



Anahata Codes

Accessing Assisting Frequencies for Holistic Health and Ascension Support

Thank you for your interest in Anahata Codes. Please read the important legal disclaimer at the end of this guide.

I believe you are here for a reason.

You are reading this because you are aware of a great shift which is happening to our Earth (or perhaps you are just becoming awakened to the possibility).

It could be that you've felt this transition as a deep longing for something more. An inner knowing that the fear-based emotions and attitudes of the world are leaving people unsatisfied, scared, lonely, depressed, and even numb. You probably have witnessed this first-hand in yourself or your loved ones. These low-level vibrations left to fester without understanding their meaning in assisting us to define our desires and create (what we came to do) may leave us focused mainly on dis-ease and pain.

Never before, it seems, has the world been in need of elevating lest we destroy ourselves and our planet. A transition away from fear and towards love is the only solution. A transition back to Source – our true-selves – our paradise home of unconditional love.

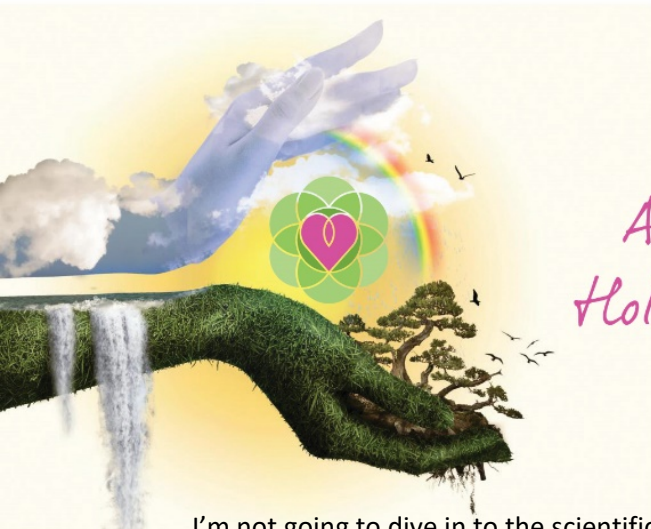
The hate, crime, dis-ease, fear, defensiveness, discontentment, and superficial love (a desire for power and material possessions in an attempt to fill an empty space inside) is at an all-time high. I believe this is because we are moving away from the old and into the new. It's becoming more obvious as the veil is lifted and we awaken to our innate power as creators of our own worlds.

We are moving through new space at warp speed, literally. Our Earth is going through an intense upgrade. We are ascending whether we are ready or not. Our DNA is being activated and our genes are upgrading. We are co-creating a new world together and this is not without pain and suffering as we move away from the old and align with the new.

This was what led me to become a lightworker. The world is in need of assistance, of deep healing, of the release of fear-based hard-wiring innate to human DNA. But our DNA is changing! In part, because of the information we are receiving from the cosmos. We are evolving because we need to survive. This can be a confusing and even an uncomfortable transition at times.

The great return to unconditional love on all levels to reveal our true magnificence is upon us, and Anahata Codes can help during and for this purpose.





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I'm not going to dive in to the scientific how or why in this document (though there are plenty of resources and recordings on my site which do). If you've gotten this far, you already feel it is true in your heart that we are awakening into a new super-version of ourselves and reality (or at least hope we are).

There are so many wonderful techniques available to us and Anahata Codes are a perfect supplement to any self-mastery and healing you may be working through for yourself or others.

It is my deepest wish that the Anahata Codes, which I am channeling to help all of creation during this pivotal time, will be expanded upon, shared, and amplified for highest good. Anahata Codes provide access to assisting frequencies already in the state of reality you wish to resonate with in order for your body to ascend into a place of balance and healing by providing intelligence to your energy layers. Turning to nature for this perfection in the form of assisting Crystal frequencies, Totem frequencies, and Flower Essence frequencies was part of the Divine download I was given and I am continuing to receive. Sit quietly in nature- it is healing. Resonate with nature, and you are whole. Since then, the categories of Assisting Frequencies continue to grow and here is the category matrix of support you now have access to when you [download the codes](#):

A	B	C
1 Flower Essences	Trees	Essential Oils
2 Crystals	Meridians	Chakras
3 Totem	Archetypes & Tarot	Planetary & Astrological
4 Love-based Emotions	Solfeggio Frequencies	Herbs, Nutrients, Homeopathy
5 Hormones	Biological processes	Colors
6 Letters, Numbers, Directions	Elements	Sacred Shapes & Symbols
7 Light Beings, Ascended Masters, E	Sacred Locations, Times,	32 Paths of Wisdom (The Sefirot)
8 Random Tab of AFs	Fear-based Emotions	Alchemy

Because each person's unique needs change on a daily basis, Anahata Codes are an ongoing lifeline to help you map your grid to align with your desires in this lifetime.

Health, abundance, purpose, loving relationships, joy, Yes! There is a code for that! But, we are not symptom chasing. That is, there are no two vibrational essences or reasons as to someone's dis-ease so there is no one code for say Arthritis, or Depression or to allowing abundance and loving relationships. The unique codes which will deliver the perfect combination you need to return to wholeness is not the same as someone else's because the roots to your dis-ease are not the same.

From your place of power (the now), as the co-creator of your life, you may call upon the perfect Assisting Frequencies and your body will use these vibrations to gracefully ascend and have the power





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to Map your best life in the infinite NOW for highest good. Over time, the seeds you plant in the now will manifest as your tomorrow. Your deepest fears or hopes can and will come true... which do you prefer? Are you unconsciously co-creating, or mindfully crafting the path that unfolds for you?

Do you have blocks which seem to get in the way of manifesting balance in all aspects of your life? Letting go of these blocks and disruptions will progress you on your path, but because each day is new, we start again and may not achieve the level we are hoping for in just one day, snapping back to old beliefs and habits and creating more dis-ease. **Anahata Codes combine intention and frequencies to rewire and transmute our deepest fears and obstacles effortlessly and gracefully today.**

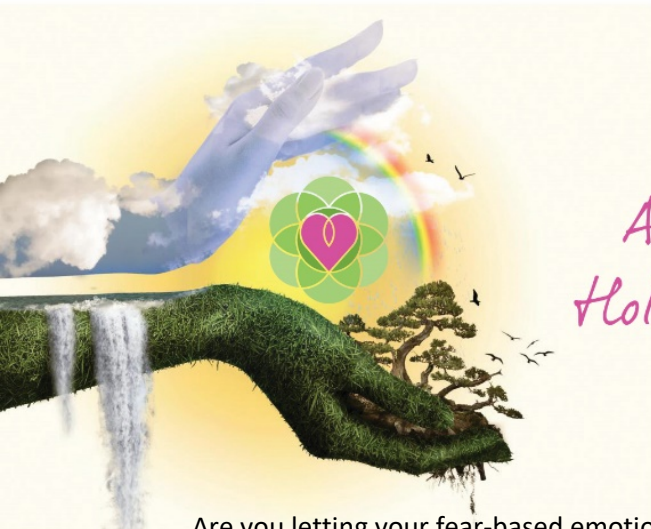
They weave into your biofield the energy and information you need to restore back to your whole and highest self. The best version of you while optimizing the vehicle (your body) so that you may carry out your unique mission with Grace and Gratitude.

The Assisting Frequencies use the [7 Tools of Restoration](#) to restore. They are: reflect, release, rewire, replenish, resonate, rejoice and reunite. You can take the free course on my website here to learn more about it.



Entrainment has been defined by Deepak Chopra as falling into a rhythmic relationship with the Universe. Some call this going with the flow. Many are out of sync and are struggling to keep up with the ever-rising frequencies as Gaia ascends. As the saying goes, when you stop struggling, you float.





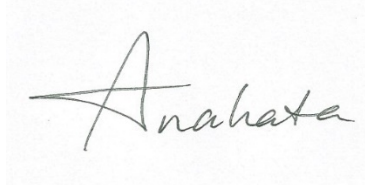
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Are you letting your fear-based emotions and through patterns disrupt your energy flow and well-being? You're not alone.

As you release and reflect, you can rewire and replenish, while reuniting with the whole and moving forward with joy and ease. It's a self-directed healing journey, one which will activate and upgrade your very DNA. Anahata Codes allow you to entrain with the flow of Universal good. Let me show you how.

Blessings Be! And remember, You Are Here, You Are Loved



Ask / Align / Allow

There are 3 easy steps to accessing Anahata Codes. Ask, Align, and Allow. Yes, these are easy! But explaining them often adds a layer of complexity. If you are inclined to give up based on the appearance of effort, don't. Anahata Codes can be used by children and installed in a matter of minutes. Read only the top line if you are overwhelmed by explanation and bound by processes.

Ask (Set your Sacred Space)

Intention is everything. One must create a Sacred Space which is protected and grounded when asking for guidance from your higher self as to which Anahata Codes would be best for highest good today. After setting your Sacred Space, muscle-testing is used to connect to your higher self. It knows precisely what is needed today for highest good. If you are not sure how to set your sacred space, request the guide [The How and Why of Setting Sacred space here](#).

After the space is set, you'll want to access your higher self. To do so, simply put your hands on your heart and say "Do I have access to my higher self" and if the answer is yes, proceed. Likewise, if working on someone else, ask "Do I have access to their higher self" and if yes, proceed. From that point on, you are getting answers from their higher self (or yours) which bypasses ego-mind constraints and sabotage.

After you learn how to muscle test which Anahata Code is needed today, your body will take you to the correct code(s) on the spreadsheet. If you are not sure how to muscle test, you may wish to take the [Anahata Mastery Course](#) which is available. Alternatively, (but not recommended), you can do research





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on the thing you may need for balance and then look up the corresponding code. For example, if you have a cold, you'd research the types of essential oils which can alleviate your symptoms, or you broke a bone and know there is an herb which will help your body to repair, you can go straight to that item. This is the long way and muscle testing is always more accurate and profound.

Accept (Find the Code(s) you need on the chart and write them down and install them)

In order to accept the Anahata Codes, it's important to understand the innate healing qualities you'll be receiving. You can do this by reading about the type of frequency you need (Crystal, Totem, Flower Essence, Planetary, Archetype, etc.) your body has chosen. No one can tell you why you chose it but you, and you may not even realize until the day is over. You'll usually resonate with something you find when researching the element or will instinctively know why you are requesting this assistance. After understanding and writing down the Anahata Codes your body chose (can be one or many in a single day), you are ready to align with them. Write the code down or keep it available for installation (the next step).

Now you are ready to "install" or add the Assisting Frequency(ies) into your Aura and the water in your body. **Place your left palm up and your right palm on your heart chakra. Using intention say "I ask for, accept, align with and hold this Anahata Code, with gratitude, I attain the assisting frequency of NAME OF FREQUENCY" and then repeat the code out loud 7 times in a row.** Saying each digit separately and slightly pausing where there are spaces. You will call that frequency to all layers of your being, directed by your heart chakra to all layers (mental, emotional, physical, and spiritual). After you are done repeating the numbers 7 times, breathe with gratitude and say "It is so".

There are several ways to reinforce/hold the frequency; sound, programming water, programming a crystal, programming oil, meditating, or any other method of delivering vibrations. Any traditional "carrier" and conductor of frequency is a great option.

I teach both a [Masterclass and a Frequency Alchemy Course](#) if you'd like to find out more about how to do this.

If you use these codes and don't feel assisted energetically, it is probably because you didn't ask for, accept, or align with them properly. An [hour long webinar runs periodically](#) and a master class is offered every few months where we dive deep into each step of the process. Once you are fully aware of the





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process, an entire session can take as little as 5 minutes to complete. If you have not yet signed up to [receive updates, you may do so here](#).

IMPORTANT NOTE: Some people need assistance holding the codes in the first place, you may wish to ask “Do I need the Holding Code” before ever installing your first Anahata Code. You (or the person or animal you are helping) will only need the holding code installed once (if ever). The Holding Code is listed at the top of every tab/category of the spreadsheet. It is: 297 3276 (repeat 5 times instead of 7). No worries if you repeat it 7.

Allow (Master your focus)

Allowing is both the easiest and hardest step (for some). It’s the easiest step because you don’t do anything. However, as humans, we are hyperly in DOing mode. In fact, all suffering is due to our mental minds, our ego-minds cluttering up our perception and injecting doubt, fear, and false-separation. So, when we say “allow” this may be easier said than done. Just think about meditation and how hard it is sometimes to quiet the mind. And thoughts become things. It is through our focus which we manifest. So thinking is doing and the opposite of allowing when we are wanting something and focused on it.

- When someone is focused on wanting something to work, they are actually focusing vibrationally on it not working.
- When someone is focused on wanting pain relief, they are actually focused vibrationally on amplifying pain.
- When someone is focused on resolving relationships issues, they are actually focused on relationship issues.
- When someone is focused on the desire for something, they are focused on the absence of it.

So, the Art of Allowing becomes the art of focus. Ideally, we’d just all BE. But since most of us can’t stop the mental chatter (helpful or destructive) we must become masters of focus.

In the Allowing phase, we simply focus in on the support we will receive due to our alignment with the thing we have asked for. Helpful ways to Allow:





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1. **Focus on the Codes:** Take the codes into meditation by imagining the codes in your energy field and experiencing them in any way you can. This will activate and amplify the codes. Reinforcement through carriers is another way to focus on the codes.

2. **Observe the Observer:** you are not the thinker, you are not your mind. You are limitless awareness expanding. Adding a new layer of consciousness through observing the thinker and realizing you are not the thinker can give you great gifts of allowance. Just BE. There is no right or wrong way to activate the codes. You may feel processing, or no processing. You may feel instant improvement, or may need more codes.

4. **Shift your focus:** If you can't think of anything positive, don't think of anything at all. Again, what you focus on you say yes to. If you can't stop focusing on the uncomfortable end of the stick, distract yourself with the highest thoughts you can muster. Any movement in the right direction is improvement. For example, Anger is better than hopelessness. Frustration is better than Anger. Hope is better than frustration. Find the best feeling thoughts you can focus on and get moving in the best direction. A good way to do this is to spend time in nature.

Another important aspect of Allowing is to remove blocks. The Ability Blocks section of the Anahata Codes can be found directly within the spreadsheet on the first tab, the "Tab Matrix" which shows each of the Assisting Frequencies Categories. Just scroll down and you'll find the process. Again, we'll be going over it in detail later in class today.

The Story of Anahata



When I lost my job in early 2014, fear quickly took over and I had three choices: swim, sink, or float. Sinking wasn't an option, I was too passionate to give up on life. But, I was barely treading water and fighting against the flow. It was exhausting and unfulfilling. I leaned in and on the one source I knew had my best interest in mind; the Creator. I prayed that He may lead me to my true calling and surrendered fully to Divine. This was when I began to float. To let the Universe flow me down my soul path. The blissful journey of peace and fulfillment has been miraculous. The flow lead me to Energy Healing and the support of Anahata Codes.





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Anahata is a sacred word of Sanskrit origin. Meaning “unstruck” or “unbroken” it is inner resonation of love, joy, and compassion. It is not affected by external influences and nothing powers it to be. It is already there. The part of you that is at its essence Source, God, the Creator. Divinity within. He made you in His image, and this is the part of you that connects you to the Creator, is one with the Creator, and inspires you to create. It is like a bell that doesn’t require ringing. It is the ring. It is the sound; the vibration, of love. Om.

Anahata is also the name given to the 4th Chakra; the gateway energy wheel between physical and spiritual reality. Three above and three below. It is located at the heart, the center of your being. The middle of the toroidal field of energy that flows in you, me, and all of creation. It is at the center of the seed of life (sacred geometry) in 3-d, another topic for sure.

For those of you not familiar with my story, you can [read the entire thing here](#). Information has been unfolding at warp speed and I am working as fast as I can. I appreciate your patience as I develop the website and teaching tools. For now, it redirects to my personal site www.hollyhallowell.com. The AnahataCodes.com website is somewhat of a second priority at the moment. The top priority is getting the codes out there and used. If you have not yet joined the tribe, please do so in order to receive updates and new codes as they are released.

You may schedule an [Anahata Code session in person or via Skype](#) if you’d like to experience it yourself. Additionally, many free webinars are on the website at www.HollyHallowell.com and explain the process in greater detail. Lastly, there are quarterly Master Classes available for those wishing to learn the precise techniques God has communicated to me and the resulting processes which generate powerful results.

I encourage everyone to join the Tribe so that you are made aware of the upcoming book release when it occurs. The book is called Resonance Remembrance: The Art of Activating Assisting Frequencies and Evolutionary DNA. It will be available on Amazon.com and select libraries and bookstores the world over.





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Types of Assisting Frequencies

Crystals, Animals, Flowers, Planets are in the flow. They are entrained with the Universe and live in a love-based reality of being close to God with no disruptions at their essence. They aren't concerned about the past or the present. They lie in the now. They vibrate Oneness and bring peace with their mere presence. Anahata Codes came to me as an answer to prayer about how to use crystals more effectively in my energy healing practice but quickly expanded due to the magnitude of the download I received. The reference links I have posted here are not affiliated with Anahata Codes. This is a journey of discovery and I encourage you to research the codes your body needs and find what resonates with you as to the support you will receive after having chosen a specific Assisting Frequency.

Crystals

I am continually blown away by the perfection of crystals, even their physical flaws (chips and cracks) are perfections. And, their ability to hold and emit frequencies is a cornerstone of modern technology. With so many innate healing qualities in each crystal, their power is awe-inspiring but can be overwhelming. Letting your body choose which crystal vibration you are in need of the most is an efficient and simple way to let your higher self guide you to highest good. There are limitless resources to learn about crystals so after your body chooses an assisting crystal frequency, google it and see what resonates. There are also many great books to refer to with directories and descriptions of each type. Again, only you will know why you chose that assisting frequency or it will unveil as you are assisted.

Totem Medicine

Natives have long understood the innate healing abilities found in the Spirits of Animals. Their messages are so powerful they label them as medicine. Harnessing their strength and the lessons they are imparting can elevate us into progress along our paths at the speed of Cheetah and with the wisdom of Owl. While we each have specific "Totem Animals" that help us throughout our lives, we have access to and can call upon the medicine of any creature and tap into the collective healing innately found in each species. I enjoy the depth of [information found on this site](http://www.AnahataCodes.com) but research can be done anywhere and within books.





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Flower Essences and Essential Oils

Another type of manifested love vibration I'm focusing on first are Flower Essences and Essential Oils. Oils differ from Essence in that oil is pulled from the flower and distilled, whereas Essence is created by placing the flowering portion of the plant in water and allowing the water to hold the plants vibration. But, since Anahata Codes Assisting Frequencies are both energetic vibrational equivalents of the physical thing, they are very similar indeed. Essential Oils are more like medicinal vibrations for bodily dis-ease whereas Flower Essences tend to help emotional dis-ease. Essential Oils are very common and there is no real center for the information whereas Flower Essences tend to have a few leaders in production.

For flower essences, Dr. Bach's original 38 Flowers are homeopathic remedies which have been accepted to bring balance to hard-wired tendencies with new perspectives to seemingly rigid and hopeless realities. The physical form can be purchased at most health food stores. Their essence is available for anyone to harness since they are naturally occurring elements found in nature. Dr. Bach's insights on the healing qualities of each Flower Essence are extremely valuable in transmuting damaging tendencies and releasing fear-based responses. You may read about each of the [Bach Flower Remedies and their indications here](#).

It is important to note that the flower essence descriptions list the indications for which it will help. Since the codes are used for highest good, if it's a trait you'd benefit from avoiding, it will be avoided. If it's a trait you wish to obtain, it will be obtained. For example, Water Violet is for "Proud, aloof, lonely, anti-social, disdainful, condescending, self-reliant, private" tendencies. This doesn't mean it will make you so, it means it will help you overcome these things. Conversely, if you need to be more private and self-reliant, it will also do so. Your Soul will administer and utilize the frequencies for highest good.

Recently I have added Australian Bush Flower Essences to the list I am channeling. They are similar to Bach and are simply amazing! You can find more about them [here](#). Most of us have already used or heard of the therapeutic qualities of essential oils but to find out more about each, you can go [here](#).

Planetary

It has been said that the Universe is holographic. Meaning, that within the smallest portion of an element, lies the whole. Within each of us, the entire Universe. It is clear to see this when observing the billions of





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cells and processes happening inside your own body, an entire Universe orchestrated by Divine on a non-local level and in perfect flow.

Our Solar System is our little imprint of energy within the vastness of Infinity. We are a part of much more, but on a macro scale, the Solar System IS an integral part of each of us and the planets hold their own energies which affect many aspects of who we are and who we will be. If you've never studied Astrology, I highly recommend taking a closer look. Astrology can be defined as "the study of the movements and relative positions of celestial bodies interpreted as having an influence on human affairs and the natural world."

Each planet brings its own energy and innate qualities which influence us much in the same way that the moon beckons the waters on Earth to gravitate and dance with the flow of the cosmos. The assisting Planetary Energies allow you to access the healing energies of each planet for highest good, in order to bring balance and increased flow, releasing resistance and fear. It allows you to call upon powerful energetic forces in the Universe to resonate with and align to a greater purpose, today.

Archetypes

If you've not heard of Archetypes yet, you're not alone but it's always been there regardless and once explained, a knowing you already had. "The term "archetype" has its origins in ancient Greek. The root words are archein, which means "original or old"; and typos, which means "pattern, model or type". The combined meaning is an "original pattern" of which all other similar persons, objects, or concepts are derived, copied, modeled, or emulated." [Carol Golden](#)

I think of them as "stereotypes" almost. Physiological descriptions of certain motifs which we all see and play a part of. As Shakespeare said "All the world's a stage, and all the men and women merely players; they have their exits and their entrances, and one man in his time plays many parts..." We bounce from Archetype to archetype as our emotions ebb and flow and as we evolve, but one or two underling tend to define us most clearly personality wise. Psychologist, Carl Gustav Jung has outlined 12 primary Archetypes.

Depending upon what your body is in need of most today, the Archetype assisting frequencies can give you the missing element you are in need of the most to cope with, breeze through, and conquer your day with Grace through activating inner motivations potentially lacking previously. Remember, the Anahata





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Codes can only be used for highest good, and they are balancing. So, any negative trait enveloped within the Archetype your body has chosen is what you'll have access to balancing. Your body will only use and activate the Assisting Frequencies it needs for highest good, the same code is used to call upon as it is to tone down a certain aspect or energy.

Trees

Trees are transmutation facilitators. They guide that which needs to be released down into the Earth for transmutation. Assisting Tree Frequencies help us to release. They also help us to breathe, slow down, go inward, and are supportive counselors who hold no judgement. In addition to these qualities, specific tree species provide additional support for highest good. I promise after reading about them, you'll never view trees the same way again. I channeled the qualities of trees myself and would love to find out more about them if you have a resource to share with me.

Meridians

As blood carries our physical life force energy around the body, the energetic equivalent are the Meridians. And, just like our arteries, they can become clogged and when stagnation occurs, they lead to dis-ease. There are 12 main Meridians which carry energy around the body electromagnetically. They all intertwine together but segments are responsible for maintaining health and vitality to the organ for which they are named. The meridian system is quite complex but the beauty of Anahata Codes is that you don't need to know anything about Meridians to use the Meridian Assisting Frequencies. Once you have muscle-tested that a certain Meridian is in need of an Assisting Frequency to help optimize the flow of Prana (life force energy), you simply install that assisting frequency the same way you do any other Anahata Code (see the Ask, Accept, Align and Hold portion of this guide).

I have added links to more information on each of [the twelve main Meridians](#) which are great at expanding upon the responsibilities of each Meridian (Chinese Medicine), how they connect to others, and the physical manifestations of dis-eased vs. healthy flowing of the Meridians. Additionally, there is an optional exercise to be completed AFTER you add the requested assisting frequency(ies) to your (or your client's) energy field. It's called ["Tracing" your Meridians and the YouTube video](#) hosted by Energy Pioneer and Goddess Donna Eden will show you how to "trace" the Meridian you are in need of helping to further awaken the natural flowing of that Meridian. I call this Resonance Remembrance and it doesn't just apply to Meridians. Combining Anahata Codes and Tracing Meridians is a powerful way to balance your entire body on all levels.





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More...

Since writing this guide, many more categories of Assisting Frequencies have been channeled (27 categories and growing!). Things like Emotion Assisting Frequencies to assist with emotions flowing properly (without becoming stuck which is a major cause of imbalance), chakra flow assisting frequencies, the intelligence of herbs, colors, and the Solfeggio Tones. I've even channeled hormones, vitamins and bioprocesses! Refer to the Matrix at the beginning of this document for a complete list of Assisting Frequency Categories.

Also, I invite you to join the [Assisting Frequencies Facebook Group](#) as I host a "Journey through the Codes". Every so often, I'll host a "Medicine for the Moment" offering information and insights into a specific category of Assisting Frequencies or a specific Anahata Code. You are then shown how to find the one you need on that day. Ready to try the codes? Take the 7 Day Anahata Code Challenge. You will be amazed at the shifts for highest good which occur when you use the codes, one per day, for a week. You can find more information about the 7 Day Challenge on [the Facebook group page](#).

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The Anahata Codes I have channeled so far are in excel spreadsheet format. Note, if you don't have Microsoft, you can still open the codes. Simply save the file to your desktop. Open the software program you already have which reads spreadsheets. Then "File" and "Open" and browse to the Anahata Codes Spreadsheet.

[Download the codes directly to your computer here.](#)

Why do I want you to read this? Because intention and consciousness IS the catalyst (magic ingredient) which make the Anahata Codes so powerful. If you don't read this document first, chances are, the codes will not work (or only partially).





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The spaces in the codes are necessary pauses when you install them into the water and aura of your body. I am channeling more and more each day. Please be patient as I grow this list from hundreds and now thousands. As you can imagine, there are plenty of other natural sources of energy which live in a love-based reality and therefore, can be called upon as assisting frequencies (for example six pernicious influences, Archangels, sacred sites). I'll be working on those as I am called to and able.

Why numbers? Numbers are the building blocks of the Universe. The complexity and perfection of numbers to articulate the patterns and laws of the Universe are well known. All that we see, hear, touch, smell, taste, and know is at its essence vibration. Matter is vibration perceived. And all essence can be described using code. Your DNA is built on code which directs amino acids to form proteins which build organs and the human body. Everything around us is built upon codes. Computers use numbers to program and suddenly you can communicate with people on the other side of the world.

Mass is vibrating at various rates forming seemingly solidness out of space and magnetic fields. In fact, 99.99% is empty space. In fact, I believe that space is filled with intelligence just waiting to be discovered, harnessed, and manifested into our greatest desires. Paired with intent (are brainwaves are a powerful and measurable energy) and in a way our bodies can resonate (through the heart chakra – an even more powerful and measurable energy), numbers (codes) are a natural delivery mechanism. Science has recently proven that our DNA can be changed through intent and frequencies. In fact, it is how it already works, science is just catching up.

Remembering how to use numbers to activate healing responses was part of the vast unfolding process. The "how it works" disclosure which I travelled (Divinely guided) after receiving the download that "we have access to Assisting Frequencies without the physical being needed" is continually expanding. Information came to me in waves and continues to. After I figured out that the heart was the key in accessing and regulating information, I was searching for the "frequencies". This led me to Akasha/Divine Information which connects us to all things. This information can and is best articulated through numbers. Numbers hold the key to vast amounts of information and can define anything in the Universe (which was exactly what we were looking for!). It became clear that a machine to generate the frequencies wasn't the point or way. **WE** activate the frequencies (generate them ourselves) through "Resonance Remembrance" (the name of my book) when we come into contact with the numeric sequences which are the Quantum Definitions of what we seek.

I hear the numbers when in a special Sacred Space of channeling and they repeat around in my head until I have written them down. Each time they sound so very familiar and I can literally see (or





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experience) the thing in some way as if it's speaking to me. Then I check to be sure they are correct and that no other code as such exists. Once I add it to the spreadsheet, it is embedded into the collective Codes. Something very Sacred happens to them as they take their place among the other Assisting Frequencies. The amplified focus of intention through the thousands of users (that's you!) and other codes amplifies the strength and resonation. A strange looping of time occurs really, like they were always defined this way but in the now and then retroactively and for all time.

After receiving that numbers were the answer and after channeling some sequences, I've noticed now many other modalities which also use numeric sequences. None in quite the same way, but coding things is not new entirely, just the way I am channeling them and the way in which we use them. Additionally, numbers don't carry blocks as words do, so you can accept the codes going in much easier without distractions and resistance associated with words. Not to mention, words aren't as comprehensive as numbers are.

The Anahata Codes are to be shared with anyone and everyone freely. The only requirement is to always reference them as Anahata Codes (www.AnahataCodes.com) so that the person may receive additional information if interested and understand how to install and use them.

Additionally, only those who are Certified Anahata Code Practitioners can receive money in exchange for their services using the Anahata Codes. For details on how to become Certified, visit: www.BecomeCACP.com.

One last note, the Anahata Codes cannot be used for evil. They physically will not work for anything but highest good. They were channeled that way and do not resonate or have any power when not for highest good. Sometimes we think we know what we want and it's not in our best interest or we must walk another path so our higher self will use only that which will help us to fulfill our highest calling. The codes are not forceful. Your body is programmed to find homeostasis and uses the information dynamically and holistically for highest good.

If you want to become a Certified Anahata Code Practitioner and help others through Anahata Codes, you start by taking the [Masterclass Series](#). If you want to transform *yourself* completely, I invite you to take a [12 Week Joyshop Journey](#).

Blessings be! And remember, You Are Here, You Are Loved





Anahata Codes

Accessing Assisting Frequencies for Holistic Health and Ascension Support

Legal Description

Copyright processes protect authors of literary works for their unique contributions. This includes the unique process of describing something Quantumly using Numbers (codes) in order to activate a healing response as it is a literary work compiled and delivered by the creator, Holly Nicole Hallowell. A copyright case has been issued with the United States Government and is pending for 2014.

This means it is against the law to mimic the system set forth in this guide and call it your own. Plagiarism is not only unethical, it's not the vibration your unique energy is craving. I fully support those using the Anahata Codes to co-create their own Thriving Businesses (find out more at www.BecomeCACP.com) but reserve and retain all rights associated with the Sacred Process of Describing something Quantumly using numbers in a way that is activates healing responses. Any violators of this copyright will be persecuted including any "systems" or claims one makes on channeling such things regardless of if the name of that system or the numbers used change.

A Utility Patent is also being executed.

The Anahata Codes, by nature, will ever-expand to include anything ever defined in any way in the Universe. Whether or not the category exists yet or the specific code exists, the process is what is protected legally. All things in the Universe which have been defined in any way which are then channeled into vibrational equivalents, found, and then installed using the methods outlined in this document are protected by copyright literary work and process called Anahata Codes.

