

messages that inspire positive growth and change

the aware show

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THE AWARE LIFE TELESEMINAR

ALEX LOYD

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Lisa: Hello, Hello, Hello! This is Lisa Garr. Welcome to The Aware Show Teleseminar Series. I'm so excited just to get started here. I want to jump into this call today, because we're talking about a process that insures success, every single time. Now, that's a huge claim. That's a very big claim that my guest has experienced, and we're going to find out how. Exactly how, on this call. We're going to go through processes. So I want you to sit down, get your pens out, pay attention – because today's information is life-changing and just take it on! Just by showing up – you're already making these changes in your mind and in your body. So, I have an enormous amount of gratitude for you being here, a lot of enthusiasm. The website to check out is theawareshow.com/loyd to see all the special offers that are available only for our listeners. Joining us today is #1 best-selling author of *The Healing Codes*, Dr. Alex Loyd, who is responsible for bringing so many success-oriented resources to so many people through his incredible experiences in life. Welcome to the show, Dr. Alex Loyd!

Alex: Thank you Lisa! I always look so forward to speaking with you!

Lisa: Oh my gosh, I'm sorry to cut you off – when the intro music was playing, I just got an infusion of energy during that, so I'm sorry if I'm a little enthusiastic over here... There are people on the call from London, Moscow, Australia, the beautiful U.S. all over the place. So I think the energy is coming from the listeners. It really started pumping up when everybody started jumping on the line, so I can already tell you, this is going to be an amazing call... Okay, with that set up, you have a new incredible program called *The Success Codes*, but in order for people to understand this, I'd like it if you could share a little bit of your background on how you came across *The Healing Codes*, which was your best-selling book, and that incredible program that SO many people do know about, but in-case they don't, tell us a little bit about your background there.

Alex: Sure, sure I'll be happy to, Lisa. *The Healing Code* discovery came in the spring of 2001, and it was a very personal thing to me because it was out of one part desperation, and probably another part love. My wife and I were married in 1986, and I thought our life was going to be "happily-ever-after", and in less than three years both of us wanted a divorce, and after visiting three doctors, we found out that Tracy was

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severely, clinically depressed – and you know, you’ve got to be careful these days when you say that word, “depression”, because so many people suffer with depression. But the doctor said, you know, *“There’s depression, and then there is depression, this is ‘the big bad bear’ of depression, it’s major, general depression, it’s genetic, she’ll have it until the day she dies. There is nothing you can do about it, but! – the good news – we can manage it with medications!”*... Of course. So you know, we thought, *“Okay well at least we know what’s going on, and hey! – we can manage it with medications!”* But Tracy was one of a really significant percentage of people whose side effects were worse than the benefit. So the “managing it with medications” was out the window after very few months. So we were left in desperation, and we had a recommitment ceremony for our marriage – decided we were in it for better or worse, and then we started looking... and that’s where my doctorates came from in psychology, and natural medicine – that was not 1% a career path, it was to try to find a cure for my wife. After 12 years of going back to school, traveling all over the world, anyone who had hope for healing depression – I believe God gave me... it was a download at 35,000 ft. on an airplane, *The Healing Codes* – and I know how that sounds, but I’m either going to tell the truth hear or I’m not.

Lisa: Right, right and it was an incredible... I mean I talked with you extensively about this, where you just started writing and writing furiously on the plane – and what did the person next to you think?

Alex: Well, you know what? About 2/3 of the way through that, I took dictation for three hours, and it was literally like it was written on the wall, and I was copying it down, *“The...best...way...to...”* – you know, and my hand was cramping, I was running out of paper, and at one point, I kind of forgot where I was, and I said out loud, “God, you’re either going to have to slow down, or remind me of this. I can’t write that fast...” and at that point, I looked around and people were looking at me a little bit funny – so you know, *“don’t call the marshals, I’m not nuts, I’m just having an experience here...”* And then I got home, and it knocked Tracy’s depression out in 45 minutes, clients started telling me their MS was gone, their Lou Gehrig’s Disease was gone, their cancer was gone, their heart disease was gone. We started out in my basement with very little money, and no advertising, we’ve never spent a nickel of advertising. And today, we have clients in 50 states, 143 countries, and in the last year, I’ve been interviewed live on *ABC, NBC, CBS, FOX*, they did a *PBS* special, a 30-minute special that aired on *PBS* about this process, and what happens... So that’s where we came from.

Lisa: Well, it’s interesting because a lot of people on the call are already familiar with *The Healing Codes*, and are asking VERY specific, really great questions about how these blocks are genetically encoded in our DNA, and how these codes actually can help unblock those specific energetic blocks – and it really is fascinating. I have spoken with so many people who use these and “get it”, it has definitely worked for them. So, what

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we're talking about today is in addition to that. Now, tell me how you got to *The Success Codes* from *The Healing Codes*... First of all let me ask you, what did people want healing the most on?

Alex: Well, I think it depends on what their struggling with at the time. If people are struggling with a health issue, they want healing from health – period. I mean that's #1 usually, until that's gone. But if they're not struggling a lot with health, people want success – however they define that. Mother Teresa would have defined success very, very differently from Donald Trump, and that doesn't mean that either one of them are wrong – it's just different for each person. So, in my experience, if health is not a *bear-on-your-back* right now let's say – success is usually #1.

Lisa: Is it? – Interesting. So, I *got it* – yep. So if people aren't dealing with an immediate health issue, the biggest healing that people were needing was on success. Now... you have a very interesting way of defining success – what does it mean to you?

Alex: Well, success to me – really, is living your calling, it's living moment by moment, in the present moment – in truth and love – and experiencing love in the present moment. And to me, if that is your daily, hourly, minute-by-minute experience with life, you're an angel almost, you're in the *tall-country* that very few people EVER experience on this planet. I'm not saying I'm against money – I'm not. I think some people are DEFINITELY called to make large amounts of money, and for them, they're not going to be at peace until that happens, because that's their path. But each of us has a different path, and we find that when we can eliminate the falsehood in fear inside us, and replace that with life, with light, love and truth.

Lisa: Okay, so *The Success Codes* – did they come into you the same way that *The Healing Codes* did? – Were you able to access, or re-access that level of healing or those *codes* again? Those “downloads”?

Alex: Yeah, *The Success Codes* was not another revelation, if that's what you're asking – like the one that happened with *The Healing Codes*. *The Success Codes* used the same mechanism as *The Healing Codes*. If you want to say it this way, to try to make it a little more understandable, they used the same “motor” – if we were talking about mechanics – but you can have the same motor, and one of them be in a lawn mower, and one of them be in a car, and one of them be in a boat, and one of them be in something else. So, it uses the same “motor” – which is the activation of four healing centers on the body, but EVERYTHING else is the same. The process is totally different, the focus is different. In *The Healing Codes*, you're trying to do one thing and one thing

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only – you’re trying to eliminate a negative internal frequency that is, we believe, the source of stress and illness, and disease. *The Success Codes* process is very different from that... You are not doing one thing, you are doing three things, and we can describe that as we go forward.

Lisa: Okay, I want to talk about what a “code” is, just so people can understand – what is the sequencing of a “code” if they have never seen this before. Can you give an example of what one of the “healing codes” are, and how these work in the body?

Alex: Yeah, sure, *The Healing Codes* is the discovery of four “healing centers” on the body, that to our knowledge have never been discovered before. It’s not acupuncture points, it’s not reiki, it’s not yoga, it’s not meditation or exercise, there is no nutrition involved, it’s not affirmations. You activate these four “healing centers” with your fingers, it’s very simple, a seven year-old can do it unassisted. But the key to it, is you activate them in certain sequence, and the sequence determines what it works on. So for different problems, you use a different “sequence”, which makes sense, because everything in nature is “coded”, it’s the DNA coding that makes each person unique, in all of history. It’s the “coding” that makes a rose a rose, and not a chrysanthemum. EVERYTHING in nature is coded – so it’s not surprising that a particular “coding” – if you will – will determine what is being worked on, or what is being accessed, or what is being healed, or what is being brought up. That is what a “healing code” is, it is the activation of four “healing centers” on the body with your fingers, that activates a function built into the body that we didn’t know was there until 2001, but we validated that with medical tests, and other people have also independently. And when you activate that, it neutralizes negative frequencies, negative signals in the body that create stress.

Lisa: Okay, so where there is limiting beliefs, where there is forgiveness that needs to happen, where there is patience that needs to happen – that’s a big one for me. And the four healing centers in the body are where – it’s basically different ways that you use these “sequences” – but where are the healing centers in the body?

Alex: Right, some of them are one spot, some of them are two on each side of the body. One is called “the bridge”, it’s where your eyebrows would grow together if they grew together, one is called the Adam’s apple, it’s where, for us gentlemen, our Adam’s apple is – for ladies, it’s about 2/3 of the way up the throat. One of them is called the jaw, which is on the back, bottom corner of the jaw bone, on both sides of the face – about the size of a half dollar, or silver dollar. And one is called the temple – that is close to the temple, but not exactly on the temple – again on both sides of the head.

Lisa: Okay, great. And so these “codes” are various ways of placing hands in various ways on these areas. So these are literally codes that have come down through Alex Loyd into a certain formation, and then through the last – I don’t know how many years –

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10 years, you've been working with *The Healing Codes* Dr. Loyd? How Long has it been?

Alex: 11 years – spring of 2001.

Lisa: These have been tested on so many people, with so many incredible experiences. So that's coming through as I'm seeing the questions that are coming through, through theawareshow.com/loyd – you can also ask questions there – so I get that, that's coming through. So what we're talking about today is NOT *The Healing Codes*, it's *The Success Codes*, and I want people to understand that these are two different things, although *The Healing Codes* are incorporated within *The Success Codes*, you're specifically looking for ways to unlock the “cellular secrets” of success; So how do you do that?

Alex: Well, that's only the first step, and there are two more steps. Let me give you a little bit of background if I can. After *The Healing Codes* – let me say – became pretty popular and accepted around the world, I had no desire at all to do anything else, to create any other program. When we talk about creating something new, it's always, “Okay, do we have to do this?” – we don't want to be one of those companies that says, “Oh, boy there's a lot of money in this area – let's do something in this area, even if there's a whole bunch of other stuff and ours isn't any better, let's do it anyway and get a piece of that pie.” We're not interested in that, we don't want to do it unless we feel like we need to do it – that there's a gap, there's a void – and that's how we felt, and here is how it came to me... I've been working with people, really since about the start of *The Healing Codes*, on success issues, with a very different process than *The Healing Codes* – and as you said, I had a 100% success rate, I had never worked with one person that it didn't work – But, I also didn't have any big desire to market that, I was just happy helping people with *The Healing Codes*, and then I met a gentle man named Ken Johnston, OK? Ken had been an executive for many years in Silicon Valley and retired, and decided that in retirement he was going to do what he was passionate about which was help people become successful. – It's just what fired him up, he loved doing that, and because he was so talented, before long, he was running the largest personal development seminar company in North America – an absolute HUGE company, to give you an idea they passed Tony Robbins a number of years ago, Okay?

Lisa: Wow, okay.

Alex: And they'd invited me to come and speak at one of their events, and I had met Ken, and while we were just kind of sitting around talking, I did the success process on him – I shared it with him, because he was talking about how passionate he was about

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those issues – and then we said goodbye. What I didn't know is that he had been absolutely blown away by that success process, and so about a year later he called me, and he said, "You know this may sound like a crazy question, but is there a place for me at your company?" – and my first reaction was, "Oh my goodness! There is no way in the WORLD I could ever afford you." Because my company compared to the company he was running, I mean we were little peons compared to that company! And I knew about what he made, and he said, "Well I don't care about the money. I'll tell you what, you don't even pay me until I earn my salary in various ways." – Which is what we did, I didn't pay him for 6 months. My second question was: Why in the world would you want to do this? – To go from that company to this company? And, Lisa, hear is the whole reason we are talking about this today

Lisa: Good, okay, great.

Alex: All of a sudden, Ken started whispering – on the phone! This is on the phone, okay? – and I ask him, I said, "Ken, are there a lot of people around you?" – I mean, I was trying to figure out... Why is he whispering on the phone? And he said, "No, I'm by myself with the door closed, nobody can hear anything I'm saying." And I go, "Okay, well whatever he is about to say is really significant." – because he just started spontaneously whispering with what he is about to tell me. And here's what he said.

Lisa: Okay, say it in a whispering tone, what did he say?

Alex: Yes, he said, "Here is what almost nobody in the world knows..."

Lisa: Okay.

Alex: And we only speak about it in whispers, behind locked doors... and here it is, he said, "In the success self-help industry around the world, there is an approximate 97% failure rate, we all know it. EVERY ONE of us knows it, every company knows it! It's our deep, dark secret that we guard with our lives, we will never write it down on paper. Here's how it works... They have enough testimonials come in with the 3% that they can advertise those and make it seem like everybody is getting those results, but hardly anybody is getting those results... In-fact, Alex, I believe that those 3% would probably succeed no matter what."

Lisa: Oh my god, so literally he is in a personal development business, and 3% of the people are getting results? That's not okay... Wow, wow.

Alex: Since then, Lisa, since then I've talked to a couple of other industry experts, and one of them started whispering, and he confirmed that as well... So that is what fired me up, and said, "You know what? That is just wrong!"

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Lisa: Tell me about the whispering... Why are they doing that?

Alex: Because they don't want anybody to know.

Lisa: Okay.

Alex: That if people know that – their business goes away.

Lisa: Okay, so I definitely want to get to these “codes” by the way, because I just want people to know, we're story tellers here, but I really want to get to the “codes”.

Alex: Okay, alright, alright. So, if I can, let me tell you why there is a 97% failure rate, and what “the success codes” do, which is what has to happen for you to succeed, is that cool?

Lisa: Yes, definitely, tell us why.

Alex: Okay, virtually any success program you'll ever find has three steps, and they're exactly the same, although they may dress them up to look different.

#1 – Decide what it is that you want.

#2 – Develop a plan to get that.

#3 – Put the plan into action until you achieve it.

Lisa: Right, pretty much heard that a lot.

Alex: That's it! That's the 3 step process for the last sixty years, with virtually every success self-help program in the world. And here's what I want to walk out on the limb and scream to all of your listeners today, Lisa, -- That is an absolute blueprint for failure.

Lisa: Wow, you would think it makes sense.

Alex: It does make sense! It absolutely does.

Lisa: So what was it – What do you want, how are you going to achieve it, and then put it into action?

Alex: That's right; The blueprint for failure, and here's why... According to Dr. Bruce Lipton at Stanford Medical School, the odds of having a health issue heal, the odds of making a major life change, the odds of going from failure to success on the basis of

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your will-power is a million to one shot, and that's based on research he did in the lab at Stanford University Medical School... Professor William Tiller agrees – He is also at Stanford, and says, “The unseen is always the parent of the seen.” He says, “We’re hearing all the time today about conscious intention, conscious intention is real, but you also have an unconscious intention, which nobody is talking about, and if the unconscious intention conflicts with the conscious intention, it wins every time.” So trying to change these things by willpower.

Lisa: Is not going to work.

Alex: It's not going to work, it's a blueprint for failure.

Lisa: I've experienced that with dieting, yeah.

Alex: That's right! And that's why diet books are the #1 best selling category every year, to the same people every year. Here is what has to happen in order to be successful – and guys, if you don't do *The Success Codes*, that's fine – but here's what has to happen to truly go from not succeeding to succeeding. How do you know if you're failing? – ask yourself this question, “Am I succeeding to the degree that I'm capable of?” If your answer to that is, “No” – It is absolutely guaranteed that you have the equivalent inside of you of a computer virus... Here's what you have to do to succeed, and it's the same every time, and it's a 3 step process too, but it's a very different one.

#1 – You have to DEPROGRAM – and this is in the unconscious mind, this is not about willpower – this is about the right tool. You have to eliminate what I call your “human hard drive viruses” that are saying, “No! You can't make this much money, you can't succeed. The economy is too bad, you aren't connected enough, etc.” – and we all have those.

#2 – You have to REPROGRAM – you have to install new software, and this one is also in your inner subconscious, so it has nothing to do with willpower, it has to do with the right tool, just like if you have a computer virus, it's not about willpower fixing that thing! It's about getting *Norton Anti-Virus*, or taking your computer in to a technician who knows how to fix it. It's not about sitting there with willpower and trying to fix that virus. For almost all of us, we can't do that through willpower! It's the same with our “human hard drive viruses”.

#3 – You have to OVERLAY a new blueprint onto every decision, every action that you take in your life, and this is will power -- #3 here is willpower – but every program you will ever find teaches you to take conscious action the wrong way! – again, almost insuring failure.

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Lisa: Okay.

Alex: So, those are the 3 things that have to happen, you have to deprogram, and reprogram in the un and subconscious mind – if you don't do those, just forget it – you can't succeed without doing those, its non-negotiable, and then #3, you have to overlay a new blueprint onto your life, that is what I call – in harmony with the spiritual laws of nature – It shows you what to do in any and every situation.

Lisa: So these are the new questions to be asking yourself right now, and so ask yourself the questions again – What do you want more than anything right now? – and by the way, when I ask people if they were getting what they want, I have just a SLEW of “no's” – “Definitely not, I am not succeeding, there is so much more to me... This is where the source of pain is, and I get why you moved from *The Healing Codes* to success for people, because this is where the healing is, it is really needed here. Alright, so this is what I got from your questions – What do you want more than anything? How will that change your life? And... How will you feel? – Is that right? Am I on the right track there?

Alex: Now you're getting a little bit ahead of me, that's where I was going next.

Lisa: Okay, alright talk to me.

Alex: Okay, alright and this is about item #3, which is overlaying the conscious blueprint. Almost every success program you'll ever see says, “#1 what do you want?” – and it's almost always in the circumstances of your life, Okay? And it's WRONG, it puts you into a place of failure. So, I want to show you how to get immediately into a place of success and start right now... So the question is, and Lisa just said it, “What do you want right now, more than anything else?”

Lisa: Okay write that down, What do you want right now more than anything else?

Alex: ...And here is how I want you to answer that question, alright? I want you to pretend like Aladdin's genie is standing in front of you, and he says, “I'm going to give you one wish, it's the only one you can ever have in your life, and you can wish for almost anything – You can't wish for more wishes, or for somebody to love you or something like that – but 10 million dollars, you got it. A health problem healed, you got it.” Okay? But he also says, “You have to give me an answer within 10 seconds, or you lose your wish.”

Lisa: Oh, okay. That's interesting. Okay...

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Alex: So, it's the only wish you'll ever get, no one will ever know how you got this, they will think it just happened organically. So I want you to put yourself in that situation right now, and not give the right answer, but give the answer you would actually give the genie – if you had that choice, if you had that wish. So, I want to pause for 10 seconds, and have you write down – I'll tell you when your 10 seconds is up – what you're going to wish for from the genie, go ahead...

Lisa: And this is for your whole life, like what do you want for your whole life?

Alex: That's right – Well, right now.

Lisa: So right now... Okay, right now in this moment. Okay...

Alex: Okay, write down what you would ask the genie for... Okay, I've been asking people this question more than anything I've ever done in my life... I've been asking people this question for about 24 years now, thousands at a time, one at a time, and everything in between. And in my experience, 99% of people give the wrong answer to this question – and it's the reason they fail. If you start giving the right answer to this question, you will almost immediately start to succeed, okay? Over 99% of people in my experience – the last public group I did this with was over 1,600 people, and 6 of them gave the right answer.

Lisa: I can tell you what the majority answer is – Money... Money... Money... Money... Money...

Alex: The majority answer is something in your external circumstances...

Lisa: Mmm.

Alex: ... Money, health, relationships involving someone else doing something, etc... SOMETHING in your external circumstances, Okay? There's three questions, that's the first one – “What do you want right now, more than anything else?” – The second one is... “If you got #1, what would that do for you? – what would that change in your life?” And I would encourage you to write these questions down, because then you can use these with your family and friends to help them find out what they really want... So #2 is if you got #1, what would that do for you? – What would that change in your life? – and then write the answer down to that. Question #3 is – “If you were to get #1, and you had the change in your life – from number two – how would you feel?”

Lisa: Hmm... That's an important question – “How would you feel if you got those things?”

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Alex: That's right... More than 99% of people answer #1 with an external circumstance – Less than 1% of people answer question #1 with what I call an inward state, which is: love, joy, peace, freedom, courage, and a thousand other things... Okay? Here's why this is so critical – it's the #1 goal of your life, and that's really what I was asking you... I tricked you just a little bit, and I apologize... But if I had asked it that way, you would have given a different answer – but how you answered question #1, "What do I want most?" is really, "What's the #1 goal of your life right now?" If the #1 goal of your life is an external circumstance, according to Harvard University research – and you can read this in a book called *Stumbling onto Happiness by Dr. Dan Gilbert*, from Harvard – If the #1 goal of your life is an external circumstance, it puts you into an immediate, chronic state of stress until you either get that thing, or don't get it... Why is that significant? – Almost all illness and disease come from stress, stress dumbs us down, drains our energy, makes us tired all the time, makes us come at whatever we're doing from a negative perspective, and causes us to fail, okay?

Lisa: Right, yep... Go ahead...

Alex: So if your #1 goal is an external circumstance... you have just put yourself into that state! And sometimes for years or decades! – If you get it... if you get the thing that you want, which is the best outcome, there's one of two possibilities – You will, "Woo-hoo!" for an hour, a week, a month, and then you'll be right on to the next thing in your life that's not the way you want it...

Lisa: I was just going to say, you have like a short, short little celebration, and you say, "Well if I can get that, I can get more, and more, and more, and more..." Yeah, uh-huh.

Alex: Right... That's one possibility. The other possibility is the ladder leaning against the wrong building phenomenon. – which happens to so many people – I work with a lot of country music stars, here in Nashville – I can't tell you how many of them live in 30,000 sq. ft. houses, and are miserable...

Lisa: Wow...

Alex: So those are the two possibilities. This may be a bombshell to you, but please hear this statement – it is not within the realm of possibility, for you to have as your goal – an external circumstance, achieve it, and it bring you lasting fulfillment. – it is impossible, clinically impossible, okay? Now... on the other side, that's both IF you get it. If the #1 goal of your life is an external circumstance, and you don't get it, very often it leads to full-blown despair and hopelessness – and that's it for that person. Okay? Now on the other side, if the #1 goal of your life is not an external circumstance, it is an inward

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state, like: love, joy, peace, etc. Here's how that changes, you will almost always achieve it – Nobody externally has to do anything, nothing external has to change, no bone, or blood, or tissue has to heal – just an energy pattern... So you will almost always achieve it – when you do, no one can take it away from you. You are guaranteed it will satisfy you long-term. And here's the one that's absolutely magic – if the #1 goal of your life is an external circumstance, you will usually not get it – and if you do, it won't satisfy you...

Lisa: Wow, that's huge...

Alex: If the #1 goal of your life is an internal state, you will almost always get it, and the external as a bonus! – here is the reason: The internal is what creates the external. The external does not create the internal – it's impossible in the field of physics according to Professor Tiller, okay? The reason people have an external as their #1 goal is because they believe that if they achieve it, it will purchase for them the answer to question #3, which is, "How would you feel?"

Lisa: I wrote that down, #1 does NOT purchase #3. But #3 CAN purchase #1

Alex: That's right, and almost every success program you see TEACHES TO focus on the external you want – it is almost guaranteed failure...

Lisa: Right, oh my god... So that writing, "I want \$100,000, by this date, and this time, and acting as if it..."

Alex: That's right! – and it's guaranteed failure, and you're miserable the whole time as well. What we're talking about here is virtually guaranteed success, and that's why this program works the way it did... and Ken said, "I want to come to work with you, because I think you've got a 97% success rate instead of a 97% failure rate." And we don't – it's higher than that.

Lisa: One of the listeners is asking, "Is freedom an internal or external desire?"

Alex: Well, if you're talking about freedom of getting out of jail, that would be external... If you're talking about an internal sense of freedom – from fear, from doubt, from your circumstances – that's absolutely internal.

Lisa: Okay, alright that's an interesting distinction.

Alex: So what *The Success Codes* does is it does all 3 of those. It is the mechanism, the "anti-virus program" that "deprograms" you, and eliminates your "viruses" – and that's a mechanism, it's not willpower – It inserts new "software", and this part takes about 40 days with *The Success Codes*, it creates and inserts new success "software" – we call it,

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“a super success memory”. And then #3, it gives you a conscious blueprint to overlay onto every 30 minute time slot of your life for the rest of your life, to focus on what is in harmony with the spirits, or what I call “the spiritual laws-of-nature”, there’s physical laws-of-nature, and there is also spiritual ones – you can’t violate either one of them and get away with it.

Lisa: See now that is very, very important here, is that these codes you have... It’s NOT just a one-time fix-all, you’re successful now, it’s over thing... Everything in life is a process, but it begins with reframing your ideas around that process. So the whole big, huge, “aha!” moment for me right now is that goal setting causes failure, I have never thought about it that way!

Alex: Well, you know, it’s shocking news, but it’s also good news, because in the last 50 to 60 years in the self-improvement/self-development world... if we were all in the same room, and said, “How many of you have tried success programs before that did not make you successful?” – I guarantee you arms would go up everywhere! – and I would too, I’ve tried a bunch of them, before I learned all this, and none of them worked for me either. It’s because they’re taking you to failure, not success – now they are good people...

Lisa: Not intentionally but yeah, absolutely, and it does work – I would say maybe, goal setting causes about 98% failure – it does cause success for some people, and I think if you layered together every single thing on this... 24 guests on these teleseminars that we’re doing, you would have complete, utter success in 24 days... But it’s interesting because, as I’m seeing here, the responses coming in, “No, I definitely do not have what I want.” Or, “I am not getting what I am capable of at the moment.” I mean those “No’s” came flooding in instantaneously.

Alex: Right...

Lisa: People say that there’s like a block, it feels like there’s a block of some type of success, and there’s... Oh gosh, there’s all sorts of things that people are saying, you know, “I don’t think I’m getting what I’m really, truly think I’m on this planet to get.” – and the reason is because we are so focused on the external rather than the internal, and the internal is what gets you the external, is that saying that right?

Alex: That is absolutely right, think about all the real “movers” and “shakers” throughout history, I mean Gandhi, Jesus, Martin Luther King, Mother Teresa, etc; and ask yourself this question, “Was there success built on external stuff? Or was it built on a deep

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internal belief?” – love, truth, fortitude. There’s no question it was about what they had internally that powered everything... Well guys that’s true with you too.

Lisa: So how did *The Success Codes* work to get you to be really, really clear about the “internal”?

Alex: Yeah, step 1 is to eliminate the “virus’s”, eliminate the “blocks”, “I feel like I’ve got this block” – well you know what? It’s because you do. So step #1 is to use *The Success Codes* for removing those “internal blocks”, those are energy patterns, those are destructive energy patterns in your memories that are resonating fear, anger, sadness, etc. and putting your body into stress – which is failure mode – dumbs you down, drains your energy, causes you to be negative, and causes you to fail, okay? That’s step 1, is eliminate all the “viruses”, eliminate all the negative “programming” related to the success that you’re trying to achieve.

Lisa: Within *The Success Codes*, within there are the block breaker codes that come from *The Healing Codes* that Alex had downloaded. The whole system is there for you at theawareshow.com/loyd, so I just want to mention to that... There are “block-removal codes” using a specific sequencing, we do 30 seconds each position, for 8 minutes a day, blah, blah, blah... I mean there’s a whole sequencing in there that really... this is what Alex has experienced being so incredibly effective. Anyway, that’s in there. Okay, go ahead.

Alex: That’s right, and the “block-breaker” is not in *The Healing Codes*, that is unique to *The Success Codes*.

Lisa: Cool, great to know, didn’t know that – Oh, okay thank you...

Alex: Yeah, and so after you remove all the “blocks”, then you infuse the new success “memory, that takes about 40 days, okay?

Lisa: Perfect!

Alex: And it literally creates in your un and subconscious what I call a “super success memory” – that once that thing is infused completely, you’re almost going to have to try NOT to be successful, because that’s your new default, you’ve got new software now, you’re reprogrammed, and so what comes naturally now, is what came unnaturally before... To go out there and bust it in whatever success is for you... And then step 3 is to start overlaying a new conscious blueprint, a new way of evaluating success in your life that removes the stress instead of giving you stress. When your goal is external circumstances – remember the research from Harvard – it puts you into instant, chronic stress, which is the definition of failure. Once you overlay the new blueprint, it removes

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the stress, it takes you out of that, into a place where it's easy, and you're doing it effortlessly, and it flows, and it's in harmony... and now success is not something you have to achieve, it's something you are achieving.

Lisa: I love that we're talking about this, especially for the 40 days, I mean this is the summer for a lot of people, and we're heading into a holiday week, and I REALLY am encouraging people to take some time with this – especially since this is something that Alex says, “If you do this for 40 days, every time you hit up against one of the blocks in your life, throughout your life...” – this is easy to talk about in an hour phone call, but then you're going to get off the phone in 2 or 3 hours, something is going to light you up, trigger you, run an old “program”, sabotage you, and you're going to completely forget that you had this enthusiasm during this hour phone call. But the way to break that cycle is to take this “formula”, it's a formula, and just overlay it on every area of your life, every moment, every 30 minutes if you have to so that you can get to that desired state... and what I learned from doing this, is that this desired state that you want, this, “How will you feel?”, this “#3” is and will happen every single moment of your life – which guess what that gives you – that gives you your “#1”.

Alex: That's right.

Lisa: It's already there, it's there, it's absolutely already there... and it's so beautiful because you've deprogrammed all of the crap, you've reprogrammed it, and then you take action on it. That was the whole original... like here is how you get success – that's what it is, but essentially you've gotten your goal already, if you've got that “#3”. And the rest is easy, the rest falls into place, it all goes there. It's an incredible way of really embodying it, but I am really encouraging people to taking time with this, take TIME with it, do the process, involve yourself in it... Don't just look at this as a, “one problem fits...” – I mean do the programs, the “codes” on the temples, and the Adam's apple, and the bridge, and the booster, and the whole thing, on the jaw... There's various different codes in here that work so beautifully, that assist you in unlocking all the old stuff, and then bringing out that great success that we're really meant to do here. It's an incredible state. For me... it always goes back to love. – And then every single thing that I'm doing, all the action steps that I'm taking are taken with love. How I feel, my essence, my internal is really to communicate positive messages to people, really, truly in every moment of my life. If I see someone yelling at their kid, that I can have the freedom to talk to that person and say, “This is imprinting your child, for life, think of it a different way.” I mean if I can really be that agent of change in my life... everywhere I go, then that's what it means to me to achieve success. The money, everything else will follow, if I am really, truly walking and living in that place, EVERY single moment of my life, and it's

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action with love. That's what it is, it's action with love. So, sorry I went on a tangent there...

Alex: No! That was beautiful, and you're exactly right. You know the interesting thing is we have so many people out there saying these things, but none of the programs produce them – and again it's not that they're bad people. A few weeks ago, I had a couple, who was one of the most famous Law-of-Attraction teachers in the world. If I were to say the name, I bet 99% of people would know who they are, and they're dear friends of mine, I love them dearly, we've been great friends for years... stay in each other's homes. And they contacted me not long ago, and they said, "We are about to go bankrupt, everything in our life is crumbling... We don't understand why..." And I took them through this success program, and they called me back a few weeks later, and they said, "Well, there's good news and there's bad news... The good news is that we're healed, and our business is going through the roof, it's almost miraculous. The bad news is, we're in that 97% that you're talking about that have been teaching failure, and now we don't know what to do... Because we're know for this all over the world, and now we know it's wrong! So what do we do?" But you know what? They're people of integrity, so I think they're going to come around and start joining with me in teaching the truth now.

Lisa: It's about the outcome. That's what it really is, is you can talk about it, talk about it, talk about it... but if you are not living it... What is the outcome? What is it really? What's the evidence in your life? – and I'm not talking about physical, monetary outcome. What is it that you're living? I must tell you, Alex, I've hit a whole new level in my life, because I do about 7 or 8 interviews a week, and in the past, it was for me, I was going from interview, to interview, to interview, and not really embodying what these changes really, really, really mean to me... because I had a certain block in my life that was saying, "You can listen to it, but you can't do it... You really can't... really do it." Right?

Alex: Right.

Lisa: So, where are you?

Alex: I'm in a totally quiet room, I was wondering the same thing!

Lisa: It sounded like someone just got in an elevator!

Alex: I know, I heard a beep, like a truck backing up – but I'm in a quiet room out in the middle of nowhere.

Lisa: OK, me too – that's funny. Maybe one of the phones got unmated. Here I am, bearing my soul and I'm hearing this truck! That was funny – well the bottom line is the reason I can laugh and integrate everything is because I am fully present. It's because I

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am fully engaged and very excited and I'm not running just a script in my life anymore. I am applying and enjoying and embodying and I've had some really amazing "a-ha" moments in the last week or so that have really just – it's really intensified every single little action that I'm taking – and it's fun! It's alive, I feel alive. This is a perfect time for this to come into my life so I'm diving into the *Success Codes*, I'm getting this package, because I want to do the work. I'm ready in my life to do this to the deepest level possible. I mean one would think that I've already achieved a lot of success and have a great career and a great life, but I want to take it to the *next level*, and really "get" what the outcome is, for me. You know, it's interesting, I've gone through an amazing journey. I spent an interesting evening with a deep healer, a very interesting healer, last week, at the beginning of this week – I don't know when it was but it really has shifted. So, you coming in at this time is really, really important – so – I just want to say, gosh, keep going! We're not even done here, what time is it? I don't know, let's keep going! I'm having a moment, here, Alex, but it's good, it's good. Can we take people through a process?

Alex: Umm, I don't know if we have time to do that. I'll be happy to, if you've got extra time.

Lisa: Yeah, yeah, yeah - do you? I mean, I want this for our listeners and I want them to experience what this is.

Alex: Yeah, sure, sure. What I would say, let me describe the healing centers, and then we'll take you through a block removal. Does that sound good?

Lisa: Absolutely, yes. For our listeners – please go the website theawareshow.com/loyd. This whole entire process is there for you. Go there yourself, figure out what it's about for you and if you answered these 3 questions in the reverse order and you really want to understand what it means to live your life from that place of your intention, your desired state – rather than the outcome, the external stuff – if you want to live your life from the internal, then go for it – dive into the package, experience it for yourself, because I know I'm committed – but I want people to go through this process with Alex Loyd, OK?

Alex: Yeah, and there is a 1 year guarantee on that, we want you to have the results before you're on the hook for the purchase, so...wanted you to know that.

Lisa: Wow! That's nice – wow! Beautiful, thank you!

Alex: You're welcome!

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Lisa: OK, great!

Alex: OK, so, if you're listening – when you think about success for you, what do you see? Alright, what is success for you? What do you want to achieve, what resonates for you? Now, it needs to be a “win-win-win-win.” It needs to be, what I say, “in truth and love”, not just for total selfish reasons, but whatever that is for you. What blocks, what negative things come up to you, that you feel are keeping you from that. Is it time? Is it fear? Is it other people? Is it – what is it? So, I'd like you take just a second to write down, for yourself – I'd start with one – what is one block that I feel like I have, to success? And it can be physical, it can be emotional, it can be another person – just *whatever it is*. Whatever it actually is, OK? So, take just a second and write down whatever that is. Alright?

Lisa: OK.

Alex: And the second thing is, I'd like you to write that from zero to ten. Zero means it doesn't bother you at all, ten means it is as bad as it could possibly be. Alright, so – write down a number – don't get caught up in that one. Some people really stress over the number. Just ballpark it, that's fine.

Lisa: OK.

Alex: OK?

Lisa: Yep.

Alex: And then the third thing, is write down the emotion you have most related to whatever that block is, unless it IS an emotion. If it is an emotion, than you've already got it. But if it's not – if it's another person, if it's some circumstance, if it's financial limitation or whatever, then write down the emotion you have most related to that block. Fear, frustration, anger, irritation – whatever it is for you.

Lisa: OK.

Alex: OK?

Lisa: Do you want me to give my examples, or...

Alex: Yeah, sure – that would be helpful I think.

Lisa: OK, good – so *mine* is time – and that's my biggest complaint; and I want people to have their own experience here but I'm just using mine as an example. It's about an “8” for me, and it is incredibly frustrating.

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Alex: Right, OK. So, now, Lisa – well let me go ahead and describe the healing centers – you know them, Lisa; but some other people don't and we'd like them to follow along with you.

Lisa: Yes.

Alex: OK?

Lisa: Thank you.

Alex: So, the bridge is where your eyebrows would grow together, if they grew together, and you activate these healing centers not by touching the spot, but by pointing at it with your fingertips. You pretend like your fingertips are little flashlights. OK? And you're going to try to aim those flashlights on the healing center. So, the first one is the bridge – where you eyebrows would grow together. The second one is Adam's apple, for you ladies it's about two-thirds of the way up your throat (if you can't feel an Adam's apple). The third one is the jaw, which is the back bottom corner of the jawbone on both sides of the face, about the size of a silver dollar. And the fourth one is in the temple area. Now, it's not exactly on the temple but for demonstration purposes that'll work OK; just consider that it's the temple. As you do a code it can be any combination of those four healing centers and your two hands. So it could be, for instance, right hand on the temple and left hand on the jaw. So you would focus your left hand on that jaw spot on the left side of your face, and your right hand focused on the temple area of the right side of your face. Now, if it was both hands *bridge* you would focus all ten fingertips on that spot where your eyebrows would grow together. OK? So, what I'm going to do is lead Lisa through a block removal code for her time issue and frustration.

Lisa: OK.

Alex: And so, Lisa, you don't need to think about anything in particular – it's not about that. It's just about the mechanism of activating the code. OK?

Lisa: OK.

Alex: Now, try to relax. It works faster if you relax. Let's do left hand temple and right hand Adam's apple, and if you're listening, follow along with Lisa – and address *your* time issues, if you can think of some. Left hand temple, right hand Adam's apple – and you're activating that from about 2 to 3 inches away from the center, and you're just staying comfortably in that position until it's time to move to the next position, and I will tell you when that is... Okay, Lisa, move to both hands Adam's apple, please...

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Lisa: Okay.

Alex: ...And now move to both hands temples, please...

Lisa: Okay...

Alex: Alright, and where is the frustration now, Lisa? (zero to ten)

Lisa: My eyes opened, and that's when I said okay, I felt total clarity.

Alex: Alright!

Lisa: ...Like laser-focus clarity.

Alex: Wonderful. So what we would do – that's step 1 – now she may have other things besides time...

Lisa: That actually relates directly, because time gets away from me... that's one of the reasons I feel like I waste time. That clarity... that's what I needed. Yeah, that makes a lot of sense.

Alex: Alright, so what Lisa might need to do – or what you would be doing if you were doing the process, is you would eliminate all blocks related to the success that you want to work toward... Then step 2 is to infuse the new "software"... the new "super-memory", which takes about 40 days, and then overlay the blueprint to say, "Okay, what do I do now?" – and that now is every now for the rest of your life, "What do I do? What's the right decision? How do I do it? How do I choose? etc."

Lisa: And *The Success Codes* are what I'm looking at here, there's specific types of codes on: forgiveness, and healthy actions, and transforming the belief, and then love... I mean, you have a-day-a-program here – what to do each day.

Alex: That's right.

Lisa: Each day, so this goes through – I'm looking at least 12 days here – of exactly what to do EACH day.

Alex: That's right, and also you know, some people – if you ask them, "Okay, what is the success that you want?" – their answer is, "I don't know." So there's also a way to use this where it will show you what the success is for you, and then you can start working toward that, as well.

Lisa: Oh, great. Okay so this is... I guess I just spent a second on *The Success Codes* themselves, they are a day-by-day program of removing the blocks, and then getting to

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what your success is – what your desired state is – and then doing a daily program, is that right? You can explain it better than I can.

Alex: Well, yeah. You can do it one of two ways – you can say, “Okay, here’s the success I want to go for, so I’m going for this... PERIOD.” And that’s the “remove the blocks, infuse the new memories in 40 days, overlay the blueprint”, and you’re off. – Another way you can do it, is to say, “You know, I just want to become kind of successful in every way, so I’m going to do a general program that is a day-by-day thing.” – You can do it either way.

Lisa: Okay... Okay, alright that’s fantastic. So the process is all part of this, it’s removing the blocks... So that’s the “deprogramming”, and then “infusing the new memories” – which we talked about – which mine was, “taking action with love”, and then, essentially you’ve already gotten your goal at that point, but now you overlay that blueprint over 40 days, right? Okay...

Alex: Yeah, but what you just said, Lisa, is so important, “you’ve already got your goal at that point” – and how many people have been running around the world for decades! – and they’re still trying to get that feeling, and so they try another thing, “Okay, maybe if I achieve this, I’ll get love...” “maybe if I achieve this, I’ll get peace.” – But none of it works! What you just said is the “Whole bowl-of-wax”, man! It’s once you deprogram and reprogram – NOW you’ve got it! You’ve got love, joy and peace!

Lisa: Yeah, that’s true. That is true, that is true... Yeah, I’m glad you caught that. Yeah, well I definitely encourage people, go to theawareshow.com/loyd. Thank you so much, Alex, for doing the process, which I really appreciated, because people will be able to experience – again, the day-by-day process of where to unlock these meridians, these “centers” from “the healing centers” in the body, and then how to overlay the “memory”, and then repeat, repeat, repeat, repeat – and then every situation you get in, you have a tool, you have a real tool. – I love that!

Alex: Right, me too. Well, thank you so much, it’s a pleasure, and thank you for helping us spread the word.

Lisa: Oh, I’m a big fan of you, and I’ve always been, and I know that so many people have gotten *The Healing Codes*, and that when you had something else that you were talking about, that you were on all these different media outlets for, I had a feeling that you were up to something new and exciting! So, thank you so much, I really appreciate it, and thank you all for listening, and thanks for letting me vent during the call! I really appreciate it, Alex, you’re awesome. Thank you very much.

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Alex: You are most welcome, I think you're awesome, Lisa.

Lisa: Ah thank you, and I'll talk to you soon – and for all of my incredible, wonderful listeners, go to that website, go to theawareshow.com/loyd. This is a process that you are going to want to have in your life. This is for all of you that like systems and structure, this is a way to put that into place in your life, and then infusing the healing in. It's a full on game changer, it's a life-shifter – that's what I said at the beginning of the call, and I really do, truly believe that, and I thank you all so much for being a part of this. Remember there is a free thank-you gift there as well, if you just click on that link, theawareshow.com/loyd, and if you scroll to the bottom, you will see the thank you gift as well there for you. – And I just thank you all so much for listening, just by listening, you've already started to make these changes in your body. I have a deep amount of gratitude and appreciation for all of you being here, AND to your success. Until next time, I invite you to STAY AWARE.

–end of transcript–