more. The frequency of love, 528 Hz, lost for centuries. We’re going to show you how to use it.

Here are some additional references regarding the use of these frequencies.

First, you can check out this YouTube video from Dr. Puleo on the origins of the solfeggio harmonic scale. [http://www.youtube.com/watch?v=cbDn1qvU81c](http://www.youtube.com/watch?v=cbDn1qvU81c). Or you can read the story in detail in the book called *Healing Codes for the Biological Apocalypse* by Dr. Leonard Horowitz and Dr. Joseph Puleo. One of main points to get out of the any of the stories or the history of finding these ancient frequencies, is that sound can heal. Essentially, use of these frequencies has been proven to heal DNA. That means that anything inherited – both strengths and weaknesses – can be changed and altered so as to return the DNA to balance and health. If you look at the images above, you can notice that all of them are six-sided hexagonal in shape. This shape seems to form the supportive matrix of healthy DNA.

In parallel research, albeit in the arena of Cymatics, (the study of sound), Dr. Gary Robert Buchanan worked with the eminent physician the late Sir Dr. Peter Guy Manners (“Father of Cymatic Therapy”). They took pictures of drops of water while these solfa frequencies were being played. You can find the video of the images on this website. [http://empowured.com/tag/peter-guy-manners](http://empowured.com/tag/peter-guy-manners)

Beyond listening to these frequencies, sound has been used to heal physical and emotional issues for centuries. The first recorded use of sound as medicine comes from Pythagoras around 2000 years ago. He’s the first person credited with taking a systematic approach to
healing using sound. He called it musical medicine and created chants and songs to address depression, anger, mental anguish, despondency, and aggression. The importance of sound as a healing agent has been noted in almost every culture around the globe. In the last 1960s, the monks at a monastery in southern France had become despondent after the changes imposed by the Vatican II rulings. This ruling changed introduced theological reforms as well as changes in diet and routine. Along with this, a new administrator for the monastery arrived and began the implementation of these changes. Within a few months, the monks were unable to do their work and became depressed and listless. After consulting many doctors, Dr. Alfred Tomatis was consulted. His diagnosis? The monks were in the enervated state because they no longer spent a few hours each day chanting Gregorian chants. Within a few months of the chanting being re-introduced, the monks became happy, active and lively.

In the book, the Healing Power of Sound, by the Oncologist, Dr. Mitchell Gaynor provides a short history of the use of sound through history. He also summarized recent research into the use of music for healing. He found that music has been used to:

- Reduce anxiety, heart and respiratory rates
- Reduce cardiac complications
- Reduce blood pressure and heart rate
- Increase blood pressure via excessive noise
- Reduce blood pressure, heart rate and noise sensitivity
- Increase immune cell messengers
- Reduce stress hormones
- Boost natural opiates (such as endorphins)
- Increase relaxation
- Enhance relationships
- Increase intelligence
- Ease situational anxiety
- Reduce pain and trauma during childbirth
- Unfreeze trapped emotions with Alzheimer patients
- Reduce effects of Parkinson’s Disease

Other researchers have found that when surgical patients listen to music while undergoing anesthesia, they suffer fewer complications and recover more quickly. And, Helen Baker found that music and sound can release trapped emotions during the grieving process which can enable a condensed time period for grieving.

Over the past 50 years, many scientists, researchers, healers, and musicians have reported on the healing effect of sound and music. Here is a short list of books that talk about the importance of music or sound as a component of healing:

- Vibrational Medicine by Richard Gerber
- The Mozart Effect by Don Campbell
We also want to introduce the concept of a binaural beat. Single binaural frequencies help you become more relaxed, increase your ability to learn, improve your memory, improve your ability to heal, and in many cases reduce your need for sleep. They can also foster self-awareness and enhance self-knowing and reconnection. So what are binaural beats?

Originally discovered in 1839, binaural beats occur when 2 frequencies of sound are generated at the same time. Each frequency or tone resonates to a specific frequency. When your brain hears both at the same time, it automatically creates a third tone. For example, if 300 Hz was played in one ear and 310 was played in another ear, the binaural beat would have a frequency of 10 Hz. The different between the frequencies in turn affects your brainwave state. There are four predominant brainwaves states: Beta, Alpha, Theta and Delta.

Binaural beats in the Alpha, Theta and Delta range provide a continuous relaxed input and promote healthy rewiring through its audio neurological signal calculation. These new audio experiences in the brain trigger a burst of new connections between neurons, and with repetition these new neural pathways become fit, just like going to a gym, and it is the fittest connections in our brains that survive. The binaural beat process is faster, easier and more than just meditation. After several weeks of listening to the binaural beats, the brain becomes more lateralized and starts to form permanent relaxed memories in both hemispheres. The brain doesn’t become dependent on binaural beats for relaxation, over time, it actually becomes more resilient to stress and this process continues to develop further, when more binaural stimuli is received by the brain. Furthermore, as the synchronized hemispheres and neurons develop, greater personal awareness and insight follows. Combined with greater stress resilience, binaural beat therapy is a valuable tool in counseling and other therapeutic settings. Binaural beats are excellent for developing higher states of consciousness and going beyond meditation.

The binaural beat process can be used to stimulate altered states of consciousness by selecting binaural beat patterns to match a desired brainwave. After a few minutes of listening and calculating, the brain starts to match this binaural beat; because of a process called frequency following response. In reality a binaural beat is not heard as true sound in the headphone environment, it is more like a neurological signal perceived within the brain by both brain hemispheres working in unison. The neural synchrony stimulated by binaural beats is a major aspect that assists the brain to function at a higher level. The brain continually forms new connections following new experiences. The quality and strength of neuronal connections can vary according to the input received by the brain.

Binaural beats in the delta (1 to 4 Hz) and theta (4 to 8 Hz) ranges have been associated with reports of relaxed, meditative, and creative states and used as an aid to falling asleep. Binaural beats in the alpha
frequencies (8 to 12 Hz) have increased alpha brain waves (Foster, 1990) and binaural beats in the beta frequencies (typically 16 to 24 Hz) have been associated with reports of increased concentration or alertness (Monroe, 1985) and improved memory (Kennerly, 1994).

**The Beta State**
The beta state is that state of mind that you experience when awake and active during the day. It includes any brain wave with a frequency greater than or equal to 13 Hz (faster repetition than 13 times per second).

**The Alpha State**
The alpha mind state is that state commonly experienced while the body is resting and the mind is calm. The alpha state of mind involves frequencies from 8.0 to 12.9Hz. Alpha brain waves provide the link between the conscious and subconscious mind. They allow you to be aware of what is happening in your subconscious mind, for example when you're dreaming or in deep meditation. This mental state is useful to take a nap or for light relaxation and can stimulate imagination, relaxation, and clear thinking. It is useful also for visualizations and is known to helps heal hangovers, jet lag, improve your mood, lowers anxiety, help with your ability to handle stress, better focus, reading and study, calms heart rates, improves creativity and meditation skills, and enhances release of serotonin (which produces feelings of happiness).

**The Theta State**
Use Theta waves stimulation (4hz - 8hz) to induce your mind to the Theta state. Theta mental state usually represents deep relaxation and they are associated with the subconscious mind. In fact, Theta brainwaves enable you to go deeper into your subconscious mind. This mental state is where your long-term memories, experiences, and radical creativity is kept. Use this for deep hypnosis or self-hypnosis, self-suggestion, spiritual connections. Theta brain waves are also very important in the mind and body healing. I remember learning that this is the state that you are automatically put in when you are given ether before you have an operation.

**The Delta State**
Use Delta waves stimulation (0.1hz - 4hz) to induce your mind to the Delta state. Delta brain waves are the slowest of all brain waves. Indeed, Delta is the unconscious mind, differently from Theta (subconscious mind). Generally people are asleep in delta. It's a deep, trance-like, non-physical state. Use Delta brainwaves to increase your intuition. Delta brain waves are also associated with deep healing of mind and body. It's been documented that certain frequencies of delta brainwaves stimulate the brain to produce many beneficial substances, including human growth hormone, DHEA and melatonin. All these substances reverse the effects of aging. At the same time, Delta brainwaves also appear to reduce the production of cortisol (a "stress hormone" which accelerates the aging process).

Please note: Binaural beats are best used with headphones in a comfortable environment. Set the volume level to eliminate external noise but not so loud that it irritates. Do not use whilst driving or operating machinery. It takes about 8-10 minutes to get into a new brainwave state. Allow the images to flow through your brain as you listen to the music.
One more bit of information about using binaural beats:

Binaural beats can provide immense support and neural regeneration for most neurological disorders. However, binaural beats are not recommended for epilepsy. Binaural beats provide the brain with energy. Epilepsy has problems with the discharge of energy within the brain. Binaural beats should not be used by people with epilepsy unless they first consult a physician or neurologist.

Binaural beat frequencies are a valuable tool for personal development and the management of physical and emotional health. However, these frequencies should not take the place of professional medical treatment for any serious medical issue. Furthermore, do not listen to binaural beats whilst driving or operating heavy machinery. Binaural Beats should not be used by people: with epilepsy, a history of seizures, heart complications, severe mental disorders, pregnant woman, and minors. Please consult a doctor before using Binaural Beats if you have any of these issues, or if you are under 18. Also there are non-binaural beats in the package for you to use.
Master Key Component 6: Energy medicine

Then the last one is energy medicine. Remember that we said that the thing everything has in common, the inner man, the outer man, the heart, the soul, the body, everything in all creation is energy. It’s not an accident to me that a couple years ago Dr. Oz, probably the most famous doctor in the world for the last several years, said that the next big frontier in medicine is energy medicine.

Alternative medicines, Dr. Oz says, deal with the body’s energy – something that traditional Western medicine generally does not. “We’re beginning to now understand things that we know in our hearts are true but we could never measure,” he says. “As we get better at understanding how little we know about the body, we begin to realize that the next big frontier...in medicine is energy medicine. It’s not the mechanistic part of the joints moving. It’s not the chemistry of our body. It’s understanding, for the first time, how energy influences how we feel.” The body's energies are the key to health, vitality, and well-being. Energy medicine is the art and science of working with and teaching people to work with these energies to empower them to live happier, healthier lives.

Why would he say that? Because Albert Einstein was right. Everything boils down to energy. If you have a health problem, you've got an energy problem. If you've got an inner-man problem, you've got an energy problem. If you have a soul problem, a body problem, you've got an energy problem. If you have a relationship issue, you have an energy problem. Energy medicine is a wonderful way that we can heal from that energy perspective.

So what is energy medicine anyway? The National Institutes of Health list energy medicine in the category of alternative or complimentary treatments. According to the Energy Medicine University, “Energy Medicine includes all concepts of energy: light, sound, electro-magnetism, body, mind and spirit”. Some of the therapies and techniques that fall under energy medicine include meditation, prayer, acupuncture, acupressure, chi-gung/qi-gong, Reiki, therapeutic touch, homeopathy, biofeedback, kinesiology, flower essences, magnetic therapy, color and light therapy, sound, music and tone, electro-physiological measures.

According to Consumer Reports, about 75% of Americans use some form of energy medicine each year. And, according to the National Institute of Health, as of 2007, 83 million adults spent $33.9 billion out-of-pocket on complementary and alternative medicine – while they spent $47B on prescription drugs (http://nccam.nih.gov/news/camstats/costs/costdatafs.htm)

Energy medicine is about activating the natural forces that we all carry within us to help eliminate disease. This idea was recognized by the Greek physician Hippocrates in 400BCE. Considered the father of western medicine, he said “Natural forces within us are the true healers of disease.” For a couple thousand years, western medicine treated the whole person. In the 17th century that changed with the philosophy of Rene Descartes who said that mind and body were two distinct components and did not have any relationship to the other. For the past couple hundred years, this dualism of mind vs. body has been in play. Over the past
50 years, western medicine has begun again embracing a more holistic approach to healing and energy medicine is becoming more widely accepted and used.

The primary objective of the practice of energy medicine, also known as holistic medicine, is the experience of optimal or holistic health. Optimal health is the unlimited and unimpeded free flow of life force energy through body, mind, and spirit.” The American Board of Holistic Medicine (ABHM) created twelve principles to support holistic medical practice. These are:

1. Unconditional love is life’s most powerful healer.
2. Optimal health is much more than the absence of sickness
3. Illness is viewed as a manifestation of the whole person, not as an isolated event.
4. Holistic physicians embrace a variety of safe, effective options in diagnosis and treatment, including:
   a. education for lifestyle changes and self-care
   b. complementary approaches; and
   c. conventional drugs and surgery.
5. Searching for the underlying cause of disease is preferable to treating symptoms alone.
6. Holistic physicians expend as much effort to establishing what kind of patient has a disease as they do establishing what kind of disease a patient has.
7. Prevention is preferable to treatment and is usually more cost-effective. The most cost-effective approach evokes the patient’s own healing capabilities.
8. A major determinant of healing outcomes is the quality of the relationship established between physician and patient, in which patient autonomy is encouraged.
9. The ideal physician-patient relationship considers the needs, desires, awareness and insight of the patient as well as those of the physician.
10. Physicians significantly influence patients by their example.
11. Illness, pain, and the dying process can be learning opportunities for patients and physicians.
12. Holistic physicians encourage patients to evoke the healing power of love, hope, humor and enthusiasm, and to release the toxic consequences of hostility, shame, greed, depression, and prolonged fear, anger, and grief.
The Healing Codes, a lot of you know me from The Healing Codes. If you don’t that’s fine. The Healing Codes have had people all over the world report healing from just about everything you can name: ALS, all kinds of cancers, heart disease, diabetes, depression, anxiety. There is not a single Healing Code for any of those things. Every Healing Code is for an issue of the heart. But people have reported healing from almost everything you can name by using energy medicine to change those problems at the root.

By the way, you may be wondering, if I do this master key thing, does that mean I don’t need anything else? Does that mean I don’t need The Healing Codes? Does it mean I don’t need nutrition? Does it mean I don’t need to exercise? No, absolutely not. The Master Key System is something you can do for 20 minutes a day and unlock those cells, unlock your soul, and unlock those issues of the heart for healing. It makes everything else work better. This is a foundational thing you can do every day that makes everything else better. In fact, it will cause a lot of things to start working where they weren’t working before. They were locked. They couldn’t work. It’s like that closed cell can’t absorb nutrition or the hydration from the water.

We’re going to combine all these six things into one thing that is going to unlock every area of your being all at once. Let’s get to it.
The Master Key Process

The Master Key Process has six component parts. In this section, we’ll show you how to put them all together. As a reminder, the six components are:

- Prayer
- Meditation
- Words
- Images
- Frequency
- Energy Medicine

A number of years ago I felt like I’d been shown through prayer a brand new energy medicine technique that was really, really wonderful. I tested it and was convinced it was fantastic. But I didn’t know how or where I was going to use it. The nature of it is a little bit different. I just kept praying about it believing that it was going to become clear. God would show me how and where to use that someday. I got a phone call one day. It was a dear, sweet lady. She introduced herself and said, “What I’m going to tell you is going to sound kind of crazy, but if you’ve got a few minutes hear me out.” I asked her to go ahead.

**The Child and the Dream:** She went on to tell me she had a very young child and that young child had woken up one morning just like every other morning, only it proved to not be like any other morning. The child came to the mother and father and said, “I’ve got to tell you what happened to me last night.” They thought, “What happened? Has he been somewhere?” No. He hadn’t. He was in bed the whole time. But the child went on to share with them that there had been a dream. In the dream God had come to the child. It didn’t seem like a dream. The child said, “I’m not sure it was a dream. I think it was real.”

In the dream God was warm and loving and kind and light and all those things that you would expect.

So the child said, “I believe God came to me and took me to all these events had happened in the past.” Some were very famous events that all of us would know at least something about. Some were very obscure events that the average person would not know about. The child witnessed them in great detail as if the child were watching them happen as they were happening. At the end of that the child said that God gave the child a gift. The gift was a
series of words. The series of words, according to the child, God had said were very healing words. When done correctly and in the proper sequence, even, was what was relayed to me.

The mother said they thought it very strange but there was something about it from the child that made them think there was something to it. They took notes and asked the child to tell them about the particulars of the events that the child had witnessed from the past. Some of the things the parents knew but many of the things they did not. They thought it was interesting and maybe a good experience, but we’ve never heard of these details. They got on the internet. They went to the library. To make a long story short, every tiny single detail that the child had relayed was the absolute truth. Some of them they really had to dig. They weren’t in normal history books.

They contacted everyone who had contact with the child; friends, teachers, babysitters, you name it. Everyone said, “Not only did I not tell the child that, I don’t know that. How would I tell them something that I don’t know?” That was easy for the parents to believe because they didn’t know a lot of the things either.

For about the next year or year and a half the parents and child used the words in the way they believed they should be used. They believe that they had wonderful healing, powerful results from that. But they didn’t know what to do with them. They prayed about it. By the way, in case you were wondering, this was not a Christian family. There were members of this family that believed all sorts of different things. One of the parents did not believe in God at all, from what I was told, and one did. There were different beliefs in this family and nothing had been pushed on the child. They all got along well.

They prayed about it and for whatever reason, they were The Healing Codes clients, they felt like they were supposed to give them to me. The Mom called me. She said, “Here’s the deal. We believe we’re supposed to give these to you, to do with whatever you want. We would hope maybe they would be used to help people. We believe that’s what they are for. But we’ve got two conditions.” This is what the Mom said to me. “We don’t want any money from this every in any way and number two, we want to remain anonymous because we don’t want anyone coming to our child in the future, trying to justify or grill them with questions or analyze them or any of that. We don’t want to subject them to that.” Those are our conditions. We don’t want anything for this and we want to remain completely anonymous. They also said, “You use them and test them. If you find they are not useful, that’s fine. If you find they are useful, just use them to help people.”

That was probably close to two years ago. I tested them and found them to be extremely powerful. There are more than one set of words. I’m going to be sharing one of them with you right now in the context of this package. The second set of words will be in the level 2 package. It’s a more intensive set of words. This one is wonderful to get started with and even use forever.
Let’s take a look at what those words are. I believe these are words of love. Here are the words.

Remember we talked about that before how what is needed in all three areas is love, but each area has a different language. We have to have love in the language of the body, love in the language of the soul, love in the language of the heart. For the soul, where the language is words, here are the words. Again, these did not come from me. I simply tested them and found them to be extraordinarily powerful.

Let me give a little bit of guidance before we start. A lot of these words are going to mean different things to different people. That’s fine. Some of you are going to have problems, maybe, with some of these words. I believe in my testing and talking with the family, they believed also, that it is perfectly fine to use any and all of these words and use them in the sequence we are going to be using them if you can answer this one question. If you can say “yes” to this statement, “I am willing to believe the truth about (the word).” If you can honestly say that, no matter what you believe now, “I am willing to believe the truth about (the word)” then it is fine for you to use these.

If you can’t say that you are willing to believe the truth, I’d advise you to stop. Don’t use that word. I don’t think it is going to do you any good. I believe everybody should be able to say that. Now, I’m not dictating what the truth is. That’s not my job here.

When you look at these words, they are so positive. These are the spiritual words of God in my opinion. I think that is one thing that gave so much weight to me of the young child’s dream where they believed that God had given them these words. I hope that helps you. It sure helped me a lot. That was an obstacle that I had to get over. Use them. Meditate on
them. Pray while you are using them. Visualize. Picture that positive meaning from each of these words as the frequency of love is opening those cells of your body. I think it will be a wonderful, wonderful experience that you can use every day.

If you have difficulty coming up with a positive understanding of or a positive reaction about any of these words, you might want to read something about these words so that you can create a positive image. Reading, looking up words on a web search engine and talking to a spiritual advisor are all ways you can learn to associate a positive image with each word.

These should be said in this order and in no other order. The order is very important. What we’re going to do in the Master Key is to say one word about every 15 seconds. You can say it. We are also going to have it for you audibly where there will be a wonderful voice saying it. You can just listen but I would encourage you to repeat it after you hear the person on the audio saying it. You saying it with your mouth and your lips is very, very important. I do this whole thing in prayer. We are going to say a prayer before we ever start. We’ll say a prayer about whatever the struggles are going on in your life at the time that you are wanting healing for or to unlock issues of your body, of your conscious mind and soul, things that you feel but they are not consistent with your circumstances so you know those are issues of the heart.

As a historical note, this style of reciting and imaging of words, was promoted by Saint Ignatius of Loyola in the 1500s. Here are St Ignatius’ instructions on how to do it: “... at each breath or respiration, he is to pray mentally, as he says one word of the ‘Our Father’... or any other prayer that is being recited, so that between one breath and another, a single word is said.

St Ignatius believed prayer had three stages:

1) orally repeating a prayer either out loud or silently,
2) eventually, the prayer grows more inward and it is repeated in the mind, and
3) finally the Prayer descends from the head into the heart, and from there it dominates the entire personality

Likewise, Carl Jung writes that when we concentrate on a mental picture, it begins to stir, the image becomes enriched by details, it moves and develops. And so, when we concentrate on inner pictures and when we are careful not to interrupt the natural flow of events, our unconscious will produce a series of images which makes a complete story. He viewed mental imagery as an unfolding creative process of our inner psyche to be utilized in achieving greater individual, interpersonal, and spiritual integration.
Putting The Master Key Process Together

**Step 1: Say an opening prayer**
We’re going to pray before we start. Ask to heal whatever is bothering you.

**Step 2: Play a song and either listen to the words or repeat the words as you hear them.**
Turn on one of the songs on one of the CDs that has the words on it. Say one of the 10 words about every 15 seconds, and meditate on what that word is by visualizing that word using images. Do this for about 20 minutes saying these words in sequence every 15 seconds.

Each of the songs on the CDs and in the DVD includes the vibrational frequency of love. There are multiple options for you to choose from on the CD/mp3s and Videos/DVDs. Music selections include:

**CD 1: Tones with Female Voice**
- Basic Tone
- Theta Tone* – Female Voice
- Theta Tone* – Female Voice- Ocean
- Extreme Version – Basic Tone – Female Ocean

**CD 2: Tones with Male Voice**
- Basic Tone
- Theta Tone* – Male Voice
- Theta Tone* – Male Voice- Ocean
- Extreme Version – Basic Tone - Male Ocean

**CD 3: Additional Tones**
- Theta Tone* – Male Voice – Rain
- Theta Tone* – Female Voice – Stream
- Theta Tone* – Male Voice – Ocean

The ones with an asterisk include a binaural beat. This type of beat enables the brain cells to function at a higher level. More specifically, the listening to the Theta frequencies enables you to have a deeper meditation. Listening to Theta frequencies also can provide support to the immune system and healing processes, deeper your meditation, enhance your problem
solving, enable greater insight and creative flow as well as improve your short term and your long term memory.

As a reminder, do not listen to any binaural beat music or Theta tones while driving a car or operating heavy machinery. Also, binaural beat sounds are not recommended for anyone with epilepsy.

**Step 3: Meditate using images**

We need one more component to make this complete. We’re saying the words and really focused in on what that word means to me in a positive perspective, one word every 15 seconds, rotating for 20 minutes. Secondly, during that whole time we’re going to have the audio frequency of love going off that was lost for all those years and is so powerful to elicit healing. But we’ve still got to unlock the heart. We haven’t unlocked the heart yet. Maybe we have a tiny bit, but we want to really unlock it. So we need the images.

Meditate on the meaning behind the words and bring up images that correspond to these words. The perfect image is the one that is most meaningful to you from a healing, positive perspective. You can select one image that represents all the words to you or you can select multiple images that represent each word.

The images are the ones that correspond to these words. Find an image for each word. The perfect image is the one that is most meaningful to you from a healing, positive perspective. I’d say a couple of things about this. Number one, go through your data base of images that you already have and see if you can find a really great one for each of these. Maybe you have a couple of options. “I remember when I was 10 years old at Christmas...” Or “I remember when I wasn’t feeling real great and Mom came into my room and put the cold cloth on my head and was so sweet and kind...” Or for joy, “I remember when we won the big game.” “I remember when dad came home after being gone for so long.” “I remember my wedding day.” Go through the ones you already have and see if you can find two or three. Then use them with the process and see how they work.

If you can’t come up with one, maybe you’ve had a really negative life – a lot of people have, then try to create an image. Let your image maker create an image. One thing that I do a lot of times is pray and say, “God, will you please give me an image for love?” “Will you please give me the best image for me of the Spirit?” “Will you please give me an image for forgiveness or light?” Very consistently I’ll have one come to mind that I would never have thought of that is just wonderful.

If you are not very good with visualizing images there are a couple of additional approaches that may help you.

1. Find your own pictures.
   a. Use an internet search engine and search for pictures that are meaningful to you for each of the words or word sets
b. If you are a photographer, take pictures of people, places, nature or whatever reflects the meaning of the words.

2. Put the pictures into a presentation file like Power Point or a word document. You can print the pages and refer to them while doing your codes. This comes in handy if ever you feel stressed and can take a few minutes and just run thru the pictures and words in your mind.

3. Find one picture that resonates with you – that says – this is an image of the Divine – or a picture that embodies all the goodness and love of God that you know or understand or imagine. Use that picture for everything.

In the videos, we provide some images. Some are from nature, and some represent our understanding of these words. See if that fires you up. Here are some options for selecting the videos to watch:

Music and Image Selections on the DVD/Videos

Basic Tone (528 Hz frequency) Male Voice/Stream (20 minute version)

(Note: This is safer for those with Epilepsy)

Theta Binaural Beats Tone (20 minute versions)

Female Voice/Ocean
Male Voice/Stream
Female Voice/Rain
Male Voice/Ocean 2

Master Key Extreme (the 10 minute versions)

Basic Tone/Female Voice/Stream
Theta Tone*/Male Voice/Ocean

The reason we put those in there is we hear from people pretty regularly, “I can’t visualize. I don’t know if something happened to me or I don’t have that gene.” It’s usually not that. It is usually that the person has had something happen to them that have caused their heart to turn their image maker off because the images they keep naturally looking at are so painful. That usually will come back as you heal. Don’t worry too much about that. If you are one of those people, we are going to give you an image.
I would highly advise you, once your image maker comes back, create your own images. Those are the ones that are going to be most powerful and most meaningful to you. Don’t do it lightly. Take some time with this. Write it down on paper. Take a month or so to try different ones and perfect it. Search for images on Google. Figure out which nature sound you like best with the love frequency. Once you perfect this process and get used to it, where you are repeating the words in order, you have the incredibly powerful love frequency going off at the same time, and you are picturing with your image maker that Master Key to your heart, these pictures of the words of love, all aspects of love, you will unlock your body, your soul and your heart.

Once you do that you have turned on your spiritual immune system. You are going to start to see differences in every area of your life. You are going to start to feel better. You are going to have more energy. Your relationships, I believe, are going to start to improve. You are going to start feeling better about your career. You are going to start succeeding, a lot of you, where you haven’t before. You are going to start to see your spiritual life increase. You are going to start feeling, a lot of you, closer to God than you have before. Some of those things that have been blocking you, like a glass wall, are now gone. You are going to start to see differences in all areas of your life.

We are giving you all kinds of different things in the package. As we said you will have a DVD that has picture, words, and frequency. You’ll have one track on audio that is just the frequency of love. Some time you might want to just relax on the couch and have the love frequency going out and permeating the cells of your body, kind of like bathing in love. There is a track that just has the words. Sometimes you might just want to relax and have those words permeating your soul, your conscious mind, will, emotions and actions. Sometimes, there’s not a track for this, sometimes you might want to just do the pictures. You’ve memorized the words after a short period of time probably. Sometime you might want to relax and think of the pictures – your own little love slide-show.

You can use this in a mix and match kind of way. I think what you are going to get into a routine with and feel most comfortable with is where you have one of the nature sounds of the love frequency and the words. Do your own pictures. That’s the one I do all the time and I believe is the most powerful.

Don’t feel like you have to do that just because I’m saying it. There is no wrong way to do it. You can use all three components individually. You can use any two of them together or you can use all three. Experiment and see what is most effective for you. It may be that what is most effective for you varies by time or what you are going through in your life, or in a practical way. Maybe you are out somewhere and can’t pop in a DVD or CD, so you just do the visualizing of the images. Or maybe you can listen – download on iPod and listen but you can’t see the DVD of the pictures. That changes what you do.
Mix and match. Play with it. The one I think you are going to settle in with is the one with all three – words, frequency and your own meaningful pictures for each of these. There is no wrong way to do it.

This program is one of a kind. It is brand new. To my knowledge no one has ever put these components together before. I don’t want any pats on the back or credit for that, but I do want you to know that this is not some regurgitation or repackaging of something that is already out there somewhere else.

**Step 4: Energy Medicine Hand positions**

The last component is a wonderful new energy medicine technique that I discovered a number of years ago that is just fabulous. This technique is kind of like plugging the whole thing into an amplifier. It boosts the power and effectiveness of the whole thing. It’s really simple. I’m going to try to demonstrate on camera and maybe Rob, my wonderful friend who is running the camera, will help me demonstrate this.

What you are going to do is take your hands and put them on your head like this with your fingers interlaced, just like that. Here’s how you know where to go. Your ring fingers are going to be directly on the back top of the crown of your head.

![Demonstration Image]

Situate your ring fingers just like this right on top of your crown and then you just interlace the rest of your fingers like that and let your hands fall where they do. Let me show you how to do this. Take your ring fingers like this. Put it right on top of the crown of your head. Interlace the rest of your fingers and let your palms drop down right where the drop down.
This is what it looks like. I can do this standing up. I can do it sitting down. I can do it on a plane, on a train.... Anywhere. It looks like I’m just sitting here relaxng, and I am. If you want to really boost the power of the entire Master Key process, just do this while you are doing everything else.
Then you’d be doing four things at the same time. You’d have your hands here. You would be listening and repeating one word every 15 seconds and just continuing to repeat those in sequence. You would be listening to the frequency of love and picturing your love picture that corresponds to each of the words.

**Take a 40 day journey to unlock your spiritual immune system**

It will knock your socks off, I believe. Some of you are going to feel it like a bolt of lightning. You will feel like you are plugged into the wall. Some of you will not feel a thing. Even if you don’t feel a thing it is still working. That is very important. Don’t stop just because you are not feeling a thing. In my experience you need to do this for about 40 days in a row to really entrain your body and mind and heart to totally unlock that spiritual immune system.

**Conscious Conflict**

One other issue is what I call conscious conflict. This is the only thing I know of that will slow this down. Conscious conflict is simply when you are doing something every day, or regularly that violates your own belief system. That can be that you are not doing something that you believe you should be doing. “I believe I should be helping my neighbor.” “I believe I should be kinder.” “I believe I should be exercising.” Usually it is a moral type of thing. But you cannot exercise to the point that you believe, “I really feel like I’m not doing what I need to do if I don’t exercise.” You know what I’m talking about.

Or it could be you are doing something that you believe you shouldn’t be doing. You are looking at something on the internet that you know or believe you shouldn’t be looking at. You are spending way too much, or you are focused on material things. You are too focused on what other people think about you. You are seeing yourself through others’ eyes too much. It can be either one, you are doing something you believe you shouldn’t be, or you are not doing something you believe you should. I call that conscious conflict. You are violating your conscience. I call your conscience your “love compass.” You are violating that. That will slow this process down or possibly even stop it. If you need to make some changes there, make them.

By the way, it will never stop the process if it is something you can’t do. It will only stop it if it is within your power to do it or not do it. If you are not seeing results that would be the number one thing I would look for.

**Level 1 and Level 2**

The last thing is that this is part one of two packages; level 1 and level 2. The packages are almost totally different. They are built on the same platform, but in level two, there is another set of words that is more intensive. There will be other nature sounds to go with the love frequency. There will be different pictures. There is a different, new energy medicine technique that is more powerful than putting your hands interlaced behind your head.
The reason for that is I believe you need to do this one for about 40 days before you are ready
to do the level 2. If you decide not to do level 2, that’s fine. You can do this one the rest of
your life and I think it will be great. But if you want to go on to the deeper level, I would highly
advise that and I think you’re going to find it fantastic. Those are the differences between the
two.

You need to do this one for 40 days before you do that one. They are dramatically different.
Also I’m going to be sharing in level 2 what I call the secret spiritual laws of nature decision
tree or the life or death decision tree which is one of the most wonderful things I’ve ever
come across. If you want to get that I would highly advise it. If you don’t, that’s fine. Just
continue to do this one every day and I think you are going to see wonderful changes in your
life.

If you are one of those people who doesn’t feel it, keep doing it. So many people fall into the
trap. It’s working, but because they don’t feel it they stop. Then they don’t get to that place
of results.

I started with this and I want to end with it. Of number one importance is not this process. Of
number one importance is your relationship with God. Prioritize that above everything else.
After that this is a fabulous thing to do that can make everything else in your life, every other
technique, every other process that has not been working the way you want start to work.
Just like unlocking those cells for the hydration and nutrition, you also need to unlock the
heart, unlock the soul and unlock the body. Now you can do it.

God bless you. Have wonderful success with unlocking your spiritual immune system using
the Master Key. Thank you.
**Master Key Extreme**

If you want to get more powerful results in a shorter period of time, add a new breathing technique to the rest of the process. You can shorten the time period that you do the Immune System Master Key process to only 10 minutes a day by adding this additional component.

Breathe from your diaphragm (not from your chest but from your stomach). Breathe in from your nose, and on the out breathe, let it out slowly. Breathe in to the absolute max (expand lungs as far as you can expand them) and when you reach the absolute limit, then let it out slowly. You could take 5 times more time to exhale than you did to inhale.

Do the regular Master Key for about 20 minutes to get a full dose. Using the Master Key Extreme with the breathing for only 10 minutes, it gets you results in less time.

**Additional Tips**

You can use the Master Key with everything else you are doing, whether it’s with supplements, with rubbing, exercise, tapping, with EFT, with the Healing Codes or LT3.

For most other healing modalities you can simply play the Master Key music (the 528 tone with the words) in the background and continue on your way with your normal course of effort for that healing modality.

If you are using the Healing Codes, select one of the 12 healing codes and do all hand positions within 1 minute. Then do the Master Key in the normal way. That’s the same number of positions, just spending less time on each one.

If you are using LT3, spend 30 seconds doing a power healing code and then another 30 seconds doing MC3. Then do the master key in the regular way.

If you’d like more information about the Healing Codes or LT3, go to the Healing Codes website at [www.thehealingcodes.com](http://www.thehealingcodes.com).

Use of the Healing Codes or LT3 will take the Master Key to the next level.
Bibliography


