

Anahata Code Collectives



Relax



Release



Transform

By Linda Simpson

Week 1 - Relax

Week 2 - Release

Week 3 - Transform

Your Work Sheet



*For greater
Self-Awareness
and
More Clarity*

Relax
Release
Transform

Print this work sheet out prior to listening to the Assisting Frequency recording for each week. Don't make the activation a chore, once may be enough. Feel into this as you go through each step.

Remember that this work sheet is not meant to be annoying, the goal is to feel empowered by what you discover.

All knowledge has it's uses
SO
Jump Into This Experience
and Enjoy the Ride

**Just take a deep breath
and enjoy this moment.**



This Anahata Code Collective has been planned over a 21 day period utilizing very small moments of your time. Check in daily, using the first quiet moment you can plan on, and hold that intention for your day.

This is your aim.

Just to observe and allow the assisting frequencies to work with your Inner Being and your Heart Library to neutralize or Shine the file associated with any of these steps.

The answers or feeling that arise from these daily intentions will align yourself with things you're wanting to change or grow from.

By suggesting you just write quickly and without too much thought, you would have skimmed through and your intention will be on outcomes, not your current situation.

This is working closely with your inner being to neutralize or shine the new files planted in your heart library.

Setting down answers and ideas prior to an activation is helpful for your intentions and the outcome. Having said this, your own Inner Being will take the simplicity of these questions and answers into a place where the solutions assist you in the Now and for your Journey.

You won't always know where the assisting frequency work has happened until something shows up in your world to remind you of this time.



Transform

Through

Choice
Gentleness
& Flow

With this section we spend a little more time on how we just BEE and how we get to know our Being more. Attuning yourself to the universe.

DAY 15 - TRANSFORM - Your Connection

Find that one small moment of quiet time and Feel into your clear connection to Source. Sit with this for a while and acknowledge how it feels. Knowing how being connected feels is a huge step for living a connected life.

DAY 16 - TRANSFORM - Through Harmony

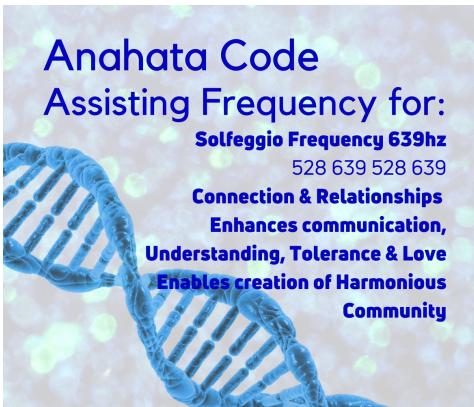
What does this word say to you today? Is there a specific area to intend harmony into?

In that one small moment that you're dedicating to knowing yourself better place the intention of Harmony into your world.

DAY 17 - TRANSFORM through Clear Communication

Reach into yourself to see where your body, your mind, your spirit are at, to see if they have anything special to communicate to you.

NOTE: The act of transforming is unique and personal to each being and while you can get ideas of the HOW, the WHY; the WHERE and the WHAT is all yours to choose.



Remember sit with the connection and answer any questions quickly, without too much thought into them. Just get the answer your Source provides.

DAY 18 - TRANSFORM for more Understanding

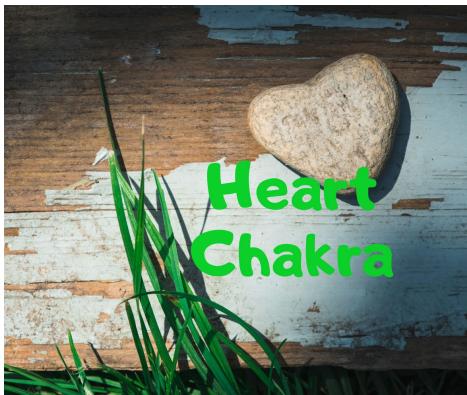
This step is about understanding yourself better and having compassion for your humanness.

Sit quietly for a while and then feel into the one place that's calling out to you for some loving attention. Confirm what would make this better or improved and then move towards that feeling.

DAY 19 - TRANSFORM - Intending & Intentional Change

Intend and allow your cells to communicate health and abundance. This then brings transformation through from that cellular level.

When you find that quiet moment, gentle your breathing and feel your way inwards. Envisage moving inside your body and find your way down through all the muscle and the tissue to what feels like your atoms, your main cells. Intend that there is clear communication from here and outwards into the cosmos.



You've done amazingly well and these steps are almost complete.

DAY 20 - TRANSFORM Your Heart Chakra

Some of the more simple things are quickest and best for this and, as with most things, Knowing and Noticing that your heart chakra is wobbly is a great first step.

Spend a little time noticing your heart chakra; notice when it's feeling connected and when it isn't. Thank yourself for seeing the difference.

This information will become innate after practice and you'll find yourself 'righting' and balancing your energy quicker as you grow into this knowing.

DAY 21 - TRANSFORM by Raising Positive Energy

I'm sure that you've figured out how much of a lift you get from JOY and LAUGHTER and FUN and LOVE.

Where can you see and/or create more of this in your life every day?

This is actually the smallest and sneakiest way to raise your vibration and, thus, your ongoing transformation.



That quiet space you've carved out for yourself, however small or large it may be, is working magic for YOU which create that ripple effect we've been talking about.

So pat yourself on the back and give yourself a BIG THANK YOU for all of the intentions you've activated over this 21 Day Personal Magical Container.

This was you working closely with your inner being to neutralize or shine the new files planted in your heart library.

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Anahata Codes - Assisting Frequencies

What are Assisting Frequencies?

Assisting Frequencies vibrate the intelligence of Crystals, Totem Animals, Trees, Essential Oils, Meridians, and more.

When a Code is installed, the healing qualities vibrate with your own Inner Library, assisting your body to shift and create balance on all levels - physically, mentally, emotionally, spiritually.

What are Anahata Codes?

Everything around us vibrates at its own unique frequency. Anahata Codes are a set of numbers and spaces which provide the keys to unlocking and providing access to the innate intelligence of those vibrations.

They deliver that access directly to your energy field through your Heart Chakra (Anahata), which regulates the vibrations on all layers for highest good.

There is no force with this process.

These frequencies can only ever be used for your highest good, so if it is not in your highest good to activate a code or any part of its definition, it will simply not be activated.

Well done on successfully growing yourself through this Collective and I look forward to seeing you again.

With Love and Hugs, LINDA