



TRILOGY - Dr Alex Loyd

Dr Loyd's [Trilogy Process](#) combines active ingredients from four of the top modalities of the last 20 years and 98 percent of all others.

It addresses the acupuncture points, meridians, chakras, governing and conception vessels, eye movement trauma issues, chi, the brain and nervous system, memories, thoughts, feelings, beliefs, emotions, prayer, meditation, actions, behaviours, habits, addictions and trauma.

Our Being is a trinity of body, mind and spirit. The body responds to frequency, the mind to words and the spirit to images. Some modalities are great at addressing one of these but not all. Typically, this leads to improvement but not long-term healing. SuperConnection, as you know, addresses all three and more besides!

The Trilogy Process takes three minutes. Each minute begins with a prayer and then uses special hand movements designed for healing. The first minute taps on the points found in the Emotional Freedom Technique, the second directs energy to the points used in the Healing Codes and the third directs energy along the front meridian line and chakra centres.

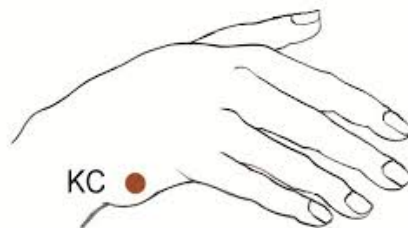
Before you begin the Trilogy Process, think of an issue you would like to heal. Rate it on a scale of 1-10.

Minute 1 Prayer

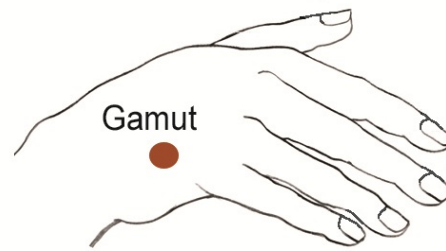
I pray that all blockages and reversals in my energy circulatory system be totally, completely and permanently healed and that light and love energy will flow to every cell, organ and system. I truly believe that my energy is light and love and that is flowing freely and bountifully, filling me with light and love.

Using both hands:

- tap lightly on the inside edge of the eyebrows above the nose
- tap on the temples
- tap under the eyes
- tap under the nose
- tap on the chin
- tap on the collar bone
- tap on the sore point (locate the U-shaped notch the top of the sternum, move down three inches and across three inches to the left or right)
- tap on the thymus
- tap under both arms
- tap under the nipples (for ladies this is where the breasts meet the chest wall)
- tap on the top edge of the thumb
- tap on the top edge of the index finger
- tap on the top edge of the middle finger
- tap on the top edge of the little finger
- tap on the “karate chop” point (KC)



- tap on the “nine gamut” point (this is on the back of the hand, about half an inch below the groove formed by the knuckles of the little finger and ring finger)



- as you continue to tap on the “nine gamut” point
 - open your eyes
 - close your eyes
 - open your eyes
 - look down to the left
 - look down to the right
 - roll your eyes to the left
 - roll your eyes to the right
 - hum – la, la, la, la, la, la (to the tune of happy birthday!)
 - count – 1, 2, 3, 4, 5
 - hum – la, la, la, la, la, la

Minute 2 Prayer

I pray that all generational, unconscious, subconscious and conscious fear-based memories will be transmuted into neutral or love-based ones and that for the rest of my life the fear signal will only be sent to the hypothalamus if I am in immediate mortal danger.

The memory of my issue is being transmuted from fear, darkness and falsehood into light, love and truth.

Using fingers in a coned position off the body, direct your energy for five seconds each to

- your Adam's apple
- the joint of your jaws
- your temples

Now, place the left palm on your brain stem at the base of your skull and the right hand on the bridge of your forehead. Hold them in position for 20 seconds.

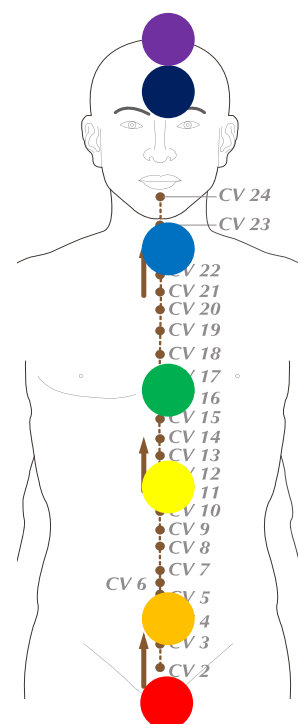
Now reverse your hands, so that the left hand is on the bridge and the right hand is on the brain stem. Hold for 20 seconds.

Minute 3 Prayer

I pray that my river of energy will be a bountiful river of love that feeds all meridians and acupuncture points with love so there is no room for fear – and that my chakras will be open, free and full of light and love.

I believe that my river of energy is 100% love and that it is feeding love to everything in my body and mind. I believe that my chakras are flowing free and powerfully with light and love.

Now, with one hand above the other, rest them lightly on your belly button and bring them up along the line of the Conception Vessel and chakras, across the chest, the throat, the face, top of the head and finish at the base of the skull.



Return them to the belly button and repeat two more times, each time starting at the belly button and finishing at the base of the skull.

The Trilogy Process is now complete and will continue to work within you for up to 30 minutes. Allow time for the work to integrate. When you feel ready, re-rate your issue to see whether the intensity of it has reduced.

Use Dr Alex Loyd's Trilogy Process daily and help keep your Body, Mind and Spirit functioning at their optimum level of health and well-being.



<https://www.dralexanderloyd.com/trilogy-free-training>

Link to downloadable audio file:

<https://www.dropbox.com/s/bwaoead1kcict5k/Trilogy%20Process.m4a?dl=0>

