



# Anahata Codes

## Accessing Assisting Frequencies for Holistic Health and Ascension Support

### *Meditation Mindset Frequency Recipe*

I'm super excited that you decided to purchase this frequency recipe! It's a potent blend of frequencies designed to support you in entering a deep meditative state. This recipe works best by charging oil and then applying a small amount to your third eye.

Please keep in mind that you purchased this recipe so please do not share it. You can share where you got it with those you love, or make gifts for them using this frequency recipe, but please do not send them this document. They need to purchase it themselves. There are plenty of other free things on the [anahatacodes.com](http://anahatacodes.com) website if they do not have a \$10 budget for this. And of course, they can muscle-test a limitless variety of unique frequency blends themselves using the Anahata Codes.

Before you print and apply the vibration codes to a carrier of your choice, I think it's important to be conscious about what it is you are creating.

Anahata Codes are assisting frequencies which have been channeled to encompass and articulate the innate healing qualities of various high-vibration elements which are found here on Earth and in higher realms. It's not the actual item which you are adding, it's the innate healing qualities articulated (or defined) as a code. Think of it as an energetic way to harness the qualities of the items without having to have the physical presence of that item. Let me say that again, it's not the actual item you are adding, it's the frequency of all that make that thing wonderful. So no, you will not literally be adding Bodhi Tree to the oil.

We live in a holographic world, each element holds the entire Universe inside itself. Just as the seed has all the information it needs to grow into a tree, or that first cell of an embryo has all the information it needs to grow into a human, so to do we have access to the unique frequency makeup of anything we can conceive of. The codes for each element have been channeled by me, Anahata, for highest good and can only be used for highest good. They will not work for any dark or low-level purpose. The vibrations will be rendered useless.

### *Elements of this Meditation Mindset Frequency Recipe*

Here are the frequencies which will charge the carrier of your choice. I chose oil to carry the vibrations of this recipe so that it may be applied to your third eye (between your eyes on your forehead), but you can also use water, crystals, or any lotion or potion you already have and love to carry this frequency. Or





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you can even use a spray bottle and spray it in the atmosphere. As with all Anahata Codes, they are pet friendly.

The instructions and the design are on subsequent pages of this recipe but first, let's take a look at what the numbers articulate through frequencies.

### *Bodhi Tree Assisting Frequency - 42 11 19 46*

Trees are transmutation facilitators. They guide that which needs to be released down into the Earth for transmutation so Assisting Tree Frequencies help us to release. They also help us to breath, slow down, go inward, and are supportive counselors who hold no judgement. In addition to these qualities, the specific tree, Bodhi provides the additional support for highest good.

Bodhi Tree Assisting Frequency connects you to Universal Consciousness, Akashic Records, and releases that which is making you feel separate from the oneness of creation.

### *Bush Iris Flower Essence - 9 13 18 4036*

"This is an Essence to open people up to their spirituality and to access the doorway to their higher perceptions. It allows the trinity to flow into a person and is an excellent remedy to give someone who has just started meditation or 'conscious' spiritual growth. In the negative mode there will be materialism and/or atheism. There may also be a deep seated fear of death."

Negative Condition:

- fear of death
- materialism
- atheism
- physical excess
- avarice
- Positive Outcome:
- awakening of spirituality
- acceptance of death as a transition state
- clearing blocks in the base chakra and trust center. (<http://ausflowers.com.au/Bush-Iris-15ml>)





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### Neptune Planetary Energy - 29 76 84 982

Neptune, which is the planet of magic, transcendence, mysticism and the unseen. Dreams, illusion, abstract thought and the mysterious are all governed by Neptune. Our spirituality is important to this planet, and how we harness that energy for our personal betterment. Neptune invites us to let its energy wash over us and to use a meditative state to gain insights and heightened awareness. Poetry, music and dance are among the trance-like activities which this planet favors.

(<http://www.astrology.com/article/planets-neptune.html>)

### Magician Archetype - 1 29 1

The Magician

- Motto: I make things happen.
- Core desire: understanding the fundamental laws of the universe
- Goal: to make dreams come true
- Greatest fear: unintended negative consequences
- Strategy: develop a vision and live by it
- Weakness: becoming manipulative
- Talent: finding win-win solutions

The Magician is also known as: The visionary, catalyst, inventor, charismatic leader, shaman, healer, medicine man. ([http://www.soulcraft.co/essays/the\\_12\\_common\\_archetypes.html](http://www.soulcraft.co/essays/the_12_common_archetypes.html))

### Crown Chakra Flow Assisting Frequency - 71237 47 57 67 7

The crown chakra is the seventh chakra. Located at the top of the head, it gives us access to higher states of consciousness as we open to what is beyond our personal preoccupations and visions. The function of the Crown chakra is driven by consciousness and gets us in touch with the universal.

The crown chakra is associated with the following psychological and behavioral characteristics:

- Consciousness





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- Awareness of higher consciousness, wisdom, of what is sacred
- Connection with the formless, the limitless
- Realization, liberation from limiting patterns
- Communion with higher states of consciousness, with
- Ecstasy, bliss
- Presence

The crown chakra is associated with the transcendence of our limitations, whether they are personal or bound to space and time. It is where the paradox becomes norm, where seemingly opposites are one. The quality of awareness that comes with the crown chakra is universal, transcendent.

As we are immersed in the energy of the crown chakra, we feel a state of blissful union with all that is, of spiritual ecstasy. This chakra allows access to the upmost clarity and enlightened wisdom.

Some describe this chakra as the gateway to the cosmic self or the divine self, to universal consciousness. It's linked to the infinite, the universal. (<http://www.chakras.info/crown-chakra/>)

*Larimar Crystal - 33297 68242 36 12 52*

Larimar is one of the spiritual stones that open new dimensions, stimulating the evolution of the earth. This stone radiates love and peace, and promotes tranquility. Larimar effortlessly helps you achieve a deep meditative state. It naturally raises consciousness and harmonizes your body and soul to new vibrations. Spiritually it is empowering, dissolving boundaries that constrain the spiritual self, and guiding the soul onto its true pathway in life. Larimar facilitates angelic contact and communication with other realms. (<http://www.healingwithcrystals.net.au/larimar.html>)

*Get ready to meditate!*





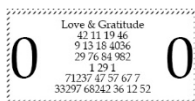


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### Instructions>

1. Print the frequency label and cut it out. Don't worry if you can't read it. Carriers can read small numbers no problem.



2. Attach facing in towards the carrier.

Water will take about 6 hours to charge, and oil about 12. Once charged, you can top off the water or oil and it will never lose its potency (provided the label remains on the outside of the bottle). Packing tape will do for bottles and I recommend these types of glass spray bottles which you can find at any health store or natural grocers or online.

If you are charging a crystal (first be sure it's been cleaned properly) simply put the crystal on top of the piece of paper and state "For highest good, I ask this crystal to hold these vibrations". Let it sit for a few hours. If you'd like to find out more about [how to choose, use, and clean crystals](#), check out an interview I did.

May this frequency recipe bring you joy, freedom, and fulfillment in the now.

[Click here to request a free copy of the entire Anahata Codes](#); Assisting Totem, Crystal, Flower Essence, Planetary, and Archetype frequencies. What's Anahata? [Read my story here.](#)

Blessings Be! You are here, you are loved.

Anahata

