



Anahata Codes

Accessing Assisting Frequencies for Holistic Health and Ascension Support

:: Past, Present, Future Balance :: Script for Intention Process

(Expanded upon with permission from Ken Graydon's book Healing the Handbook)

Steps for success:

- Set your Sacred Space
- Enter your Source Point
- Recite your intention either with words or thoughts
- Conclude with "It is so"

For self:

I connect to Creator, the source of all healing. I accept blessings for all of creation. I enter my heart space and dwell within my Source Point now.

My intent with this process is to STATE YOUR INTENTION.

I travel back in time, my higher self knows when, to the moment when EXPLAIN WHAT HAPPENED THAT YOU WISH TO CHANGE

From this point in time, I EXPLAIN WHAT YOU WANT TO HAVE HAPPEN

Changing the past, changes the now and EXPLAIN WHAT IS BETTER IN THE NOW

I accept this healing with gratitude. It is so.

For someone else:

We connect to Creator, the source of all healing. We accept blessings for all of creation. We enter our heart space and dwell within the Source Point now.

Our intent with this process is to STATE YOUR INTENTION.

We travel back in time, PERSON'S NAME higher self knows when, to the moment when EXPLAIN WHAT HAPPENED THAT YOU WISH TO CHANGE

From this point in time, we EXPLAIN WHAT YOU WANT TO HAVE HAPPEN

Changing the past, changes the now and EXPLAIN WHAT IS BETTER IN THE NOW

I accept this healing with gratitude. It is so.





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The following are explanations and examples of what to say during the fill-in-the-intention sections of the process. Let it flow. Don't be rigid. There is no right or wrong. Go with it. Flow with it. Whatever you are called to say is for highest good. If you see visuals (as I sometimes do) explore them and write them down. Go with them. They are leading you somewhere.

INTENTION DETAILS: This is the time you voice your intention (the catalyst).

WHAT HAPPENED DETAILS: This is the time you explain what happened in the past that you are working on shifting. The key is to arrive the moment **BEFORE** it happened. For example, if you are working on cancer cells, it would be "the moment when the first cell began duplicated irregularly. Or if it was an accident, it would be "the moment that the accident occurred" and then you proceed with what you want.

WHAT YOU WANT DETAILS: This is the time when you voice what you want to have happen instead. This can be any of the following but not limited to:

- Making another choice
- Adding a buffer/force field of protection
- Energy perfecting
- Lessening of emotional or mental impact

WHAT IS BETTER NOW DETAILS: This is the time when you voice the shift. What occurred instead which causes the now to be improved?

Here's a comprehensive example:

We connect to Creator, the source of all healing. We accept blessings for all of creation. We enter our heart space and dwell within the Source Point now.

Our intent with this process is to strengthen the vein in the neck so that it is strong enough to operate on.

We travel back in time, PERSON'S NAME higher self knows when, to the moment when the accident on the motorcycle occurred.

From this point in time, we add a force field of protection around the vein and it is in place at the time of impact.

Changing the past, changes the now and NAME OF PERSON'S vein is strong enough to operate on.

We accept this healing with gratitude. It is so.

