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Front Insert - v1.0

Author: Nick Hodges

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Hodges Healing Codex (HHC) v1.0

Private / Pre■Publication — Bound to Hodges Codex v2.1

Purpose

This codex is a condensed yet expansive framework for understanding and practicing healing across physical, mental, emotional, behavioral, relational, environmental, and meaning■based domains. It is designed for clarity, safety, and sustainable learning.

Reality & Safety Boundary

This document is a reflective and organizational framework. It does not replace medical care, therapy, or professional guidance. Acute or worsening symptoms require qualified human support.

The Three■Layer Healing Model

Layer 1 — Stabilize: reduce harm, stop spirals, restore safety.
Layer 2 — Repair: rebuild capacity, habits, and systems.
Layer 3 — Grow: align meaning, identity, and long■cycle resilience.

Cipher Integration Overview

Ciphers 1–4: Polarity and reflection mapping.
Cipher 5: Phase and capacity scaling (π integration).
Cipher 6: Rhythmic resonance and pacing.
Cipher 7: Inverse■constraint questioning.
Cipher 8: Temporal alignment.
Cipher 9 / 9.1: Asymmetric curved healing loops.
Infiniti Loops: Long■term bounded self■correction.

Universal Healing Page Template

1. Signal — What is happening?
2. Safety Check — Any red flags?
3. Quadrant — Positive / Negative / Neutral / Reflection.
4. Phase Slider — Current capacity (0–100%).
5. Rhythm — Helpful cadence and pauses.
6. Unknowns — What must be true for improvement?
7. Timing — Daily/weekly alignment check.
8. Curved Loop — Small action, residue, lag time.
9. Return to Zero — Baseline learning.

Healing Domains

1. Physical Healing
2. Mental Healing
3. Emotional Healing
4. Behavioral Healing
5. Relational Healing
6. Environmental Healing
7. Meaning & Identity Healing

End of v1.0 — This codex is designed to expand modularly without breaking coherence.
Future pages loop back to baseline (0) to preserve equilibrium.