

Anahata Code Collectives



By Linda Simpson

Welcome to this beautiful 21 day journey.

Inside you'll find the Week One workbook and related instructions.

But first you need the link to the rest.

<https://www.neutralizingwithlove.com/relax-release-transform-21-day-proc>

This link will take you through to the Relax : Release : Transform web page where you'll find all of the recordings and workbooks to lead you through your own 21 day process.

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**

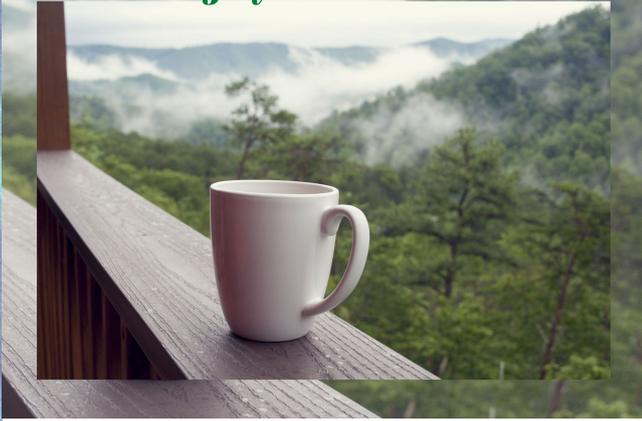
Print this work sheet out prior to listening to the Assisting Frequency recording for each week. Don't make the activation a chore, once may be enough. Feel into this as you go through each step.

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.



Choose to hold each step, each day, as an intention for awareness, nothing else. If anything feels 'louder' then pour universal love into it and move on.

DAY 1 - Imagineering : Dreaming : Knowing
When can you gift yourself a time for Imagineering?
How can you grow this part of yourself?

DAY 2 - BALANCE

Where can you tweak your balance and relax button?
When you think about Relax or Balance what comes to mind?

DAY 3 - BREATHE

Gift yourself moments today where you intentionally breathe. Take a deep breath and feel the love inside you, feel the JOY around you.

How can you remember to do this just a little more often? Is there a reminder you can keep around you?

DAY 4 - Feel the Sun and EXPAND Your RELAX zones

Feel the sun on your body. Every now and then just stand still and feel the energy of the sun on your body. Do this when the sun is gentle, or when you can feel the warmth without the impact. Your body will sigh and relax with pleasure.

What reminders can you place around you to shine out as a reminder for this important relaxing?



Choose to hold each step, each day, as an intention for awareness, nothing else. Anything that seems 'louder' than pour universal love into it and move on.

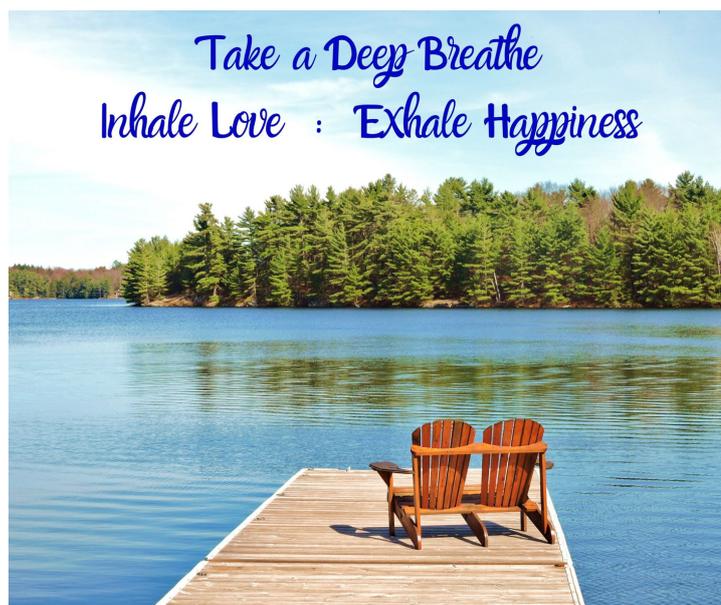
DAY 5 - Relax your Mind : Relax Your Soul

The key here is to establish your own personal routines for relaxing your brain, relaxing your mind, allowing your clear connection.

DAY 6 - Inhale Love : Exhale Happiness

Breath work is a great way to having your own clear connection and balanced world.

Why not do it right now, even just do the next three breaths as deep and loud inhale/exhale moments. Yawn and feel the oxygen charge through your system, opening up all circuits to awareness.



Anahata Code

Assisting Frequency for:

The Beautiful Spice

Cardamom

2 59 2 68 42 8649

Peace, Open the Mind,

Lift your Spirit,

Calm the nerves,

Become Centred



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

DAY 7 - The Full Body Shake.

**Do you recognize when your body is in stress mode?
Which area of your body signals stress first?**

**Have you ever tried the freedom of a full body shake?
(Puppies know how much this releases unwanted negativity. Go on, give it a try.)**

A full body shake is an amazing way to bring relaxation. Shaking off the negative, shaking off the muscle stress, Doing a shimmy down your spine. Apart from anything else it'll make you chuckle.



**DISCOVER More about Who You Are
Unwrap the beautiful being that is YOU. Follow the growth curve that suits you, know yourself better each day. What does this bring to mind?**

Anahata Code Collectives



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