

Anahata Code Collectives



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**

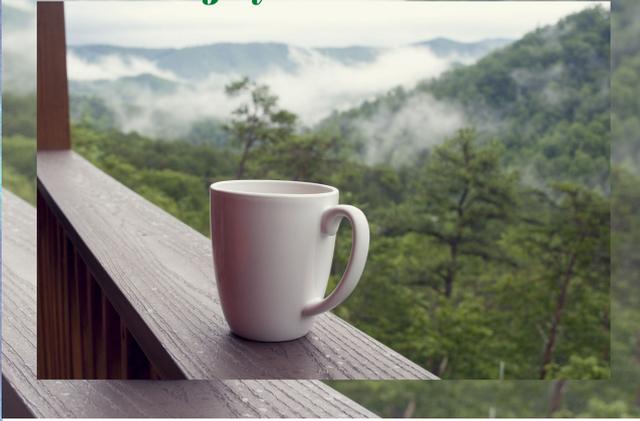
Print this work sheet out prior to listening to the Assisting Frequency recording for each week. Don't make the activation a chore, once may be enough. Feel into this as you go through each step.

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.

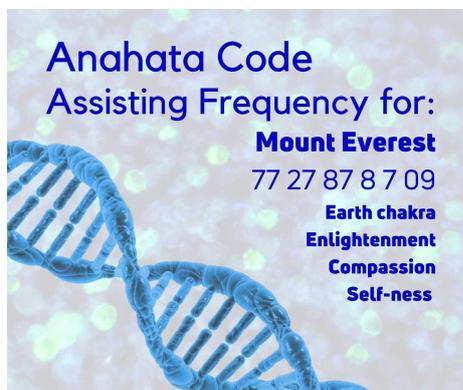
The answers or feeling that arise from these daily intentions will align yourself with things you're wanting to change or grow from.

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.



RELEASE

Using your senses

DAY 8- TASTE

What is the first taste memory that comes to mind in this instant?

Regardless of whether you feel it is a positive or a negative response, take deep breaths and bring LOVE into that feeling.

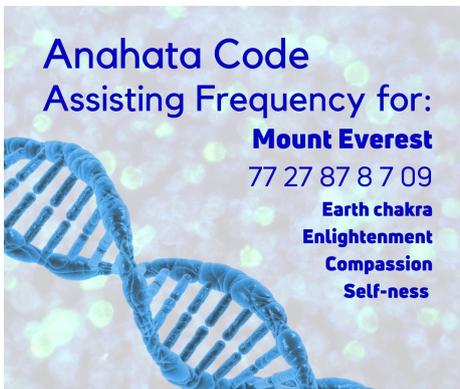
Hold an intention today to really TASTE life and to feel into how you can use your taste sense to grow LOVE in your world.

DAY 9 - TOUCH

Where does TOUCH shine to you in this instant?

We respond to Touch in all ways, sometimes with good feeling and sometimes others.

One would have leapt into your mind space now, as you are reading, so regardless of whether it's one of the good ones or the not so good ones, do that neutralizing with love thing, pull down Universal Love and spread it across that memory. This will shine or neutralize as required.



During this 21 day space any small quiet space is all you need to grow more and connect more.

DAY 10 - HEAR

Sometimes this is something you remember hearing or a noise that brings a memory.

Shower that memory with the magic of LOVE in this moment and release it.

DAY 11 - SEE

So many impactful things are around us to SEE?

Sometimes we see the JOY and sometimes we see the annoying. Create a new habit of overlaying any JOY filled picture over the annoying.

Oh we do plan to see the love in everything then something totally pooppy jumps into our vision. Fill your heart with Universal Love in that moment to bring a warm feeling.

A mantra I've long used is, "I have perfectly clear vision on all levels."





DAY 12 - SMELL - and oh yes, this is a memory trigger for many of us.

Smells create memories don't they. If one smell memory comes into your awareness just now then gather it all up and pop it into a big heart Love Bubble then send it away. If you don't choose to label a memory as good or bad then the Love moment shines or neutralizes as needed for your journey.

DAY 13 - FEEL - Our senses create feelings in some way.

Take that feeling that has presented itself in this moment and pour LOVE into it, then release.

Our feelings are impacted in all ways. I feel that this is where our memory files have the most storage space. Usually we find we need to clear out old unwanted feelings before they impact too much on our present story.

One thing I promote is that as soon as you notice a feeling find a place where you can just neutralize it. You may apply it to a person yet it's still your story. This is not negating the strength of your feelings; this small method is a way to gently reduce the impact.

Anahata Code
Assisting Frequency for:

Mount Everest

77 27 87 8 7 09

Earth chakra

Enlightenment

Compassion

Self-ness

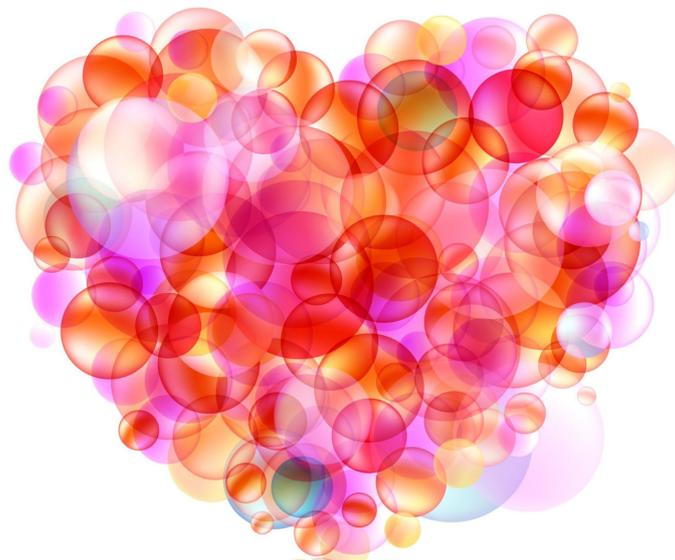


Remember to complete the action quickly, without too much thought. Just get the feeling/answer out of your brain.

DAY 14 - THOUGHTS - and yes, like feelings, these run around and impact our daily habits.

Catching a thought as quickly as possible allows you to choose to change your thought instantly into a JOY filled one with the aligned intention of RELEASE.

Happy thoughts are easy to see yet unhappy or burdensome thoughts are often subtle. Once again your mission is to catch that subtle thought and neutralize it without adding any animosity.



Catch that subtle thought and neutralize it.

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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