



# Anahata Codes

*Fear vs Love*  
*Underneath the Fear You're Really Sphere*

There are only two emotions, fear and love. All the other emotions are subsets of these. Love being the highest vibration (lightest) and fear the lowest (densest). We are at our essence a pure vibration of unconditional love, and this Earth is a free-will zone for us to experience our vastness and magnificence emotionally.

Some familiar vibrations of fear include:

Abandonment	Anger	Anxiety	Betrayal
Bitterness	Blaming	Conflict	Confusion
Crying	Defensiveness	Depression	Despair
Disgust	Dread	Effort Unreceived	Failure
Fear	Forlorn	Frustration	Grief
Guilt	Hatred	Heartache	Hopelessness
Horror	Humiliation	Indecisiveness	Insecurity
Jealousy	Lack of Control	Lost	Love Unreceived
Nervousness	Overwhelm	Panic	Peeved
Pride	Rejection	Resentment	Sadness
Self-Abuse	Shame	Shock	Sorrow
Stubbornness	Taken for Granted	Terror	Unsupported
Vulnerability	Worry	Worthless	

As humans, we seek comfort. We seek love. We seek the light. We do so because that is who we truly are. We don't wish any of the above feelings to occur but they happen every day. Why? I believe this all began when we consciously separated ourselves from God. Even if you don't believe in the Bible, the story of Adam and Eve does a good job describing the conscious shift away from God, our own Divinity, and the subsequent veiling which has occurred further separating us from Creator. So much so, that we don't see him physically as we used to. Angels and beings of light now exist in higher dimensions (of higher frequencies) because of the density of our planet and the fear-based energy in which it resonates.

We are equipped with an internal GPS which allows us to align with and therefore, call in to being, our own realities. Our reality is a direct reflection of the vibrations we are giving off and the co-creating we are doing through these vibrations and intentions. Even subconsciously.





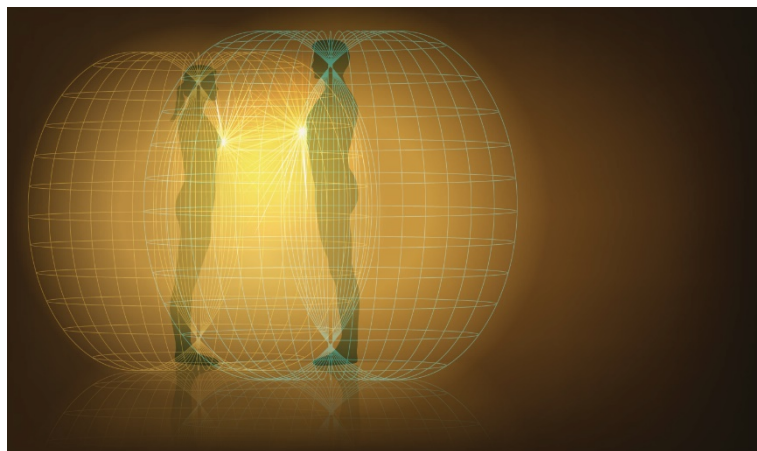
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## *Why does this matter?*

Because fear and its other forms are disruptions from our true self. Our essence being unconditional love. These fear-based disruptions affect our heart coherence. Coherence can be defined as “the quality of forming a unified whole”. That quality (and subsequently our health) is affected when fear (in any form) is introduced or maintained. The heart is the key. Here’s a great quote to get you up to speed on the important role the Heart has in our health.

“By altering the electromagnetic fields of the heart we are able to change the whole electromagnetic field that is immersed in the human body. The human heart in truth is the source of light, and the power of this light determines the health of the human body. The people who generate the most positive emotions are able to create high quality cardiac coherence which, in turn, determines the quality of electromagnetic field generated by the heart. This then determines the bio-photons that are emitted into the electromagnetic field of our body, which determines our health.”<sup>1</sup>



We were built with all the information needed to remain in a unified and perfect whole. Just like the rest of nature. Nature is precise, strong, and efficient. Nature is innately perfect. It’s the external vibrations of fear (through separation from Creator) which affect the wholeness we experience. The more we are whole, the more we are balanced. The more we are balanced, the more our body can go on, uninterrupted to do what it does best – love.

Yes, beneath all of the fear-laden illusions of this dense world, we are all loving beings of light. This was the way we were made. It is who we truly are. Again, we are at our essence a vibration of unconditional love.

<sup>1</sup> <http://wakeup-world.com/2015/02/22/the-human-heart-the-origin-of-light-and-life/>





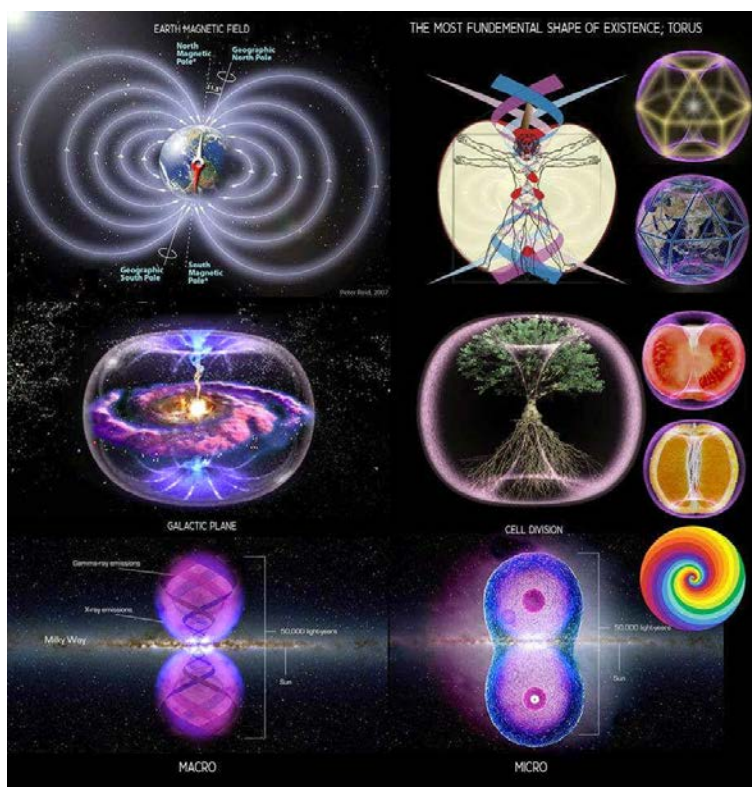
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## *Energetic Beings Experiencing a Dense World*

We are energetic beings experiencing a 4d world. Still, this world is 96% empty space collectively and you and I even more than that on a subatomic level (99.9% empty space). We are a complex system of unseen energy which regulates and articulates our health physically through our emotional, mental, and spiritual layers.

I will visually show you what I mean as we go along.



We each have an electromagnetic energy field. Electromagnetic means a combination of energy (light) and magnetism (mass). Your electromagnetic energy field (the shape is a Torus) is your blueprint of health and it is regulated by your heart energy. The Earth has the same shaped electromagnetic energy field. Why? Because it is efficient, strong, and flows with the least resistance (provided it's flowing properly!). It is the fingerprint of God.

When you are resonating with higher vibrations (without fear) the shape mimics nature in its essence. Balanced, even, flowing, and stable. When you experience fear-based frequencies, your energetic pattern becomes erratic, uneven, unbalanced, and restrictive. Essentially, you manifest

dis-ease (lack of ease in your energy field). It is very draining to live in fear because of the resistance you face and must push through. You're literally not being efficient with the use of your energy when in a fear-based state. This is confirmed and further illustrated through a number of sciences such as





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Acupuncture, Chi Gong, Ayurvedic Medicine, Chakra balancing, Auric field interpretation, and pretty much all energy healing techniques.

### *The Keys to Balance*

The two magnetic forces of disruption are emotional and mental. While we can't control external disruptions and environmental hazards, we have absolute control of how we process them energetically or how we chose not to process them (by holding on to them magnetically).

Yes, emotions and mental processes are energy. When we let them flow normally, they do not disrupt our energy field. When we suppress emotions or chose to over analyze things, the energy lingers and becomes congested. The magnetic pull of our thoughts and emotions is a powerful disrupter. And the thing about vibration is that it resonates with and attracts to it similar vibrations so it's easy to see how we can attract and perpetuate scenarios and themes in our life once we are in a certain reality.

Science such as epigenetics is proving that non-physical elements and information are passed down on the DNA. Things like emotions, memories, and traumas. As if it weren't enough for us to endure our own issues, we have the collective experiences of our ancestors weighing us down (literally). Additionally, it is our thinking minds which imbalance and overcomplicate things. A flower doesn't think about growing, it just grows.

Releasing disruptions is great and there are many tools to facilitate that. Rewiring is also necessary in my opinion to snap out of the blueprint of health you have accepted. Before we get into how to do that, I would like to illustrate how I see our emotional and mental energies disrupting our balance and natural flow.

Refine is a good word to describe what happens when you consciously choose love-based vibrations over fear-based ones.

Alignment through your Source Point (your point of entanglement with God and all things located physically at the heart chakra) is to lock in on the vibration at the core of all by aligning with unconditional love. But in order to align with unconditional love, we must align first with unconditional love for ourselves. This is not selfish; it is quite different than Ego which is set to gain self-love through outer experiences rather than from within. By somehow having to earn your magnificence for it to be so. Object referral is the way most live and the reason why we don't have unconditional love for ourselves. When we look within first and foremost, and align with unconditional love, we are at the center of our Universe and connected to all from our Source Points. Being connected outwardly first and





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around and then back to us is not efficient, not aligned, and causes separation. The only way to be truly connected is to start within. To find and align with Source through your Source Point and the key is unconditional love. When you unlock this love, you reflect it outward to all things as a ripple coming from Source. And of course, the side-effect is unconditional love for all things which circulates it through and back to you.

## *Balancing Sacred Directions and Elements*

I'm sure you've all heard of Earth, Fire, Water and Air, the Chinese Elements. In this fourth dimension we live in, the four elements are what make up our world. And some say we are in the fifth dimension now. I tend to think it's true. What do you think? [Check out this YouTube on the subject](#). Very aligned with all I believe and am uncovering. And yes, we can exist in more than one dimension at once.

At the rate of awakening we are certainly on the cusp of a pivotal threshold into the fifth dimension. I have come to learn through my Divine download, that there is an overlapping clue when you analyze the sacred directions and elements as it relates to our health and well-being.

Let's explore it now. As with the rest of this document, these are just my inner knowing and the pieces of the puzzle as they have been revealed to me. I have no scientific data conclusively proving this, and I'm just sharing my perspective with you so that you may formulate your own understanding.

To explore this theory, we need to start with the heart. The heart is the regulator of health. The resonance of the heart is either coherent or erratic. Each of these realities produce energy waves which affect your electromagnetic field.

As this document is postulating, there are two emotions, love and fear. Love is at the center of your heart. It is what is closest to source. The first organ you grow when manifesting after basic cell division. [Click here later to listen to a very cool video about the magnitude of the heart.](#)

The number 4 (the dimension we are in, the number of directions, the number of points needed for a 3d object, and the number of elements) also corresponds to the Heart Chakra (the fourth chakra in the basic 7). Of course there are more, but the heart is the gateway Chakra to the rest. Three above and three below. The heart is the gateway from physical to spiritual, seen and unseen. This is one of many reasons the codes I channel are called Anahata Codes (Sanskrit for Heart Chakra). The inner resonance of love. So let's put this all together. When I did, it blew my mind!

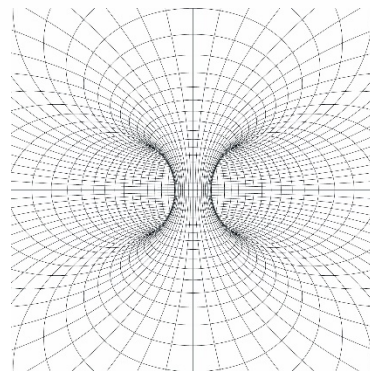




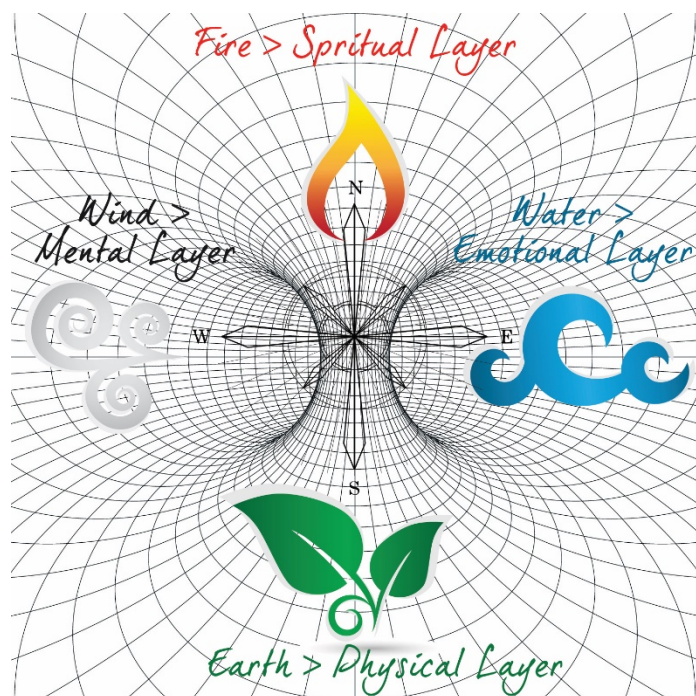
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The graphic on the right is the torus shape. The shape of your electromagnetic energy field mentioned before. It's what surrounds your body and your heart. It's also what surrounds Earth and most all living things. As you can see, it clearly has four segments, above, below, left, and right. These spheres can directly be overlapped with the Sacred Directions: North, South, East and West.



So, North is above, South is below, East and West on the horizontal plane. Pretty straight forward. Until you add the elements transposed on those directions. Follow me here. While these things have been discussed independently, I don't believe they have been discussed collectively. At least, I did not learn them somewhere, I was given this knowledge in the unfolding of the Anahata Codes.



In Chinese medicine, Earth represents physical, wind represents mental, water represents emotions, and fire represents spiritual. When you transpose those two philosophies on the torus, you get something like the graphic at the left.

Let's explore the significance of this graphic (which I'll call the blueprint from now on) as I believe it to be the blueprint of our health, the compass and guide to remaining in balance and perfection. The way in which we can understand how to release fear and embrace love. The way we can rewire our bodies for maximum flow and efficiency. In fact, the way the heart already does this for us.

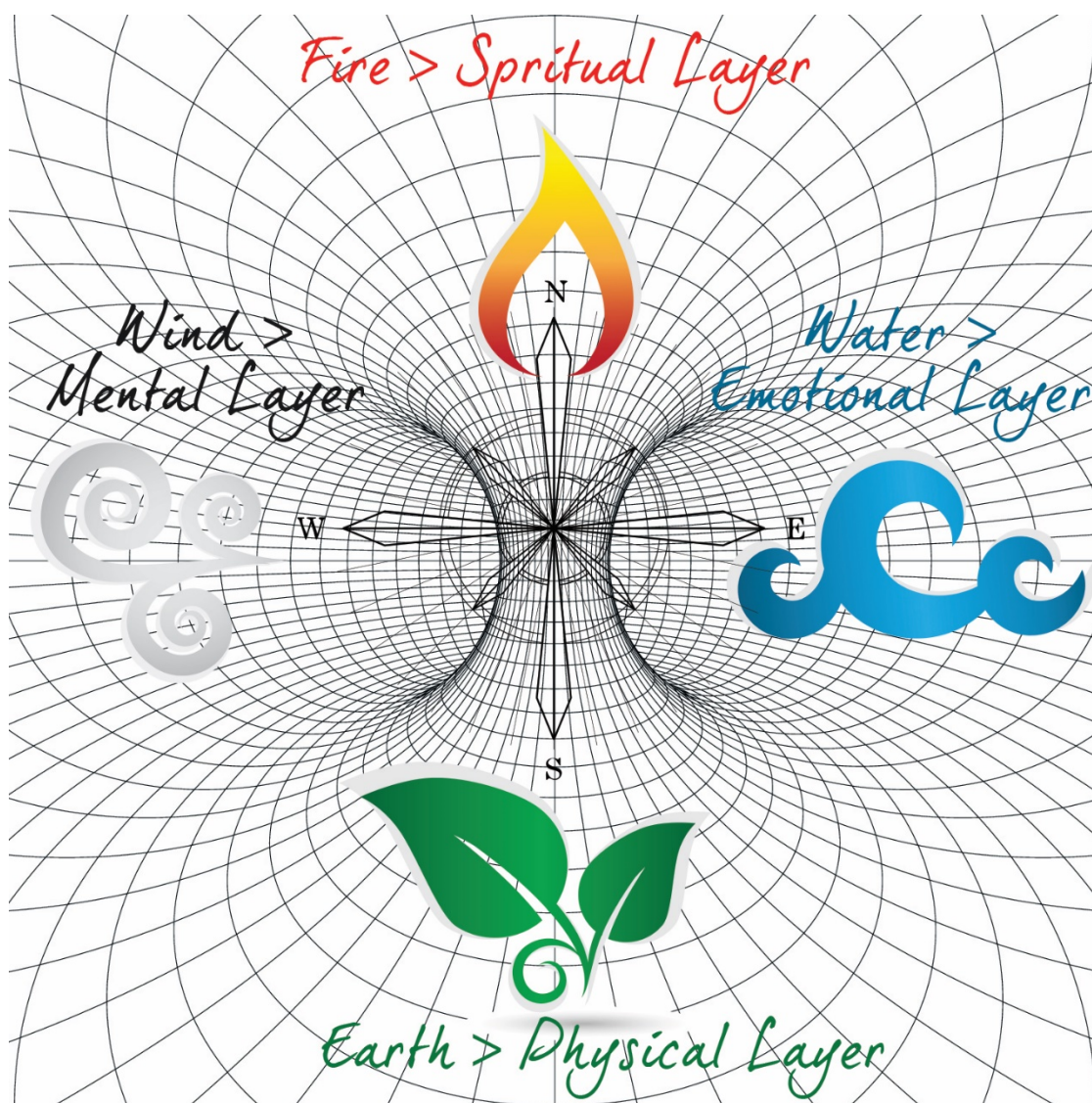




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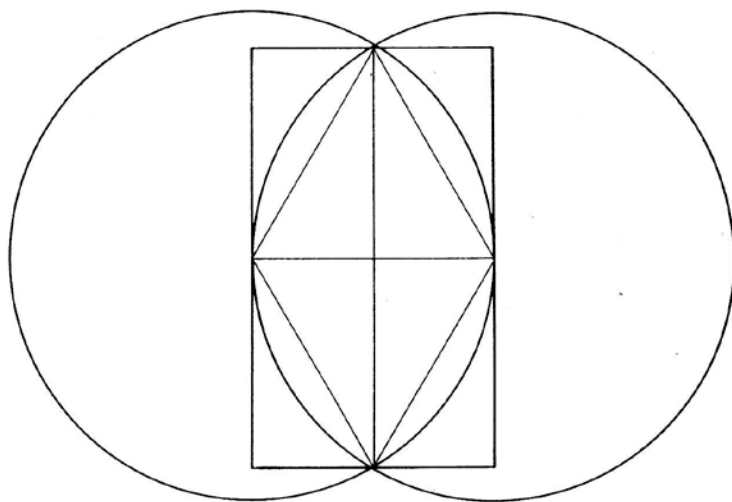
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So keeping the blueprint image in mind, and realizing at the heart of all of this *is* the heart itself (in the center of the torus), it's easy to see how the elements and directions come into play with our balance. The emotional and mental elements in our aura get processed through the heart and are guided back down and around into the physical from the spiritual layer. [This video on how the Torus Flows](#) will allow you to fully understand. The flow is two circles (the right going clockwise, and the left going counter clockwise). When this isn't flowing, you get an erratic energy field which is the definition of dis-ease. When flowing properly, you are left with strength, balance, and efficiency. The Heart Math Institute calls

this Heart Coherence. You can read about it here.



Others mention our Chakra System (up the center of our bodies and toroidal field) and the damage incurred when it's not flowing properly.

The meridians are yet another map of this blueprint.

Another level to the significance of the blueprint graphic is that the 2d equivalent of the Torus shape is the Seed of Life shape, the cornerstone shape that manifests all other shapes and every

element known in our world. [Watch this video to understand fully what I mean.](#) Sacred geometry.

In a nutshell, this is the intelligence of the Universe. This is the way we were built. A self-sufficient being of light. When we don't get in our own way that is!

## *Fear and What it Does to Our Balance*

Let's add one more element to this blueprint of health graphic. A see saw. It is seen in yellow on the following page. When you realize the struggle we cause ourselves through our emotional and mental energies, you can see how it can imbalance the efficiency of the blueprint pretty easily.





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Even the mention of this reality causes defensiveness. Defensiveness is a fear-based emotion. It is designed to prevent you from uncovering truth. Push it aside and move forward despite the magnitude that you have a lot more to do with your health than you may have thought.

I am not blaming you. That is yet another fear-based emotion; blame. I am articulating this truth to you in hopes that you'll rewire your emotional and mental responses. I call this rewiring to love. This requires dropping fear. The many vibrations of fear may be the only things keeping us from perfection.

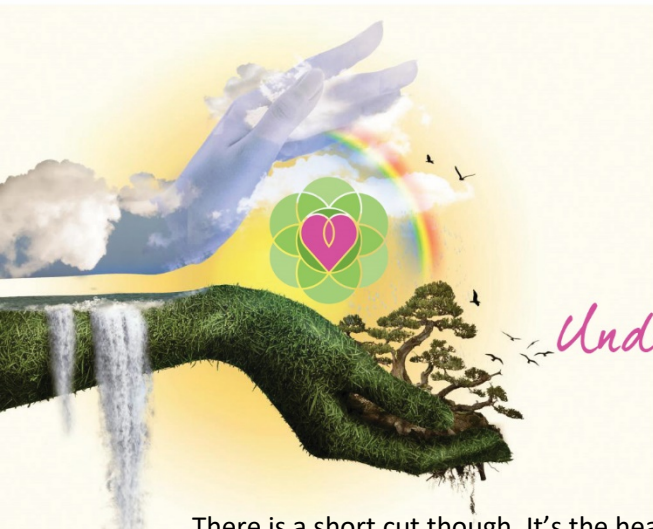
So defensiveness and blame aside, let's check out what's going on in our world and in our personal energy

fields.

To live in this physical 3d world, the fourth dimension, we must balance our physical manifestations through the other layers of our energy; Mental, Emotional, and Spiritual. I have illustrated that in the Blueprint graphic but feel free to review that again on your own time.

Our physical bodies are navigating our world made of light (spirit), water (emotions) and wind (mental) inputs. We can even look to the Earth herself for clues as to the energetic makeup of all. We are mostly surrounded by water (emotional energy) and air (mental energy). We are beings of light and are drawn to Source (the spiritual). This is North, our guide. Fear forces us to look around horizontally for answers. The constant pulling from our emotions and mental processes (East and West) cause us to lose sight of where we are going and what really matters (North – Spirit). It creates erratic incoherence which disrupts our flow. When we ground to Mother Earth while connecting to Source, a powerful anchor occurs that stabilizes and calms the horizon of emotional and mental dis-ease.





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There is a short cut though. It's the heart. A built-in, Divine, high-frequency-producing-machine. At its essence pure unconditional love.

I experienced a vision which I hope to learn more about as things unfold, but what I know its meaning so far has been life-changing and I've received so much external confirmation from similar insights that I believe it to be a profound truth and indeed, I think it can heal the world.

It was a weekend and my daughter was downstairs with Daddy eating breakfast. A rare occasion for Mom to get a few more zzz's in before starting the day. She had already come up to get me out of bed, and I begged her for a few more minutes. She obliged and trotted off downstairs to breakfast.

I found myself between two states, alpha and theta. And in my not quite awake and not quite asleep state, I received a vision.

I was floating. In complete darkness. No sound. It was so silent, it was like being wrapped in the opposite of sound. I was looking around to get my bearings and then I saw faint flickering lights. Stars. These were stars. As I focused on the lights I tried to determine how far away they were and their size. That's when I saw God's hand touching empty space. Yes, it was a radiant hand. Probably so that I could understand what was going on.

Still no sound as He touched with His index finger. One time; a ball of fire appeared. Two times; the oceans and continents were formed. It was Earth. He was showing me the Earth. He tapped it a third time, as if the empty space was an iPhone, and the most beautiful unfolding I have ever seen occurred. I witnessed the creation of the Earth's Electromagnetic Field. It was not the torus, it was the external dots around the Torus and they mapped out precisely which was so breathtaking. I'm surprised but grateful I didn't open my eyes then.

I was mesmerized and then the sound. He said in a whisper (the most powerful sound I've ever heard – and probably why he was whispering so as not to overwhelm or awaken me) "To heal the world, go to the source point".

I woke up, or snapped out of the trance. Whatever the vision state was.

I said out loud "what's the source point"? Knowing that it was about to be over and wanting more. I then heard an audible voice while I was awake "Look to the cross". And that was it. While there are many layers to this vision and meaningful messages I won't get into, ultimately, I have come to realize that the source point is the heart.





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To return to balance, we need to drop our mental and emotional disruptions and return to our hearts. Doing so frees up our energy to do what nature does best, flow and balance. When we allow our hearts to regulate our lives, we entrain with the Universe and flow in complete harmony. Unrestricted by fear (which makes the dense vibrations of our minds and emotions stay longer than they should).

When we allow our hearts to do their job and we follow its cues, we are lead into a life of bliss and well-being. This is the basis of self-referral (the goal) vs. object referral (how most of us are wired).

Deepak explains object referral like this<sup>2</sup>:

*Whenever you feel powerless or fearful, it's because you are in a state of object-referral. You define yourself through objects, which include people, situations, titles, possessions, accomplishments. By their very nature, objects change, so as long as your identify is tied to objects or the opinion of others, your life will feel unstable. In object-referral, you feel good when your investments are appreciating, business is strong, or your romantic partner is happy with you. But when the market plummets, sales are down, and your relationship is challenged, you feel insecure and worried.*

*Self-referral, in contrast, is identifying with your inner self – the unchanging essence of your soul. In this state you have an internal sense of joy regardless of what is happening around you because you aren't identified with transient objects or events. In self-referral, you experience your true being, which doesn't fear any challenge, has respect for all people, and feels beneath no one. Fear drops away and there is no compulsion to control and no struggle for approval or external power. As you experience self-referral, you pierce the mask of illusion that creates separation and fragmentation and know that you are an inextricable part of the field of infinite intelligence.*

The heart returns us to this infinite intelligence, to source. It is who we are and connects us to all things. It's the Source Point. The one point of oneness itself. And because we are connected to all things, we can call upon the support of infinite points of light in our world to reconnect us with our heart center.

I call these points of light (vibrating love) assisting frequencies. Accessing and aligning with assisting frequencies will facilitate the removal of fear-based frequencies which are trapped in your auric field (your blueprint of health) what your body manifests on the physical layer.

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<sup>2</sup> <http://www.chopra.com/object-referral-and-self-referral>





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*Really Sphere*

I believe there to be a process to restore balance, to shed the fear-based vibrations for good and replace them with love-based responses so we can allow our hearts to regulate in perfect coherence.

The 7 Tools of Restoration are:

1. Reflect
2. Release
3. Replenish
4. Rewire
5. Reunite
6. Resonate
7. Rejoice!

Reflecting on things helps to shed intention and light on things and is the catalyst for change. If you don't have a desire to change something, it remains the same. Desire is a powerful manifestation tool and is required for any lasting change. When you are ready to reflect, you can release that which doesn't serve and work then on energy replenishment after release. Releasing comes first before replenishing your energy reservoirs because it will free up space and allow energy to flow unrestricted (there's no point in gaining more vital energy if it's not going to flow!). Releasing involves shedding the past disruptions of our minds and emotional layers. Basically, releasing our limiting self-beliefs, societal programming, inherited junk, emotional trauma and suppressions. There are lots of techniques to do this such as meditation, past-life regression, Emotion Code. In fact, I believe all energy work is designed to release energy disruptions and the way they are defined and accomplished are as broad as they are your own experiences. Anahata Codes are a simple way to use the power of high vibrations to release low-level ones.

Once you have released your fear-based vibrations, you need to replenish your energy. It takes energy to heal. If you don't have enough, nothing will happen. There are several ways to increase your vital energy and many Assisting Frequencies do just that. Getting adequate sleep, nutrition, being mindful, meditating, moving/exercising, grounding, processing stress are some ways to keep our healing network functioning optimally.

Next is rewiring which involves accessing, accepting, and holding a new reality. Providing a new blueprint of health, regulated by the heart, for your body to follow. If you reflect, release, and replenish,





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but you do not rewire your responses, you'll be creating the same imbalancing feedback loop which got you in trouble in the first place. Again, there are many ways to "rewire" but Anahata Codes have profound lessons attached to each and every one if you take the time to learn the essence and medicine.

My favorite way to release and rewire is to connect to those things which are already whole, healed, and healthy. Namely, nature. This is what assisting frequencies are all about.

You see, underneath all your fear you are really sphere. Already whole and healthy. Already healed. It's just the fear-based disruptions which are blocking you from returning to balance. This applies to any and all physical dis-ease as well. Sure, if you lose a limb, you need medical attention to stop the bleeding. But beyond the very temporary life-stabilizing work needed, it's your outer energy layers which will either heal the trauma completely, or allow it to remain in an unbalanced state. I'm not saying you'll grow another arm (although as our intent and conscious power increases collectively, I would not put that past reality – after all, it already exists in the blueprint of the salamander), but I am saying you can live without an arm just fine – if you don't allow the mental and emotional processes associated with the traumatic event to rule your life.

This return to wholeness is what I mean by reuniting. Reuniting to the whole. Going back to your center and reconnecting with all.

Resonating is when you pare up with the same or similar vibrations and the power is amplified. It is why you hear the radio when you tune into the same frequency of the radio station. It is why the glass shatters when an Opera singer matches the vibration of the glass. And when you install Assisting Frequencies and hold them, you then resonate with other high vibrations thereby drawing more to you and amplifying and elevating you.

The last resource used for restoration is rejoicing. If you do not have gratitude in your heart, you have nothing. Gratitude is the way you can energetically reciprocate the love you've received by sending that love back out to all to finish the cycle and allow it to begin again. Gratitude is the fuel which keeps the machine going. It is the essential element in all restorations.

*To wrap it all up*

You'll have two choices. Fear or Love.





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We were wired with fear for a reason. Survival. Fight or flight was critical when we were navigating dangerous terrain as hunters and gatherers. Those instincts are no longer needed. We've "conquered" our environment, now we must return again within to conquer our internal environment.

We must allow our emotions and mental processes to flow naturally in a coherent fashion like a sine wave (which, by the way, is another sacred building block of nature). This doesn't mean we should suppress emotions or mental processes, quite the contrary, that only makes them stay and causes our energy flow to become erratic. So as with anything, balance is the key. We will have ups and downs. We will experience pain and joy. Our energy will not be flat. It will rise and fall. That is part of being human. And in fact, if we look at the way in which flowers that produce essential oils are affected by inhospitable conditions, you'll see a beautiful truth unfold.

It is well known that the flowers that produce the most Pranic energy (equating to high-grade quality), are those which are wild and in uncertain and sometimes barren climates. The struggle and fight to survive instills in them the desire and drive to be. The inner energy and power is greatest.

It is no different for humans. The pain and experiences we go through shape us and allow us to appreciate and understand the comfort and love we receive. Polarity in all things allows us to differentiate and is in itself the experience. But when we allow our fear-based emotions and mental processes (sometimes a subconscious level) to remain, we end up living in the past which creates our future by vibrating on that level and pulling more of the same to us through resonance.

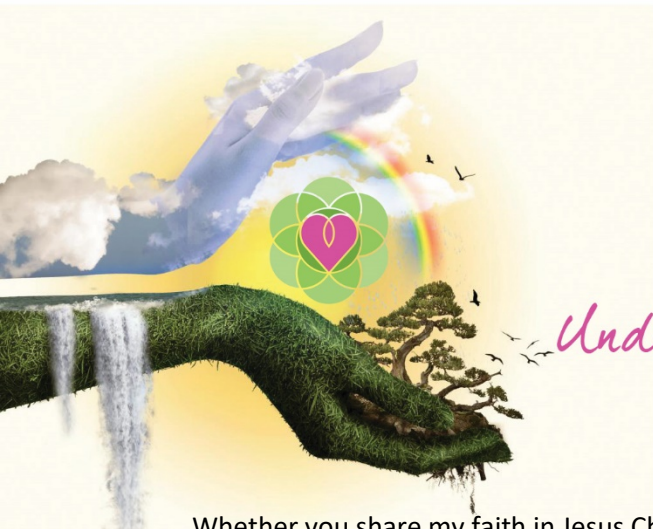
This is also where rewiring comes in to play.

We only have today. Yesterday doesn't exist and tomorrow is unlimited potential. Today is our only place of power. The now is where we prepare the soil that will manifest into our tomorrow. Our greatest fears or our greatest desires are planted in the now.

Assisting frequencies add the vibrations you're in need of for highest good. They elevate your energy to resonate with higher vibrations of love and the fear-based vibrations then fall away.

*"Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. 25 And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock. 26 And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand. 27 And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it." Matthew 7:24-27*





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Whether you share my faith in Jesus Christ or not is irrelevant. As my daughter once said “you don’t have to believe in Him for Him to believe in you.” But I added this passage to articulate once again how we can stabilize and balance ourselves when grounded in love and living through it. The rain and floods (emotions) and winds (mental processes) may beat and pull, but we shall remain strong through the heart which can orchestrate perfection when we allow it.

## *The Power of Unconditional Love to Restore*

I prayed to hear what God wanted me to in regards to this topic, and this was what flowed during the night. When I awoke, my Merkaba hanging in front of my window was casting light and rainbows around the room. This was the photo I took. It seems to be articulate the illumination and expansion of light, and the illusion of separation and parameters when in the dark (not expanding).

Fear constricts and puts a parameter on things. Fear pulls unconditional love back in on itself. Manipulating it. Adding conditions. Unconditional love shines through and is infinitely more powerful than fear, however, fear can disrupt and wrinkle pure love, changing its frequency.

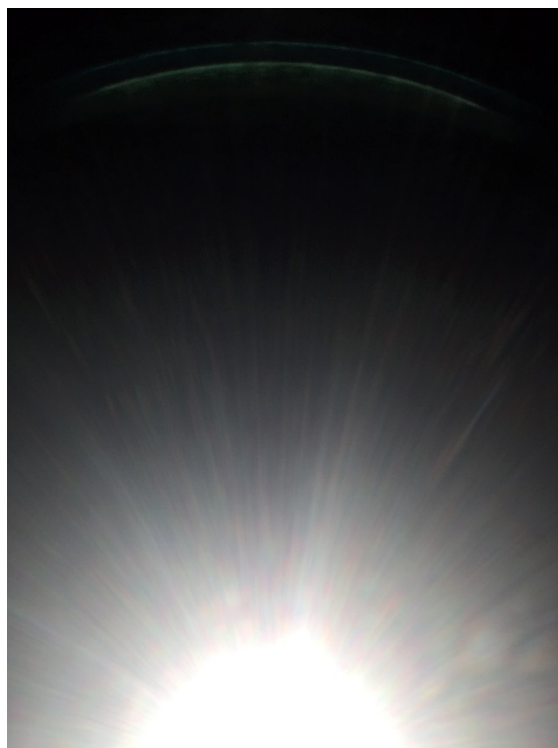
Unconditional love doesn’t illuminate as clearly with fear-vibrations mucking up its purity.

If you want to align – focus on ever expanding your unconditional love from and beginning with yourself.

Like an eye of illumination, it will increase your vantage point and elevate you. When in fear, expose the situation under the lens of unconditional love and all will be made clear, healthy, resolved, and restored.

This visualization makes sense on a cellular level.

Dis-ease replicating under a fear-based lens is expanding pain. High blood pressure, inflammation, trying to expand as a protection mechanism but not with unconditional love. Unconditional love IS expansion





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in the right direction (towards love and away from fear). When we expand unconditional love we learn, grow, forgive, expanding our ability to co-create the lives we want to lead vs. those illusions imposed by fear.

**When we try to expand (which is our nature) from a situation without self-love, we expand instead, that dis-ease.**

For example, breast cancer. A protection mechanism? Cells growing and expanding in the nurturing center (mammary glands) of a woman's biology because of an external force of fear pushing in and closing things up. Loss of something or a change usually triggers this response if we do not meet it with unconditional love. A gene is activated and mutates. Cells grow and mutate and then grow on their own. All for self-preservation, paying no regard for the stability of the whole. A cry to return to center. And the perception that it will take a "fight" to get there. I am not saying this is the sole reason that the genes mutated, but if you start with unconditional love for yourself, without the external influences telling you of loss, change, and disorder, the chances of a spontaneous remission is promising.

Retracting is a fear-based reaction which closes things in, lets them fester, the opposite of expansion. Remembering our innate worthiness, magnificence, and experiencing unconditional love of self returns us to wholeness and things once again work for the whole. The big picture. The ever expanding magnificence of who you are and who you came here to be.

Light expanding is comfortable.

Mass and parameters retracting is destructive and binding.

Retracting is giving away your power. Self-imposed prison.

Expanding is power & freedom.

Unconditional love has no limits or parameters and ever expands into continual and perpetual greatness and joy of the journey. It is why we are here. To expand the Universe through unconditional love.

<b>Retracting (fear-based separation)</b>	<b>Expanding (unconditional love)</b>
Retracting Body = Dis-ease	Expanding Body = Health & Wellness
Retracting Mind = Separation	Expanding Mind = Awareness
Retracting Emotion = Fear	Expanding Emotion = Unconditional Love
Retracting Spiritual = Confusion	Expanding Spiritual = Enlightenment/Wholeness





# Anahata Codes

*Fear vs Love*

*Underneath the Fear You're Really Sphere*

## Anahata Codes Assisting Frequencies



Anahata Codes articulate vibrationally in a way that your energy layers understand, the innate goodness of things in balance through codes and intention. Consciousness and intention are the catalysts which activate the frequencies. They are the “instructions” which are given to your body to facilitate the release of fear-based energies and increase the higher frequencies of love-based energies by aligning you with unconditional love.

In plain English, they add more love to your heart in the form of vibrations which are then circulated to all levels (emotional, mental, physical, and spiritual) for highest good.

You do not need to know how it works, your heart knows what to do with the intelligence. But because we spend most of our time thinking, it's important to understand and was why I wrote this guide.

Each of the types of Anahata Codes (assisting frequencies) deliver different support. Researching the specific vibration your body has chosen will help to shed light on why your

body requested it (the reflecting step) which will then amplify the effectiveness (again, consciousness is the catalyst).

The general goodness of each category has already been discovered and communicated in countless ways. Just google “healing qualities of crystals” or “totem animals” or “essential oils” or “planetary energies” or any of the other assisting frequency categories and you'll get the picture about the types of frequencies which are available to assist you.

And, when you look up the specific Anahata Code your body requested, be prepared for a major shift and several “ah ha moments” before even installing the Assisting Frequency itself.

