

*Your Mess  
into Medicine Journal*

*Uncover and Actuate Your Perpetual Joy and Purpose*

**Holly Hallowell**

*In honour of your inner magnificence and Desires; I  
dedicate this book to our Creator. In humble and infinite  
gratitude for the bounty of gifts left “hidden” in plain sight  
and expressed through us.*



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# *Forward*

*“Action creates clarity but only if you’re willing to fall. What if you viewed all falling as upward?”*

HOLLY HALLOWELL

Sometimes we must go for it in order to receive the next step. Action can come first, which opens to clarity, and the next Divine step will be revealed. It may appear out of nowhere and in times of playful curiosity. But not in fear, that will only reveal itself. This book was written while in a flow state and by using the techniques expressed within these very pages.

It was a typical morning in Southwest Florida, though a bit chillier than normal. Heavy clouds couldn’t stop me from relishing the fresh crisp air and I took off running a short 4 miles. As I ran, my thoughts drifted among the beautiful pine trees mixed with the tropical foliage of the breathtaking preserve near my home. I enjoyed gazing at the path and then upwards to the sky, and followed the birds as they went about their business of chirping wellbeing into the atmosphere.

I seemed to have a heightened sense of awareness that day, as if able to somehow store more consciousness than normal and express

that potential as written words. I was simultaneously focused on three things: running, every detail of my glorious surroundings within the Eternal Now Moment, and planning what I would say to my beautiful Best as Default Tribe of students which would be gathering digitally just after lunch.

The culmination of a lifetime of remembering distilled into a desire to guide my tribe into an effective Journaling is what came forth. It just so happened it came together in one day through a combination of having refined my set-backs into wins, taking note of the process and mess, and remaining open and playful without a set outcome; all concepts I teach you within the pages of this journal.

And it certainly didn't go as planned. I had intended to host the meeting and speak the concept, but I have Satellite Internet and it was spotty that destined day. I had to cancel the meeting and resorted to typing it out instead. What resulted are the words you are reading.

While it took just a few hours to write, I mention this not to brag (I too have been frozen by the insatiable quest for perfection in the past and have yet to finish the book I started writing four years ago!) so no, not bragging. Simply rejoicing! It does work! What we are suggesting is fruitful. Who is "we"? Well certainly I did not come into remembering all of this information on my own. It was through my very own Mess which magnetized the answers I was seeking in various forms. I was able to magnetize a path of potential and then shine a light on those answers for others to see. I am not the first to realize the concepts written in the following pages, I'm just blessed to distill them down in such a way as to maximize your progress in the most efficient way I currently am aware of.

My words are few so that you can grasp and go. It's possible to pick up this Journal and begin in just one day. And yet, it is complex enough to grow with you, as future readings and your writings will unlock deeper and deeper truths and passions for you to explore.

Here's to your Mess and all the potent Medicine it becomes. To your perpetual delight and all it will give birth to. You're here for a reason. Now hear, for that reason.

In joy,  
*Anahata*

(Holly Hallowell)  
*December, 2019*

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# *Desire is the Seed of All Things*

*“In the beginning was the Word, and the Word was with  
God and the Word was God.”*

THE BIBLE

Let us remember the opening scene of existence as recalled through the Bible. What did God say to spark it All? The words used: Let there be light. It was not a forceful directive, but rather a knowing and surrender. A quiet power that framed God's Desire as if it had already occurred. He didn't say "I hope there will be light" or "it would be nice to have some light right about now" or "there needs to be light". No, He simply, and with faith, reaffirmed the reality through allowance and certainty. Because, He knew that what would be was a direct consequence of what already was, and therefore, it was inevitable that His Desire would be experienced, for it was already so. As an Alchemist, He was ahead of the manifested form through certainty of its existence and allowance of it coming in the most efficient way possible.

When we can express our Desires knowing that they will come forth, we are unstoppable. The raw components of the Universe are

then brought forth without resistance. When, on the other hand, we Desire something and push against that Desire (through assigning it a meaning that doesn't validate the reality), we experience it as fear and the external world confirms that resistance through showing us that fear again and again. Either way, our Desires come forth and will be expressed because they have been expressed on the mental plane of existence, which means it is already so. Whether we experience that reality through allowance or resistance is up to us. Either in a way that flows with the highest good for all, or which paves a better way through the trail of suffering which is a Desire expressed but denied.

*We can lead by example, or be the  
example by which others seek to lead.*

A Desire will be "heard" for it is asked for. It either becomes through resistance (and therefore disruption gives rise to alternate solutions), or allowance (as synchronicities validate that flow). Desires are who we are. We come into this world as Creators. Sovereign beings capable (indeed designed) to bring forth anything we can imagine. The ALL is mental, so says The Kybalion, and nothing exists which isn't first created in the mental plane. From the moment we enter this world, we Desire. It is how we form an opinion on what we want to create. Each of us are infused with a unique set of gifts and we are compelled to express them through meaningful contribution and Potent Purpose.

It is during our initial perception of how the world works (delivered primarily through our caregivers, society, the media, and even epigenetics) that we learn to embrace reality as the way it is and often forget the true nature of our world: that we are the cause we experience. We sift and sort through our circumstance and give



experiences meaning. That meaning is then filed away in our subconscious and magnetizes (becomes) what we will experience. Before long, we've forgotten that while there is most certainly cause and effect (a pervasive Principle of the Universe), that we have a choice in which role we assume. We can either be the cause of our worlds or experience our world as the cause. We can either influence consciously the circumstances which will magnetize to us, or we can experience them as a force beyond us and outside of our power to create.

*The world can either happen to you, or  
through you. It will, however, happen  
either way.*

And while remaining in your power is certainly advised in order to remain open to seeing the correlation your perception has on what you experience, it's easy to lose sight of it when those around you have trained you to respond in doubt, indecision, and fear. When fear runs as default, we can forget our abilities and Divine gifts. Tragically, we can even suppress and deny them.

One thing is for sure, we are made to create and at the moment a Desire is birthed within us, the totality of that reality is a vibrational sure thing for it is already so. Whether we will experience the fruit of our hatched Desires blissfully or painfully (because rest assured, they will be expressed either way) depends upon the meaning we give our Desires. This has to do with our subconscious programming and the database of past which has crystalized into fact and form and is viewed as truth through that solidity.

A few examples of resistance include expressing your Desires as mental issues, emotional issues, or physical issues. Alternatively, when we align and allow our Desires to unfold in the most efficient

way possible (Divine Flow and not of our own force) we encounter astonishing and limitless support for our Desire and blossoms quickly and completely. Often, in ways which surprise even the dreamer (that's you and me!) such as writing this book in mere hours. I have no doubt of the wondrous things which you will create during and after completing this beautiful process.



## *The Power of Meaning*

*W*e are energy deciphers. We experience the world primarily through our five senses and assign meaning to the experiences we have in order to build a deeper connection in our lives. Without meaning there is no purpose, and without purpose no passion, and without passion, no desire. No desire would mean no creation and we'd cease to exist. The importance and power of assigning meaning is worth exploring as it is this meaning which draws to you the things you will experience.

The physiological mechanism involves coming into contact with something in our environment, thinking a thought in response to that interaction, which then releases neurochemicals which are experienced as emotions. Those emotions build and reinforce prior pathways of thought and by the time we are in our Thirties, we've fired and wired our personalities into well-oiled machines which spend 90% of their time thinking the same thoughts we did the day before. Even the most mindful human has a limit to the amount of conscious awareness it can bring to each moment before much of the stimuli has to run on autopilot based on prior thought patterns, emotional responses and experiences.

This would be wonderful if we only filed away the associations that served us, but because our Ego minds are there to keep us safe, our database (Subconscious Mind) is often filled with negative connotations or interpretations in order to keep us out of harm's

way. Best to be safe than naïve is the Ego's motto. We run the risk of becoming quite tainted through the judgements we have made both personally and learned secondhand. When we are children, we absorb all experiences as truth and do no question what we are experiencing. In general terms, we learn to view the world as providing either opportunities for us, or limitations. Whatever we are exposed to will be true as the raw components of the Universe will draw to us things which validate our core beliefs.

*Your truth is your truth and it's true. But  
do you want it to be? The opposite of one  
truth is not false, but rather, another truth  
being validated.*

When we can remember the order in the Universe, we can begin to take back our power and step out of victim mentality. A closed mind is set and will not allow the new. A growth mindset will continue to adapt to and influence its environment in new and exciting ways which serve the whole. Neuroplasticity is a wonderful thing!

It all comes down to meaning. What we keep thinking and responding to emotionally (largely subconsciously) builds pathways and we experience more of the same. However, we can always think fresh, form new patterns, and transform our existing experiences through editing our old ones. Afterall, it's our response to our environment which activates our Gene expression, not the environment itself. My favorite Biologist, Bruce Lipton said that and what he means is that two different people can experience the same thing and take from it entirely different meaning. And, it's the meaning that we assign things which dictates what will occur

biologically within us, and then be reflected in our outer world. This is a Universal law.

To illustrate this point, Esther Hicks asks us to imagine if someone you didn't know called you and said "I've decided that I don't want to ever speak to you again. You will never hear from me." And then hung up. You'd be like, okay than, that was odd, and you wouldn't skip a beat. However, if your Fiancé or child called and said that, you'd be absolutely devastated. Why? Because of the meaning and connectivity that you've given those relationships. When we bond with someone or something, we fire and wire that reality and it becomes part of our very chemistry. It's what allows us as humans to care about things beyond the self, which insures survival of the whole. It can also ensure toxic patterns which we become addicted to even though they are not healthy.

Our Desires will then be expressed, either in a way that validates our wishes and therefore allows them, or takes note of our resistance and provides more of the same. The Universe doesn't give us what we ask for, it gives us what we vibrate. Contradiction and flow are the spectrum upon which we can plot ourselves into any vantage we choose. One is not better or worse than another, but one is certainly more stable and coherent. If you don't like something about your life, choose to think about it differently. Give it a new meaning, and watch the world rise up to validate it.

## *Refining Your Desires*

Whether or not we experience our Desire in a way that feels good to us, is good for the whole, and good for Creator (the triad of Potent Purpose) depends upon the definition we give that Desire. That is, the meaning we assign to our Desire. This may be skewed by how others receive our Desire and fear, doubt, and indecision can muddy the waters, making it hard for us to see our Desires as the good they are and will bring. Think back to when you were a child: our teachers, parents, and societal upbringing had hard and fast rules surrounding the appropriate and inappropriate ways to express ourselves. And, while these parameters are often logical and reasonable, through the eyes of a child we see any feedback in resistance to our expressed Desires as shame. We can then displace perfectly wonderful Desires simple due to the way in which we were going about creating them, NOT because of the value or lack of value the Desire itself held. For truly, the root of most Desire is nobility and not detriment. We seek to improve the world not hinder its progress and delight.

The issue with this pattern of shame is that our Desires become repressed and are assigned painful meanings which then express themselves in resistant ways over and over again. Because remember, Desires once imagined will be brought forth either harmoniously or inharmoniously. The good news is that although

we've defined our Desires one way, we can always make edits to the meaning in order for a more harmonious expression to be revealed.

*When you change the energy, you change  
the manifestation of the mass, this is  
Alchemy.*

And so, we shall become Alchemists together. This journal will provide you the opportunity, and the great privilege, to begin to see your previous assumptions and resistance as the beautiful gifts that they are. When we can give new meaning to the outdated thought patterns of pain which are preventing us from experiencing our Desires in ways that flow, we can build a bridge to new realities. Realities in which we actually experience in 3-D our Desires.

I call this "Flipping the Resistance" and it's how the first half of the journal is set up: to facilitate the expression of the rub. To articulate the things which are showing up in your world that aren't comfortable. Our lives, as they are, in all their messy glory. Unfiltered, and totally tarnished. We will make note of them for they are the very definitions which are not aligned with our Desires.

The first half of the journal will be a place for you to jot down your resistance as it arises. Not to throw a pity party, but rather, to begin to systematically understand the resistance to your Desires which are manifesting as helpful clues. You're being told by your higher self that you have outdated programming which is affecting your ability to magnetize the experiences and Desires in the ways you wish.

To refine something means to "remove impurities or unwanted elements" and that is precisely what we are doing when we give things a new meaning that supports and enhances our Desires, rather than denies them. By making small changes to the way we perceive of our realities, compounded over time, our obstacles will

dissipate and be replaced as opportunity. The obstacles will transform into opportunity. Opportunity will then give way to the coordination of your Potent Purpose being delivered to you in a way that feels good rather than discordant.

For example, let's say you were in an emotionally toxic relationship for two-years and had experienced painful manipulation and rejection which shattered your view of love and squashed all hope for future healthy relationships. Still, you have a Desire for attachment and to experience love with another person. Leaving the definition of what love now means given the unhealthy relationship could have catastrophic effects on every part of your life. If you instead, flipped the meaning of the experience into supporting you in your goals, you could then transform the meaning of the entire experience into a vibration which further supports your goals rather than moves you away from them.

Here's a quick look at some potentials for edits within this scenario.

*Flipping the Resistance Example One*

<i><b>What Happened</b></i>	<b>The Old Meaning</b>	<b>The New Meaning</b>
<i>Silent Treatment</i>	I'm not loved or important enough to communicate with.	I get to articulate healthy expectations surrounding communication which will magnetize someone who is also comfortable doing so.
<i>Lack of Affection</i>	I'm not loveable and there must be a reason he doesn't want to express his love to me.	It's my preference to receive affection and now I can discern a better



	match through this helpful compatibility clue.
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Another Example:

<i><b>What Happened</b></i>	<b>The Old Meaning</b>	<b>The New Meaning</b>
<i>Potential Client said “no”.</i>	I’m not good enough nor is what I am offering.	I’m defining who I serve and the problem I solve more clearly. Every NO further magnetizes those who need me and will value my offering.
<i>Nervousness</i>	I can’t succeed because my nerves sabotage my ability to do my job well.	Nervousness is an alert that I am focusing on the past or future. It’s a helpful indicator of the ways in which I can improve my ability to be present and leverage the NOW moment which will increase my success. I can shift nervousness into excitement easily.

When viewing your experiences in a way that supports and REFINES your magnetism into alignment with where you want to be, you can begin to flow WITH your Desires, rather than using the excuse of what has happened to keep holding yourself apart from them. After all, it is merely the misunderstanding of what is being experienced (looking at it negatively) which is causing the very

resistance to your Desires. They are already on the way if not for those disempowering definitions.

In fact, in the next chapter I'll discuss how your "mess" can birth your Potent Purpose all together!



## *Your Mess is Your Medicine*

What if all the pain you've experienced thus far has been leading you to find the solutions to solve your issues in a way that can then be used to help others going through those same obstacles? That would sort of make it all worth it, don't you agree? At the least, more tolerable since we're talking about collective solutions here which can bring value to the world. And bringing value fills us with purpose, purpose with passion, and so our joy emerges through our service. If we knew that the ways in which we resolved and pushed past our fears would bring others relief, what would we be capable of? The real question may be, what wouldn't we be capable of!?

Blessedfully (yes, I just birthed a new word), we are problem solvers by nature. What we have a heart for are the things of which we can relate. The things we've assigned deep meaning to. We've been there. We get it. Empathy births ingenuity. That which we once struggled with in some way is a palpable way to contribute having experienced it firsthand. It gives us relevance, relatability, and vulnerability (a powerful combination for teachers to embody). One which instills deep connection with those we serve and allows us to support them in ways that they can trust and feel. Our life issues that we are seeking to resolve can be the very Medicine we are here to birth! And we don't even have to be done solving them. A leader who

is simultaneously in the thick of it will continue to resonate the answers through the asking for resolution. They will be a magnet for the answers in fact.

It goes without saying that people will do what they are good at and are interested in, but what about the things they are no good at and aren't yet capable of understanding in deep ways? All that is required is interest. Both talent and passion are formed through the same Desire as feeling incapable and underqualified but curious. Understanding a perceived limitation or circumstance and wanting to improve upon it in some way (either by getting better at it, or helping others to do so) is the way into a fulfilling path. Often times our true gifts are uncovered through this curiosity having not even known we'd be good at it because we had never tried before. The Triad of Potent Purpose emerges: What's good for you, the world, and Creator.

The misunderstanding (or incoherent meaning given) is that we are somehow flawed by experiencing issues or challenges and therefore aren't qualified to lead others. What if those very obstacles are alerting us as to what we would be perfectly suited for solving AS WE SOLVE IT? How could we improve the world by coming to terms with our fears in real time and overcoming them? This would require looking at fear in a new way, but since we have already discussed how to flip the resistance, you are ready to take on new challenges. In fact, you may actually begin to enjoy it!



## *Curiosity Births Passion*

With the shackles of fear flipped into the fodder we need to achieve our goals, the space which was once restricted and binding is now opened up to new perceptions and experiences. Things begin to catch your attention which you didn't have the energy to even notice when you were in stress response (fight, flight or frozen). When we are overwhelmed, we are in conservation mode. We can perceive only of what we have the capacity to be aware of and if our energy is erratic due to fear-based incoherence, we are experiencing a contracted energy field which won't allow the new to enter.

As you begin to free up that space and convert it into potential, you'll begin to notice new things that intrigue you. Interest then opens you up to asking questions. As you learn more about something, your confidence and experience also increase as do your skills. Curiosity then gives way to passion as you rise to the challenges of increased capability and understanding. When we are capable yet challenged, we are in a state of flow. Author Csikszentmihalyi coined the term "flow" and describes it simply as a place of optimal fulfillment due to the balance between challenge and skill. A state of being where we are neither bored nor anxious about the circumstance, we find ourselves in. Challenged but capable. This unique edge releases powerful neurochemicals which feel good and keep us striving for more (Desire is required to reach our Desires).

*“Enjoyment is characterized by this  
forward movement: by a sense of novelty,  
of accomplishment.” Mihaly  
Csikszentmihalyi*

This in itself is one key to living a happy life, but it will require viewing potential threats as potential building blocks for success. Imagine what would happen if you began to view the unknown as limitlessness rather than potential failure? Both ends of the spectrum will require mastery. Converting boredom into excitement by striving to find purpose even in the mundane, and transmuting anxiety into doable challenges which you can then reward yourself for is key in building what’s called an “Autotelic Lifestyle”. To be Autotelic is to uncover joy after joy as it arises through a combination of being fully present while injecting a sense of excitement into each task by challenging yourself to improve.

Remember, Desire will express itself either harmoniously (through flow) or inharmoniously (through resistance). Remaining curious and open to new experiences will ensure that you try something new and will keep you open to synchronicities. That newness can blossom into a talent you never knew you had and that gift can become your Potent Purpose. Joy is a key component in unlocking your Genius. If a task is not fulfilling, you’ll be bored. And if you aren’t capable, you’ll be overwhelmed. But what if you could flip the resistance regardless of what you’re doing, and challenge yourself to find fulfillment while simultaneously honing in on skills you didn’t realize you had? It begins with curiosity.

They say if you are passionate about what you do, you’ll never work a day in your life. Indeed, having a fulfilling purpose is what brings joy to our lives and allows us to appreciate the journey as much as the destination.

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## *Surrender is Required*

*W*e we get in the habit of articulating our Desires and cleansing any outdated programming which are running counter to the flow and support of our Desires, we can build powerful new habits which transform all aspects of our lives. There is one thing though, which can put us right back to resisting and muddy the waters of our purpose and that is control. If we don't allow things to unfold naturally, we can block a more fitting outcome from materializing. Control is the root of resistance because it is force rather than power. When we realize that to flow with the Universe is to flow in the most unified and stable way innately, we can begin to surrender to however our Desires end up in our realities.

*All pain is the wishing for something to be  
other than it is.*

It is not, therefore, in our best interest to define the outcome of success to the point at which we won't value or even allow a more efficient or expansive path to open up. This is a fixed mindset and we won't be able to experience anything beyond it. We run the risk of omitting miracles from our lives when we cling to our ideals and focus in a way which no longer flows.



Nature is agile, and always up for evolution. The moment we feel we have all the answers or that our view is the only view, is the moment we invite rigidity to our lives. When this blockage occurs, we often begin to focus on what isn't working, rather than what is, and in doing so, validate that cyclical reality.

Be open to Divine synchronicities, inner nudging and knowing, and for your intuition to connect you to your highest path. Often times this is beyond our current framework of possibility so we need to dream, but then let it go. Allow the Universe to sort out the most amazing way to bring forth our Desire. And it will! Of that we can be certain when we are in a growth mindset capable of receiving the new.

A great way to open up this state of limitless newness is to anchor in the Eternal Now moment. Without the pulling from the past which is rehashing should have, would have, and could have's in vain (depressive) or projecting your energy into a future which hasn't yet occurred (anxious) you come into a stillness only found within no past or future. The Eternal Now is all we really experience anyways. Even thoughts of the past are made from the now moment, as are thoughts of the future. When we think fresh from the now, we cease to judge, and judgement is what gave us our ambivalent labels in the first place.

*“The moment that judgement stops  
through acceptance of what it is, you are  
free of the mind. You have made room for  
love, for joy, for peace.” Eckhart Tolle*



## *Magnetic Fish Parable*

*I* magine with me a vast ocean, churning and flowing, alive and dead, activate and inactive, limitless in depth but a definite horizon line where most of the action occurs. Within this expansive water swims a very powerful fish. It has learned to navigate the waters with great skill and ease, but perhaps its greatest asset is its magnetic scales. It can bend the water in any way that suits it to call forth whatever it wishes. A simple calibration of the scales will bring it whatever food it wants, indeed, whatever it Desires. Behold, it can even magnetize its ideal mate and spawn new offspring which increases its overall magnetic power to bring forth even more.

It has three types of scales on its body, all of them magnetize, but the information which magnetizes is instructed in different ways. **Calibrated Scales** are programmed through experience and response over time. In this way, the fish doesn't have to actively calibrate this type of scale each time it wants something, these scales are running on default due to the habits and prior judgements the fish has made.

The second type of scales are called **Conscious Scales** and are programmed, you guessed it, consciously. If something arises that is Desired, it can simply calibrate one of these scales and it will begin to magnetize it. The fish merely need imagine it or take some sort of action, and that Desire is infused into the scale and begins to magnetize the outcome. Overtime, the Conscious Scales can override

and replace the Calibrated Scales depending upon if the new wishes become habits and opinions which can then run on the background without Conscious programming.

The third type of scale is the kind that is synced with all the other fish in all the other oceans across all space and time. These are the **God Scales** and come with innate wisdom and flow that serve all other fish for these Desires are of Greatest Good for the collective evolution and experience. These scales can be suppressed and made dormant should the fish choose to actuate the other types of scales at a disproportionate rate. If in a state of overwhelming threat, the fish can turn off the other scales and rely solely on the God scales through surrender and allowance. The Unity of all that is and will ever be begins to magnetize through these very special scales causing synergistic flow within the water pattern called the Path of Least Resistance. Infinite intelligence and continual upgrades are stored in these scales, awaiting activation.

Let us decipher this parable. The fish is you, the water, your emotions. Your emotions bring you what you will experience (what will flow to you). You regulate the waters through the information you put in your three types of magnetic scales: Calibrated Scales, Conscious Scales, and God Scales. You program your magnetic scales in three ways: unconsciously, consciously and superconsciously respectively. The type of programming dictates the type of scale which holds that information. All that is required for magnetism to occur is to focus and create meaning. That meaning will then stir the water in a specific way creating a specific magnetic current which will deliver your wishes.

As we navigate the waters of life, it's often hard to see the cause we have on the flow around us. We can even get swept up in harmful swells and channels that seem totally out of our control. If our Calibrated Scales are magnetizing confusing or painful patterns, we

need only take a look at the information which is being stored within them and recalibrate.

We can update and rewrite any Calibrated Scale. Likewise, we can choose anything consciously and activate our Conscious Scales through any activity which inspires us. Imagination plus feeling as if what we Desire has already occurred will set our Conscious Scales in motion, as will action. Lastly, our God Scales are the superconscious, tapped into limitless information, joy, opportunities, resilience, healing, and flow. Forever in the Eternal Now moment, and not focused on the Calibrated Scales or musings of the Conscious Scales, the Divine information found within the God Scales is what will give rise to our genius. Everyone has God Scales unique to them which round out your overall energy signature.

This parable was designed to introduce you to the power of your mind and the three ways in which we can organize responses which magnetize our circumstances due to the emotional flow which occurs as a result of our thoughts. We have Subconscious thoughts (90% of the time), Conscious thoughts (10% of the time), and Superconscious thoughts (anytime we extend past ourselves and into Unity). By systematically recalibrating any magnetism which isn't supportive of your Potent Purpose (a Desire that serves you, the planet, and Creator) you can align and balance all three types of Scales to bring harmony, joy, and fulfillment to your life.

This journal will explain how to do so and is cyclical. Whether you have a Potent Purpose already which you want to materialize, or you simply want to uncover yours, the information found within this book will lead you on a journey of Self Mastery where you are the Alchemist and Conscious chooser of what makes it into your Magnetism and becomes physical reality. It is happening whether consciously or not. Is it time to take back your power?

We will not speak of fish again, but keep this parable in mind as we take this journey together.

## *Getting Your Three Brains on the Same Page*

*Y*ou are a complex being made up of mind, body and soul, however each element of you exists in all planes as well. An overlapping much like the Sacred Tree of Life pattern. We are living fractals after all, having the entire mapping woven within every molecule of our being. Everything exists all at once, we are merely interpreting and expressing it in infinite ways which delights and ensures creation will continue.

*You are not a drop of water in the ocean,  
but the entire ocean in a drop.” Rumi*

The mental, physical and spiritual planes overlap each other and each have their mental, physical and spiritual arrangement. And since the mental plane is the initiator into emotional response and the magnetism which coordinates matter into being, it makes sense to start there. That is, at the thinking side of expression. You are working with three brains: your Subconscious, Conscious, and

Superconscious. While they overlap and tug as they assume centre focus, if you can get all of them on board with each other, you open your ascension panel in a powerful way that flows easily and intelligently. To do this, simply assign meaningful jobs to each of them and empower your minds to work WITH each other rather than in opposition. This is the goal of the journaling portion of this book. To assign meaningful contribution for each of your minds in order to work in tandem and through one unified Source Point.

The job of the **Subconscious Mind** is to archive your collective experience in order to bring forth your Desires through vibrating your requests beyond your Conscious mind and on default. Think of it as the framework from which you materialize your experiences. And it gets a bad rap sometimes, as this is the seat of your Reptilian fear-based brain, the part of you that is EGO and wants to keep you safe at all costs. You lock in your mapping (judgements) and are taken there, but you can always make edits to where you want to go and the route in which you take. The subconscious deals primarily with the timeline of past, although time is merely a container, not a linear progression. We will work with remapping our subconscious into harmonious destinations through the Mess to Medicine Journal Pages: Giving Your Subconscious Important Purpose.

Then there is the **Conscious Mind**. This is your actuator. The gatekeeper, and your magic wand. The Conscious mind decides what will be allowed in and out of the Subconscious. It is intention. The Conscious Mind is the one which assigns meaning to things for the future. It is the translator from your Superconscious into your Subconscious (from wave – unlimited potential) into particle (what manifests). And, while it's tempting to just decide we will function from this brain, our anatomy only allows us to occupy this space about 10% of the time. To enhance the ability (and proportional times spent in this frame of mind) we shall journal the Curiosities & Passion Journal Pages: Playfully Imagining Limitless Potential found

at the back of this book. Opening doors to newness and futures filled with exciting things which pique our interest and challenge our skills. When you can imagine as if it is so, you automatically align yourself with the outcome you seek through the emotional magnetism which comes with those feelings. There are many ways to feel the feelings you will need to become a match to where you're headed including Anahata Codes, visualization, meditation, affirmations, and action. These are all done Consciously.

The final element of the mental plane triad is your **Superconscious Mind**. This is the part of you which IS Divine and limitless intelligence and exists in the Eternal Now moment. It carries no past and no future. It's concerned only with the Now. The part of you which receives nudges, hunches, insights, and sudden moments of clarity and pure Genius. It allows you to tap into new ways of expressing that the world has been waiting for. Your sixth sense beyond the "known" or even what makes current sense at all is connected to this Divine intelligence. The Superconscious is what is beckoning us forth into the greatness you Desire through the wormhole of the Eternal Now. The carrot at the end of the creative string but anchored in the only moment which existed: the Now. To tend the soil of this connection, we will journal in the Divine Synchronicities Pages: Fostering Superconscious Connection and celebrate (and listen to!) the guidance being given.



## *How to Use this Journal*

Given the content which has been laid out in the previous pages, as life unfolds in the coming weeks and months, simple begin to **DEFINE your resistance**, then **REFINE your resistance** (by flipping the resistance and giving it new meaning). As you cleanse your **Subconscious Mind** and build patterns of flow that serve you, you will naturally begin to disengage from circumstances, places, people and things which are not confirming the reality you Desire. Whether you're actuating your Potent Purpose now, or wish to uncover it, the Journaling will do both and for any phase of the process. It is cyclical and should not be tossed away when a Desire has been realized, for another sprout shall spring up in the midst of the harvest.

The first portion of the Journal is focused on reframing depleting fear-based thoughts and emotional responses and swapping them out for empowering vantages which will then open up the space needed to birth new curiosities about your world. Thinking, doing and being is the key. Thinking new thoughts which activate new emotional responses while replacing old meanings with things that support and validate your Desires is the “work”.

Things will then catch your attention, and your internal nudging will beckon you forth into playful exploration. Make time for this, and at the least, begin to **VOICE your Curiosities** at the BACK of the



journal. Through the Desire to explore things which bring you joy and are intriguing to you; you'll give freedom for your **Conscious Mind** to play. This will simultaneously magnetize new experiences which will then open the doors to skills you never knew you had and ignite passion which gives further meaning and fulfillment to all aspects of your life.

As the journal is being filled out, you may then experience powerful synchronicities and promptings which further reveal your Potent Purpose (and can be journaled inside the center portion for your **Superconscious Mind** connectivity). When we can see and appreciate the evidence of our Desires taking place, we confirm those paths and pave them.

The journal should be filled out simultaneously and as revealed to you. There are three sections but you will jump around to each of them. The first section addresses the past by reframing your obstacles (what I call flipping the resistance). The back section is for jotting down anything that you are curious about that is of interest for you to learn more about (the future). It's also a great place to visualize "as if it is so" the outcome you seek to experience. The middle portion of the journal is for the Eternal Now moment, the space to **RECEIVE inspiration** and celebrate it. An area for you to articulate any ah-ha's that come through on this journey. Any relevant road signs or Divine Synchronicities which arise to prompt you into further exploration, passion, and clarity.

This journal is non-linear and will reveal itself in layers. Circling around and around the same subject matter as you refine and restore your Desires, you will birth new Curiosities which ignite Passion. That passion will unveil your Potent Purpose... Dejour! Because you will never be done growing and creating. As soon as you reach the apex of what you thought was your ultimate, you'll soon realize it was but a plateau along the path and a new summit will be revealed for joy and genius. Your Potent Purpose this year, may give way to

an entirely new one in the next. As long as you are enjoying the journey, it will provide the stability you were longing for and your desires will be realized.

Use this Journal to cleanse and hone in on your Potent Purpose and then keep using it as you distill that potency into achievement through continuing to support and focus upon your Desires in ways that allow them (rather than resist them). Before you know it, you will have a new way of being and living the world which is increasingly harmonious and which brings delight along each and every glorious turn. You'll never be done, let us start today.



# *Mess to Medicine* *Journal Pages*

*Giving Your Subconscious Important Purpose*

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*“By the concentrated rays of his attention, developed unconsciously, he burns away and destroys the roots of every difficulty that comes before him, and thereby makes success of his undertakings. But he could be an ever-greater success if he knew the art of conscious concentration, which would enable him to focus the burning power of attention upon any difficult problem, just as the sun’s rays, concentrated through a magnifying glass, can ignite inflammable objects beneath it.”*

*– Yogananda*

Use the following journal pages to reframe any resistance you experience physically, mentally or emotionally (past or present) into a contribution to your goals (rather than a deterrent). Flip the resistance through assigning harmonious meaning.

What Happened? (Mental, Emotional, Physical, or Spiritual)

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Old Meaning (Resistance):

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New Meaning (Flip it into contribution):

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*Divine Synchronicities*  
*Journal Pages*

*Fostering Superconscious Connection in the Now*

∞ ∞ ∞

*“It is through gratitude for the present moment that the spiritual dimension of life opens up.” Eckart Tolle*

Use the following journal pages to feed your connection to Divine Intelligence. Take note of what arises in response to your asking (Desires) and through gratitude, marinate in the evidence which has come forth to support you. As you notice your sixth sense increasingly, it will begin to speak to you in astonishing ways. Where is it leading you, and what messages are being given for grand interpretation and action? All offering clues on your path to uncovering your Potent Purpose and delivering it to the world. Potentially, a marriage between what you're curious about (ending journal pages) and what you're working through (flipping the resistance). Afterall, your “Mess is Your Medicine”.

[illegible]



[illegible]

*Curiosities & Passions*  
*Journal Pages*

*Playfully Imagining Limitless Potential*

∞ ∞ ∞

*“With your eyes closed and your physical body immobilized induce a state akin to sleep and enter into the action as though you were an actor playing the part. Experience in imagination what you would experience in the flesh were you now in possession of your objective. Make elsewhere HERE and then NOW. And the greater you, using a larger focus will use all means, and call them good, which tend toward the production of that which you have assumed.” – Neville Goddard*

Use the following journal pages to visualize the Desires you have as if they are so. How will you feel? Feeling is key into alignment with what you will soon experience if you hold fast to your goals and make edits to those that don't serve. Also use these pages to list the things that you're curious about. The subjects, the activities, the livelihood of the world. What sparks your interest? Jot it down. These are all potentials for passion and purpose to unfold through Divine synchronization paired with action.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## *What's Next?*

**D**efining your Potent Purpose is just the beginning, you then need to take persistent steps towards actuating that purpose. Overtime, you will achieve a great many things and you can use this process over and over again as you grow. If more tools and details would be lovely, you may be interested in my book called *For Joy and Genius: Creating flow and joy that gives rise to your best as default*.

This Journal is a great resource to use in conjunction with the teachings found in *For Joy and Genius*. I will teach you how to build an Autotelic lifestyle in bite-sized daily chunks (called Daily Framers). This will help to clarify the teachings found in this short book, and provide you with practice in order to build the life of your dreams; one in which you enjoy the journey just as much as the destination!

*For Joy and Genius* delivers this support through the three A's of Actuation: Alchemy, Action, and Activations. You'll learn additional ways to alchemize or transform your current circumstance through cognitive reframing. You'll be given activities to build new habits and defaults of success as well as activations to crystalize your reality into BEING through techniques including Anahata Codes, journeys, meditation, and more. A combination of Thinking, Doing and Being is what will actualize the Desires you have (both big and small) in the most expansive and magnificent of ways.

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## *About the Author*

*A*nahata (Holly Hallowell) is the Channel of The Anahata Codes. Her unique Modality is known as The Law of Attraction of Energy Medicine and is practiced by thousands of students around the world and facilitated by dozens of Certified Anahata Code Practitioners.

You can download the Anahata Codes for free at [www.AnahataCodes.com](http://www.AnahataCodes.com) and subscribe to her YouTube Channel (Assisting Frequencies) for weekly Anahata Codes which are pulled for the Collective. She is launching a series of books in the upcoming months and years. Her mission in life is to “empower people to take full ownership of their entire Energy Signature in order to live a happy life and deliver stunning contributions”. She lives with her daughter in SW Florida.



## *Other Books by Holly Hallowell*

*I* have dozens of books planned so check on Amazon to see which ones are available. I am writing as fast as I can and your support by sharing this book with others and leaving a review, will ensure that I can dedicate the time needed to birth these manuscripts. Many of the tools behind these books can be accessed through various Masterclasses on my site: [www.HollyHallowell.com](http://www.HollyHallowell.com) if you choose not to wait.

**21-Day Fear Detox:** A Guided Journey to Release the Fear That is Keeping You from Your Best Life

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**Your Best as Default:** Inspire and Motivate the Goddess Within

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**44 Flower Essence Assisting Frequencies:** To be used like a Tarot Deck

**44 Totem Animal Medicine Assisting Frequencies:** To be used like a Tarot Deck



44 Kabbalah Assisting Frequencies: To be used like a Tarot Deck  
44 Tree Assisting Frequencies: To be used like a Tarot Deck  
44 Alchemical Assisting Frequencies: To be used like a Tarot Deck  
Resonance Remembrance: The Art of Activating Assisting  
Frequencies and Evolutionary DNA  
The Anahata Codes: The Law of Attraction of Energy Medicine  
Directory of Codes

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Cover designed by Holly Hallowell

This book is a work of fiction. Names, characters, places, and incidents either are products of the author's imagination or are used fictitiously. Any resemblance to actual persons, living or dead, events, or locales is entirely coincidental.

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