



A Guide to
*Remembering
Your
Power,
Purpose,
and
Potential*

As an Empath



By Anahata
Holly Hallowell

www.EmpoweringEmpaths.org



A Guide to *Remembering Your Power, Purpose, and Potential As an Empath*

The "Problem" with Empaths

Chances are if you're reading this, you are either aware that you're an Empath, or you are ready to remember that you are. Depending upon if you're aware of your Empathic gifts or not, you'll already have a degree of fear about this "gift" which some have labeled a flaw. You may even believe them.

"Stop being so sensitive". "Toughen up". "Cry baby". You've been bombarded by insecure people who suppress their emotions all your life and, in many cases, it's become quite "normal" to hush down our emotional responses to conform with what is and isn't acceptable given our surroundings and upbringing. This is where the "problem" began.

We've been trained to believe that certain emotions are appropriate, and other aren't. From an early age, when the Ego began to divide and separate things into what is you and what isn't you, you've been on quite a psychological ride into embracing the traits which will result in love, and disowning those that won't. I could write an entire guide (and have) about what ends up becoming "us" and what aspects we banish and send to shadow.

The issue being that just because we ignore the feelings we deem as inappropriate (usually through the definition of other brainwashed people) it doesn't mean that the emotional energy created then ceases to exist. The aspects we send to shadow begin to collect over time and the energetic essence is very much alive and well. Our shadow never sees the light and we don't usually even acknowledge it, which just makes the density even more real. This can be confusing because it ends up pulling into our reality the very things we can't tolerate or don't want to associate with, leaving us scratching our heads (even as conscious co-creators).

The shadow is one reason why some choose to disbelieve in the Law of Attraction. After all, "why in the hell would I have chosen these painful things and experiences!" we shout out as we argue for our limitations.

That is, until the light of Consciousness extends into the "dark" places and allows us to finally defragment into the whole person we always were (loved unconditionally). And it starts with understanding the way energy flows and the power you have in that knowing to orchestrate the life you've always imagined.

It starts by embracing the truth that we choose in each moment our responses and those vary responses pull forth our experiences. Having an ability to tap into such powerful energy is a gift that everyone should leverage vs. suppress.

So how does this gift of being an Empath work? We will explore the Power, Purpose and Potential in this guide, but first, it's helpful to have a basic understanding of the way energy flows and creates.





A Guide to *Remembering Your Power, Purpose, and Potential As an Empath*

99.9% of everything is in wave form, that is, energy and information. 99.9%! That's the vast majority of all things. Remove the empty space in our Universe and all of solidity would condense down into a cube of sugar. Our limited senses of sight, sound, smell, touch, and hearing are helpful when navigating the .1% of everything that is solid- manifest- matter. But the reality that most don't focus upon, due to this illusion of solidity, is that we are hyper-focused upon that which we can decipher and yet, it makes up but a glimpse of what the world is offering.

We are seeing the world through a pinhole and in general, ignoring everything but .1% when only using our five senses.

Because the world is a complex weaving of thought and emotional wave patterns, Empaths have a manifestation advantage over those who lack emotional resonance. A weaving of energy patterns combine components together (like with like) to orchestrate experiences into being. Empaths have a greater ability to create in this realm than others.

In English, our raw vibration births worlds and Empaths are gifted co-creators indeed! As we respond to our environment, we form desires and vibrational alignments. As our needs arise, we are motivated to obtain them. Our focus coordinates the components needed for manifestation. We will talk about your Power in the next section of this guide, but to finish illustrating the "problem" with Empaths, it all has to do with our lack of remembrance of our gifts and our brainwashing into fear and the perception it's actually a flaw.

We are co-creators. Expanding always and into newness and fresh horizons. Absolutely everything in the Universe was first thought of and felt into before Being. Absolutely nothing in the world was created spontaneously without the prerequisite of Consciousness. There is no exception, and nothing occurs out of "chance". Not even one blade of grass in our world could have been randomly made given the length of time the Earth has been spinning. Our outdated Newtonian "laws" are being shattered by the new science (which Quantum Physics is proving). But I'm not here to convince you that Science is catching up, or that God exists. It's a personal journey to get up to speed with faith (not Religion) and modern science, I am merely here to validate the subject matter of this Guide as more than just Spiritual and bridging into a solid foundation of rules which we can rely upon and use to our advantage.

Empaths are simply those of us gifted with the ability to feel into emotional energies in deep ways which allow them to project that energy into coordination of manifestation. Consciously they become gifts, unconsciously it becomes a sort of curse (hence "the problem"). The Law of Resonance proves that like waves gather with like, we are moving beacons of energy, commanding our experiences to us based on our habitual thoughts and emotions. When we aren't aware of this, and yet are sensitive to energies in a way that we embody the emotions of things external to us, we can begin to sink into a very dramatic and disruptive Victimhood. A reality which we may even feel the need to "guard" ourselves from. You've all heard how important it is for Empaths to protect themselves. Setting Sacred Space is one thing but





A Guide to *Remembering Your Power, Purpose, and Potential As an Empath*

responding in fear to that which is interacting with you is to forget your co-creative power of choice. Of being able to choose what you energize, and what you don't. What you allow and what you don't.

Why should we live in a state of fear having given our power away through believing we are victims of energy which is imposed upon us? If this doesn't sound like manipulation, I don't know what does. It is false and leads to more walls of illusion, not to mention wastes the great gift of co-creation amplification which is your blessing when understood and leveraged.

The problem with Empaths is not that they should fear the external emotions they come into contact with. The real problem is that they have forgotten their very gifts of co-creation as it relates to their extreme perception and superior amplification of emotional energies. Fear has been used to separate and cut them off from their true gifts. It's time to remember your Power, Purpose and Potential as an Empath!

It's time to remember you have a choice as to what you focus upon and that all experiences can be used to not only generate unconditional love, but to broadcast their vibrations in a way that supports the evolution of the entire planet. This is your Power of which I am here to remind you.

Remembering Your Power as an Empath

As with any gift, those who don't want you to use it will make it out to be nothing special. They will dim the light, cause confusion and insecurities, and in many ways invalidate your gifts in order to suppress them or make themselves feel better (either because they don't share your gift, aren't sure how to use theirs, or they simply don't want you to remember yours). They will veil you from your inner knowing.

This has been the case with the global fear tactics being fed to us for thousands of years. Knowledge is power and those in power are all about keeping us "dumb". In fact, they are master manipulators knowing that if it appears as if we are free, we will be the most aggressive at keeping our own chains on. We create our own walls and prisons in the name of security and our Ego helps us fight against the very change which would have us evolving at warp speed. Change is scary. Evolution means death of Ego, and that is simply too much to ask for most people who would prefer to remain in chains and worse, blame others for their choices thereby giving every ounce of their power away.

It's not just those who seek control who reinforce these victim-based lies and freezing of our purpose, our complex societal beliefs have also poisoned us into choosing a twisted reality which we confirm over and over again, thereby calling forth the evidence we need through the Law of Attraction to believe that they are truth. Epigenetics (a new Science which is proving that energetic emotional information is





A Guide to *Remembering Your Power, Purpose, and Potential As an Empath*

passed down above our genes) is illustrating just how deep these victim lines have been drawn and perpetuated.

Our brainwashing, Epigenetics, and belief structures have cycled intense victimhood and taken away all our power for long enough. Consciousness is choice. Consciousness is power.

Your power as an Empath lies in your conscious choosing of the responses you have in every moment to your environment. Your Power is your Response!

Why is response so important? Well... it's everything.

Not metaphorically, but literally. Your response is what will manifest on a biological level and out into what you experience through the Law of Attraction. Biologists are proving that it is our *response* to our environment which activates dynamic gene expression (your physiological processes) not, I repeat, NOT, the environment itself. Your body does not know the difference between something that actually happened and something that you perceive of as happening. When viewed through the lens of 99% energy and information, we live in an illusion of perceptions, biases, emotional manipulation, and damaging mental loops which co-create a reality in which we are cycling pain patterns of disfunction. It appears very real because as we "believe" we co-create validation for those beliefs and it is so.

The old adage "you can't buy happiness" is rarely looked at closely and therefore is largely misunderstood. Sure, you can't literally buy happiness, but that's not the point at all. Happiness is a prerequisite for abundance, it doesn't create it. Happiness is a choice and through choosing, you orchestrate the events which align and manifest as that joy reflected not in response. The response happens first in the absence and is what manifests the alignment. If you are waiting for this, that or the other before you're happy, that day will never come.

Your power is in the now. If we live in the past, we will regurgitate disappointment, sorrow and regret. If we live in the future we will live in a state of fear, anxiety, and pressure.

One thing is for certain, we are expansive beings. We will never be done. We will never arrive. The journey is the purpose, not the destination. This means that those who are content in the ABSENCE of what they desire are those who will live perpetually satisfying lives, ones in which they see their deepest desires manifest due to their aligning with that reality in the now (before it has arrived).

Our chronic thoughts and emotions dictate what is called to us through the Law of Attraction. But it's not about what we ask for, we can ask for things until we are blue in the face and actually get the opposite. Why? Because the Universe does not bring us what we ask for, but rather, what we energize. Meaning, we live in an inclusive Universe. There is no such thing as "no". We are saying yes and approving anything we focus upon through feeding it energy.





A Guide *Remembering Your*
to *Power, Purpose, and Potential*
As an Empath

This is perhaps why Empaths have deemed their gifts as unsafe. When you feel into someone else's emotions as if they are your own, it comes with a whole lot of gravitational pulling that you didn't ask for, and in some cases don't want! And of course, if we banish those feelings they go to Shadow, further pulling towards us realities we do not approve of and didn't "ask" for.

Oh wait, to ask is to focus. And now we can see how many things we validate into being through our own gift of focused energy despite if we wanted it or wanted it to go away.

So herein lies the misunderstanding, just because we feel into something doesn't mean we have to perpetuate it! We have complete freedom over our responses. What we focus on amplifies. What we focus on we are saying yes to. The polarity of life should also be viewed as a gift. When we experience something, we don't want more of, it's a step in the right direction because we get to choose! We would not know the beauty of the peak if not for the valley. Contrast allows us to experience the joys of life, if we don't let the illusion of pain appear as our reality vs. our choice.

The power of choice through the eyes of consciousness is true self-mastery. Observing the observer (you) and realizing that you are not your body, your personality, or your Ego, and that you can take the raw energy you are experiencing to perpetuate unconditional love rather than fear, is extremely empowering. It is your response to your environment which keeps you in chains or allows you to take back your power and co-create the life you've always wanted. When you consciously choose, you will finally end victimhood. The chains you choose are only as real as you make them. You get to respond in every moment with the stamp of approval (focusing on it and feeding it energy into being) or disapproval (not banishing but rather, appreciating it for the definition and clarity it has given you in defining what you do and don't want).

As it pertains to Empathic gifts, to protect yourself is not to add walls of separation or layers of fear. This will only cause more fragmentation and dis-ease. You are not being manipulated. You are choosing manipulation. When you can choose instead, unconditional love as your dominant response (and thankfully, that is your essence so it's completely natural to embody who you really are) you will elevate into a new reality through those continual choices so as to no longer be a match to the densities which were causing you pain in the first place.

You get to interpret the raw data (energy and information) you're coming into contact with and it is through your choosing that the energy then calls forth a complex weaving that results in your experiences.

Don't like your life? Tell yourself a new story and embrace it on a vibrational level.

If only it were that easy!





A Guide *Remembering Your*
to *Power, Purpose, and Potential*
As an Empath

The conundrum of sorts lies in the defense mechanisms wired within the very synapses of our brains. In our world of illusion, we rely on playing programs to filter our reality. Meaning, about 90% of our actions day to day are unconscious. We play programs to get things done and make sense of our reality, usually based on initial responses we chose as a child and have wired as default perceptions.

A child who chooses fear in response to their hostile surroundings runs primarily on fear-based programs as a way of life. It's just the way things are and in confirming those realities, more components arise to prove it to be so. There is simply a limit to the newness with which we can respond at any given moment. Or so we have been led to believe. This is where Mindfulness can be life-changing. Learning to be centered in the now and only play love-based programs.

With so many needs and so much stimuli competing for our attention, we rely on default programs of past wiring, based on initial response to get us through the day. An easier way to put it? We are creatures of habit.

Habits not just of action, but mental and emotional habits. These are the programs which can be extremely disruptive when we don't see past the default responses and into if they are actually healthy for us or not.

Here's the catch. Much of our responses aren't our own! Sure, we have confirmed them through witnessing and choosing the patterns, but when you take it way back, where did they start?

The answer lies in a blending of Epigenetics, Ancestry, our immediate family unit, societal upbringing, and brainwashing/conditioning.

This is most unfortunate with the hyper-focus that those in power have with using fear as a powerful tactic to control the masses and have them reliant upon them.

Fear is extremely disruptive and fragmenting to your energy layers. It is not the path of least resistance or aligned with who you truly are (unconditional love). And yet, fear is a powerful indicator of alignment – a beautiful GPS of sorts, alerting us to what is in harmony with or in discord to our natural energy signatures.

Most have no idea of their own manipulation because it's disguised as free-will and comes chalk full of proof as we continue to pull to us the dysfunction we initially witness.

When we understand that it is our response to our environment (how we perceive our reality) which pulls to us our experiences, only then do we add the consciousness required in each moment to end the cycles of dysfunction and perpetual drama which we had been choosing unconsciously through programs.





A Guide *Remembering Your*
to *Power, Purpose, and Potential*
As an Empath

Those in victim mode will argue they never made the choices that called forth the nightmare they are experiencing but again, choice does not mean approval. Choice in the energetic sense simply means focus. Mental and emotional vibrations which carve deeper programs into our default responses which co-create cycles of more.

So how to end the programs we've chosen unconsciously and have been regurgitating ever since?

Consciousness from this point moving forward. But for most of us, the past will have created such a convincing "Now" that it will be hard not to validate that which is causing us pain. While it is tempting to not even go there, suppression isn't the answer as we spoke about earlier. To condemn, blame, and otherwise push these aspects out of your psyche is to abandon aspects of your energy which then goes to shadow. Meaning, when we do so, we simply add more unconscious pulling to what is co-creating without our conscious awareness.

The shadow is filled with things we've labeled as broken and unacceptable and therefore can't accept as part of our "loved" self or that which will bring us love. Suppression is a common way to deal with extreme mental and emotional response which are too painful to experience firsthand. When we understand that these abandoned aspects are self-sabotaging energies that aren't going away we can begin to integrate these aspects and take steps to restoring back to the memory of wholeness prior to the initial energy split of fear and false separation.

Your power is your response, but most of us need assistance in rewiring and overwriting the thought patterns which have long been adopted as our truth and have been confirmed over and over again into a convincing albeit painful reality.

Shadow integration will free you once and for all of the threads of dis-ease which seem to keep you weaving patterns of pain no matter how "positive" you've tried to be. When we can shed conscious and compassionate light on what was previously labeled as unfortunate, we activate our power of response and leverage Prana to cultivate a life we want vs. condemn.

A 2-hour training including a comprehensive shadow integration workbook is included in the Grid4Gaia Masterclass series for Empaths. Register now at www.Grid4Gaia.com. Payment plans are available.

Remembering Your Divine Purpose as an Empath

All of this talk of manipulation and cycles of pain would be quite disheartening and is usually where many of us get worn down by the only apparent options: fight, flight, or freeze (inaction). This is a victim's stance. This is a veiled perception and precisely what those who seek to keep us unenlightened and grounded in Ego hope we choose.





A Guide to *Remembering Your Power, Purpose, and Potential As an Empath*

Let's flip it to empowerment. It's our right to do so in this polar world of opposites. Isn't it time to leverage this knowing?

What if what we came here to do is in part, experience equal parts knowing of what we do and don't want? This would mean that the valley's we find ourselves in are actually blessings assisting us to get to where we want to be.

But what are we meant to be?

As you will find out in the upcoming pages, purpose is a way of being, not a destination.

We will never arrive because we'll always be reaching for more! We are expansive beings who will never be done evolving. We are creators.

As we weave our Creative Force into the fabric of this world, fulfillment comes from witnessing the ripples of our desires manifested. As a wayshower, transformation catalyst, someone who lifts people up and assists them, through living on purpose and choosing our response in every moment, and through understanding how to use our emotions as gifts to co-create, we achieve our purpose but never arrive, always birthing more from the power of now.

Blessed with the innate ability as powerful co-creators, it's what we are here to do: create.

We do so whether aware that we are or not, consciously or unconsciously we fulfill our purpose of creating. Whether we do so joyously and in appreciation for our achievements, or begrudgingly in victim mode, we are all defining our energy and calling forth what will be from the now. We can't stop being co-creators if we tried. It's who we are.

Yes, I am saying you are here to create. It's everyone's purpose to expand the Universe but are you co-creating by default or on purpose? And why should you care?

If joy and fulfillment in this life are a priority, then conscious co-creation should also be.

Fulfillment in life can be described as a life free of pain. And the path is often illusive, fraught with many snags and snares. But when we step back and take a look at the big picture, it really is quite simple.

Fulfillment comes when you stand in power and gratitude, motivated by the desire to contribute by weaving your own Divine thread into the collective tapestry of joy, love, and ease.

Of course, we all want this, but tend to focus solely on the not having of it which further puts it out of reach to our vibration, causing the cycle of suffering to appear more and more real as we regurgitate patterns of dis-ease.





A Guide to *Remembering Your Power, Purpose, and Potential As an Empath*

The other discord to experiencing fulfillment is being unaware of your own purpose and blinded to your unique gifts. Being vibrationally apart from the very gifts you came here to birth in this raw edge of reality is incredible painful to all energy layers. The discord is intense to say the least.

We are taught from an early age to fit ourselves into the mold society has for us in order to get by and push from our minds the thought of ever being able to support ourselves doing something that we love. This forces us to choose what most aligns with our soul's passion and our natural gifts, provided it can be named and there's a market for it. We drudge through school suppressing our inner desires as we choose the career path that makes the most financial sense regardless of if it fills us up and inspires our best. Many then turn around in middle-age "when it's too late" to discover that their inability to find fulfillment lies in the fact that they didn't pursue their true desire of becoming... a dancer, painter, writer, singer, fill-in-the-blank, and opted instead for the safe-route in the name of job security because they thought they'd be happy.

To be unfulfilled in your contribution to expansion is to dim your light and the resistance feels like hell as you always long for what may have been or what your heart truly desired to birth in this world.

Of course, there are other factors which can dim our ability to align with the us we came here to be. If our health, relationships or abundance is lacking it can also dim the light needed to illuminate and step out our path to aligning with our purpose in this life. But we've got to be careful not to label this as the SOURCE of the discontent and would be best served viewing these lacks as symptoms and even reflections of NOT living our authentic expression and purpose. After all, health, thriving relationships, and abundance are not the result of having found your purpose, but rather, are mirrors of your overall fulfillment or lack thereof.

As with our experiences being pulled to us through chronic thoughts and emotions past, so to do we experience fulfillment not in the having, but in the waiting to have. When we are joyous in the waiting for joy, we experience it. When abundant in the absence of it, it arrives. The vibrational match occurs in the absence of having what we desire and only then do we allow.

The path to fulfilling your purpose WHILE receiving in abundant exchange comes through finding the sweet spot between what you're good at, what you want to do, what others want, and if there is a need within the world that would frame you as the urgent solution.

But here's the catch – you will never be done! Again, purpose is not a destination, it's the journey. You will always be on to the next portion of your expansive self.

When not considering the entire picture and that it never ends, many who have found their Soul Path Career are wondering why they aren't supporting themselves and disruptive waves of doubt, frustration, and unworthy do nothing for their energetic clarity to pull forth the components they desire in the next





A Guide *Remembering Your*
to *Power, Purpose, and Potential*
As an Empath

now phase of their lives. There is a blending at any point which will mean the difference between your success and failure – a sweet spot between talent, desire, and demand. A free 2-hour Webinar during which I explain 3 things to avoid if you want to thriving living your bliss biz can be found at: <https://www.hollyhallowell.com/3-reasons-lighworker>.

Some are still so stuck in the “what do I have to offer” stigma that they can’t begin to understand how to use their gifts to serve humanity in a way that would have them receiving in abundant exchange.

Whether or not you end up turning your Purpose into a Bliss Biz or not (www.MyBlissBiz.com), we are fulfilled when we are transforming the planet through our gifts and in my opinion, any “day job” that detracts from that doesn’t feel good because we aren’t in alignment with our potential and desires – we could be transforming the world for highest good!

If you’re an Empath, chances are you are a Transformation Catalyst – here to empower others to use their co-creative abilities to also transform. Once you empower yourself to step back into your power, often whatever you’re gifted at is best served as a way to then inspire others to transform their own worlds. The things you’ve gone through in life uniquely qualify you to help others. Your Mess is your Medicine™. You’re the light at the end of someone’s tunnel. A wayshower. The transformation you’ve gone through is what makes you an expert to lead others through to similar transformations.

Your Purpose as an Empath is to Co-create a world more aligned with unconditional love using your superior ability to embody and project emotions, and that can take the shape of limitless angles and areas (depending upon your “mess” and the things you desire) but the outcome will always be the same: inspiring others to transform their life and world for the better. When you do this, you feel you are truly contributing to the world in ways that fractalize out for highest good. You become a true Transformation Catalyst.

If you are the type of person who needs a path to follow that gives you clear how-to’s but in a way that can be applied to anything you could ever want to share with the world (even things you don’t know you’re gifted at), I recommend filling out the Vishuddha Mastery application (www.VishuddhaMastery.com) to find your “Especially Pure Medicine” and take steps towards monetizing your gifts and amplifying your fulfillment as you fulfill your life purpose. The application itself will solidify your desires and expose the boundaries you’ve placed on getting there to start you out on your path to fulfilling your purpose. A 44-minute Discovery Session with Anahata will further assist in illuminating potential paths to take towards living life on purpose while truly making a difference.

The really exciting part of learning how to apply the Anahata Codes to your purpose is that you gain a competitive advantage into mastering your vibrational asking which literally draws the perfect clients (that you choose as part of the program) to you. You become the urgent solution to their problem or the





A Guide to *Remembering Your Power, Purpose, and Potential As an Empath*

door to their desire and you can begin to receive in abundant exchange for the transformation you bring others.

Great satisfaction awaits those who begin to consciously orchestrate the energetic aspects which align with their gifts and purpose. There's nothing quite like molding your reality while making the world a better place. This is value, worth, and fulfillment as a powerful co-creator.

Remembering Your Potential as an Empath

You've been drawn to this Guide which has:

- Reminded you of your power as an Empath: response and conscious co-creation through amplifying emotional energy which is the key to manifestation (creation)
- Illuminated your purpose: to receive fulfillment through inspiring others to co-create and transform

But none of this matters without seeing the Potential you have as an Empath to use your gifts.

The difference you can actually make for highest good and more importantly, how.

It is my honor to have been given a Divine Download in April of 2015 during which God unveiled a portion of my brain to remember the profound truth of Unity which means we have access to all things without having to have a thing physically with us. After a pattern of asking, aligning and allowing, I've developed a way to practically use this Divine knowing for highest good called The Anahata Codes.

I am but a Channel as you are, and I freely share and empower my students to leverage this amazing self-directed biological technology to its full extent. This means you can create a business doing what I do (or not!) but it absolutely means you can begin to tinker within your area as a Code Carrier and watch your reality transform from the inside and ripple out to improve the lives of those who know you, your community, your city, region, and the entire world.

Each of you reading this is a way shower... at all phases of their Knowing on a path for highest good. And you are at the precise perfect point to birth what it is you are capable of transmitting at this time. Whether it's primarily to heal your self initially or if you're ready to project, all is birthing the new world.

Here in these bodies, in this time, you have been called forth to anchor in the light. To assist Gaia and her inhabitants as we elevate away from fear and separation, back to unconditional love and Unity Consciousness.

The Great Shift is upon us. Not tomorrow, but today.





A Guide *Remembering Your*
to *Power, Purpose, and Potential*
As an Empath

And you are a powerful transformation catalyst with unlimited potential. Can you feel it!? Let's breath that in together! You, us, we.

A tremendous number of synchronicities aligned in order for you to be reading this today. Potentially thousands of years of aligning all for this moment when you'd be reading this guide.

Can you feel the power of that? Let's close our eyes... I invite you to focus on your breath. Gentle waves of Prana flowing in and out and in and out. And just celebrate this deeper knowing of coming back into alignment with the seeds you've planted in order to remember and awaken at this time.

Root this expansion through your feet and feel your connection to Gaia. Mother Earth as she gently flushes out any toxins (mental, physical or emotional) which have been preventing you from receiving this information for highest good. All blocks are gone at this moment. All distractions transmuted.

Feel your energy sinking down into Gaia. Melting away. And feel her Replenishing Energy simultaneously filling you up. It's a two-way highway of Energy Flow.

The Prana wave of energy rooting and cleansing, replenishing every cell. Sanctifying the Sacred Space for us to fully be present here, now, for this United purpose of Peaceful Evolution.

Now breathing into the Cosmic upgrades which are available. Feel the Destiny which orchestrated infinite Intelligence to get you here today. Allow that gratitude and the power of your place among this most critical time to fill every cell with overflowing joy, fulfillment and peace.

Allowing now that joy to enliven you and bring you fully into your body.

You are ready to explore your potential as an Empath.

We are beginning to emerge and consciously co-create. Instead of "sleep-walking into extinction" as Bruce Lipton (the Biologist) calls it. We are finally opening our eyes and remembering that it is our response to our Environment (not the Environment itself) which activates our DNA. There are many Facebook Lives which I have hosted which you can review by friending me at:

<https://www.facebook.com/anahata.holly.hallowell>. If I have reached the 5,000 capacity for friends, please send me a message and I'll free up some space for you.

We also spent some time at the beginning of this guide to underscore how our emotional choices are what co-create our reality, not the environment in which we experience.

And that poses both limitlessness and an issue, doesn't it!?

We co-create our realities through our dominant thoughts and the emotions which are activated in response to those thoughts. Our thoughts create our reality. Our emotions manifest them.





A Guide to *Remembering Your Power, Purpose, and Potential As an Empath*

Our thoughts being instructions of focus, activating our power as a creator and our emotions being the energy which extends from those thoughts and orchestrates our experiences through the Law of Attraction.

We experience precisely what we are focused upon, not what we ask for or desire... unless we master our asking through our desires. Then we can mold our lives for the better and transform the entire world in doing so.

This dimension is an amazingly empowering reality... IF you know how to use this power and you stop buying into the lies people have told you about the ways in which you should suppress and fear your gifts as an Empath.

Unfortunately, it is an amazingly disruptive reality for those of us who choose to feel life is happening to them. The vast majority of the world believes the lies and fear which are being pumped into the Grid via Ley Lines (I'll explain this soon) and in believing so, co-create the chains and pain we find ourselves in.

This is why we need to rise up together to support those still unaware of their power as a co-creator and for ourselves and our planet. How? It really is quite simple.

In every second of every moment Choose unconditional Love and project that reality to all.

Why unconditional love? Because it is your true resonance. It's what feels the most aligned with truth. It's the path of least resistance. Beyond comfort, it's strongest and most stable way to expand because fear is incoherent and tugs at your energy layers, fragmenting them out which feels painful.

If you can align in all ways with Unconditional Love, you are living from your Source Point. Centered in the now. You are fully here, in Unity consciousness and it is from this Point of Attraction that you'll experience your life as the world around you shift to bring you more of that.

That doesn't mean you live in La La Land, it means that when the pain and fear come (and it will) you view it as a gift. It is, after all, the only way to view the peak. If not for the valleys, one would be unaware of where they stand when in triumph. If not for our drama and trauma in life, we would not aspire to reach up and out and co-create the life we really wanted. We'd have no frame of reference and no motivation to succeed. When we can acknowledge our fears (use them as motivation) and not be tempted to suppress, we can move forward with raw energy to transform from a place of greater desire than having not been exposed to the fear in the first place.

We've been given assistance all around us to connect into for any concern or desire. It is how the Anahata Codes work. A Quantum Hack into the Resonance Remembrance of the thing you need to activate dynamic self-healing and evolutionary support. With 27 categories and growing, and thousands of things "described" numerically, there's a code for anything you desire or want to shift away from.





A Guide to *Remembering Your Power, Purpose, and Potential As an Empath*

Mental, emotionally, physical, spiritual, you merely focus upon it and either Ask verbally or just with your vibration to be lead to the row and column that holds the category of the code that is a match. The Anahata Codes are in spreadsheet format and archived in 3 rows and 8 columns. Simply tune into which category (either through muscle-testing or heart testing) and row you need.

You will be shocked at the accuracy of what you are pulled to. If you are new to the Anahata Codes, you can download them and the Guide for free at www.AnahataCodes.com.

Once you systematically find the Anahata Code you need, you simply install it (again, described in the guide), but this is where your fun begins as an Empath! You can then broadcast that vibration to others, and upload them via the natural Ley Lines, Earth Energies, Vortexes and Earth Meridians which are already set up.

“The Heal the World, Go to the Source Point.”

God spoke these words to me a few years ago. And I am continuing to illuminate the full extent of what it means. If “God” triggers you, replace with your word for Creator Energy. We are evolved enough to drop the parameters of Religion. I myself am a non-denominational Christian. That doesn’t mean I am here to convert or convince you and has no bearing on how we will work together for the same cause of expanding unconditional love by weaving our own threads into the whole.

It’s important to share that Journey with you in writing so that you can fully understand the upgrades I’ve been receiving since Remembering how to activate assisting frequencies in 2015.

A few years ago, I was taken out of my body and experienced pure consciousness in the void... complete absence of any bodily “feelings” or senses of sight, touch, smell, sound, etc. No senses but total consciousness.

I then saw God create the Earth by touching empty space three times at the same point. First, He created the inner core, magma, fire energy. Then the elements of water, earth and air made their debut as the land masses and atmosphere formed. The final touch He created the electromagnetic mapping of the Earth. The Grid of subtle energy which holds all things together.

Once in place, and after some pretty amazing travelling without moving going on as Sacred Geometry unfolding in waves and then locking into place, a Cerulean Blue energy grid (visible wave lines) were clearly viewable by me, and then He spoke.

“To Heal the world, Go to the Source Point”.

I was instantly returned to my body where I frantically cried out “What’s the Source Point?”.





A Guide to *Remembering Your Power, Purpose, and Potential As an Empath*

I then felt Mother Feminine (Divine Creator Herself) I felt her breath on the right side of my neck and She whispered in my Ear “Look to the Cross”.

This piece of information has been pivotal in my understanding of how to use the Anahata Codes and confirming the importance of the name given: Anahata.

My work is centered around the Heart Vortex (which is the Source Point). Our point of entanglement with all things. Our connection to the One Photon which started it all. The vortex flow which circulates from the Heart is the Torus. The seed of creation. The path of least resistance. An engine flow of sustained momentum. The Source Point is at the center of the ascension panel found within this shape which also happens to coincide with pulling things from beyond the Quantum Domain through a Sea of unlimited potentiality into the Manifest.

It’s literally the birthing tube for all we see and experience in this world.

This shape is uber important as I teach you in my Masterclass Series at www.AnahataMastery.com.

Since the journey to witnessing God create the world and the key being the Source Point, I’ve been gently (and not so gently!) reminded of the truth of the last phase of creation which I witnessed which was the unfolding of the Electromagnetic Energy Grid and how it is also used to pull from beyond the Quantum domain (and even the sub Quantum). Wormholes to the void beyond space and time completely.

September of 2017, a Quantum Leap occurred as I was fleeing Hurricane Irma and was returning home afterwards. All was made crystal clear as to why a few years ago (around the same time as receiving the Source Point information and journeying to the void) I was being told to move to Florida. To “Heal the waters” and somehow weaving in was visions of leveraging the Bermuda Triangle. I am so glad I packed up everything and moved across the country to a State which I knew no one. I heard the calling and answered. And now I’ve aligned with the information which was meant for me. As have you.

A new urgency has been ignited to teach as many people as possible about this Biotechnology we’ve forgotten existed, but in a new way for maximum evolutionary support. I am praying that you will then be inspired to teach as many people as well.

Yes, some of you will eventually train with me and become Certified as Grid Alchemists and host workshops and events of your own. More on that later... let me for now, finish laying the ground works of the landscape so it is clear to you what’s unfolding and your potential within it.

It’s also important to understand that it’s all a Remembrance. This is why the book I’m writing is called Resonance Remembrance, The Art of Activating Assisting Frequencies and Evolutionary DNA.





A Guide to *Remembering Your Power, Purpose, and Potential As an Empath*

This information is not new. We've simply been brainwashed into forgetting it. And as you encounter a "return to the memory of wholeness" (which by the way is the very definition of healing AND holy – a return to the memory of wholeness) you will experience a sort of Deja Vu as the information I tell you uncovers your memory and you reunite with information that every single cell in your body holds as truth and vibrates at that resonance.

And here's where it can get a bit disturbing. I apologize for that because I do not enjoy focusing on the "Evil" in this world or energizing it in anyway. I am not going to spend but a moment on it so that we can shift into WHAT TO DO ABOUT IT! Which is why you are reading this, to remember your power, purpose and **potential** as an Empath, not to retreat again in fear.

The ugly truth is that for Centuries, the general public has been brainwashed into co-creating a world of fear, anger, violence, judgement, and misunderstanding. Once you can spot these triggers and trace them back to the Source, it's almost laughable. And oh, so obvious.

Like sheep we make our beds and lie in them, thinking all a long we are free.

The Media is controlled by an elite few who are perpetuating these thought patterns into our Society who is activating fear in all its frequency variations to co-create more of the same.

The only way for these malicious structures to remain in power and control, is to keep regurgitating these disruptive patterns. The issue being most of us perceive of the IS as happening now. When in reality, it is as a result of the chronic thought patterns and emotional cycles which preceded it.

Meaning, as we witness the "IS" what is real, we co-create more of it and integrate it as truth, thereby believing the lies we've been told because indeed, we experience it.

This again, is not new. The Law of Attraction is a topic that has saturated the market in Divine Timing but mainly used to satisfy Ego desires like fame and money.

But it's important to understand the reasoning behind this brainwashing and suppression of Empath gifts. "They" are delaying our ascension.

How? Through using the Earth's natural energy lines to co-create thought and emotional patterns of disease aligned with fear and the illusion of separation.

The way in which they are getting to us is by using Natural Laws of Manifestation that have been kept from us and broadcasting them far and wide for massive adoption and button pushing.

That is changing now as we are being given powerful upgrades cosmically to support our ascension and just in time. The Earth cannot handle sustained fear and separation much longer so it is indeed Ascension or Extinction.





A Guide *Remembering Your*
to *Power, Purpose, and Potential*
As an Empath

Your role in this pivotal shifting is urgent, and vast.

If I could give you an awakening pill like on the Matrix, LOL, I would. And this guide is sort of like having one. Except for there is so much more than we have time for in this short guide.

What's your potential to make a difference today, for your area, in new and magnificent ways? It's very simple.

You are already attuned to the brainwashing and manipulative energies circulating and being manifested in your specific area because you live in it and are bombarded daily. Because of this, you have a natural vibrational asking for the truth to emerge from this illusion. You are seeking answers. Your vibrational mix includes that of the deception and malice on a vibrational level which means you have access to the answers as well. Polarity is a beautiful thing. Remember, we would not see the peaks if not for the valleys.

The first step is to set your sacred space (I teach you how to do this in my masterclass series as well – www.AnahataMastery.com).

Intend to access the collective network of emotions and thoughts, the fabric which weaves us all together, we request access to this web of information so that we may interpret greatest needs for greatest good of all.

Then it's time to ASK. I could go into a full hour on why we ask but, in a nutshell, when you ask you receive automatically through the asking. You become a vibrational match to the answer to flow to you through asking. It is your Divine Birthright and how you were made as a co-creator in God's image.

Ask and you shall receive.

We ask... and that asking can take the shape of limitless questions for the purpose you seek. So, for this case of grid working peace, love, and healing into your area of highest good, I want you all to tap into the ugly side of whatever it is your geography is experiencing. This can be a mental issue which seems to run rabid within your community, this could be an emotional issue of dysfunction and fear, this could be a physical issue if you are in an area experiencing suffering on the manifested level involving pain.

Think of this only if you already are aware of the circumstances and energetic pattern you wish to change.

Anger patterns, abuse patterns, patterns of poverty, of violence, of racism, of hatred... whatever it is. Focus on that situation.

Alternatively, if you have no clue – just open up to receive what is needed by your community.





A Guide *Remembering Your*
to *Power, Purpose, and Potential*
As an Empath

If you are wanting to spark new patterns of healing and evolution for a specific area that you aren't in geographically, that's okay. Just ask.

So again, we are "asking" through focusing on the issue or desire we have.

Aligning (pulling a Code and installing) you open the Book of Codes (the spreadsheet downloadable at www.AnahataCodes.com) and choose a category from the 3 columns and 8 rows. Again, muscle-testing or Heart Testing is best. A technique I teach you.

If you don't know how to muscle test, simply place your hands on your heart and allow either A, B or C to come to you. What comes first? This is your column. Now what row comes from that out of the options of 1 through 8?

Once a row and column comes to you, you are ready to go to that Category of Anahata Codes.

Simply click on the hyperlink to the category you chose. The category is linked through the row and column you just chose. If it's not hyperlinked, simply scroll down to view the categories in plane site and you can then manually scroll through the tabs on the spreadsheet to get to the Category which holds the Assisting Frequency needed for this situation.

You should now be on the tab of one of the 27 categories of Assisting Frequencies.

If this is confusing, spend some time after this Guide to read the Anahata Codes guide at www.AnahataCodes.com.

While on the tab (which is the category you found answers the vibrational asking) scroll through to see which rows are populated with information. What range are the codes on? Meaning, what rows have information (because it's a spreadsheet, it doesn't start at 1 and has no ending – so you need to get a range of where the content is populated).

For example, if I was lead to the Totem Animal category, currently there is information on rows 11 through 197 so that is the range I would then hone in on to pull the actual code after finding the category.

Placing both hands on your heart, or muscle-testing if you prefer, which row holds the Assisting Frequency needed to answer the question you asked?

What arises within the range? What row comes to heart first?

That is the answer. The thing that will give access to activating the vibrations needed to support your concern or desire.





A Guide to *Remembering Your Power, Purpose, and Potential As an Empath*

The next step in Aligning with the Code which has arisen in response to your asking, we install it into the Heart Torus to circulate beyond space and time to all layers (mental, emotional and physical) and perpetuate outwards.

We are then going to be Carriers on behalf of those in need. You will activate the healing for yourself and emanate it out for all those who come into contact with you.

During the Grid4Gaia Masterclass Series (www.Grid4Gaia.com) I teach you how to Project it as an offering using the same Grid of Natural flow which those in power have been using to manipulate.

This is where your work as Grid Alchemist begins to take shape.

Installing is the first step (to become a Carrier). To do so, simply place your left palm up and your right hand on your heart chakra.

Say “We ask for, align with and allow this Anahata Code. With gratitude, we activate the Assisting Frequency of SAY THE NAME OF THE CODE”. AND NOW REPEAT THE CODE 7 TIMES IN A ROW. THE SPACES ARE PAUCES AND YOU SPEAK EACH DIGIT SEPARATELY.

Alright, now both hands on your heart and breath with gratitude.

Say “It is so”.

Now comes the fun part. While that Resonance Remembrance is circulating, it helps to understand what it is that came forth in answer in order to leverage and activate further healing.

To do this, we simply look up the definition of the thing we chose.

Open a google search bar or any search engine and I’m going to play some music as we all research the thing we chose.

Keep in mind, the Anahata Code for the thing you just asked for provide Quantum Access to the component of that thing in entirety. Basically, giving you (and those who activate it) access to the collective definition of that thing.

What is it? And how can its definition be used to bring healing to whatever the goal was in my asking? This made clear as you dive into the essence of the thing through its definition. It can also be helpful to use the words “healing qualities of” if it is something traditionally used for healing. Otherwise, just looking up the definition should suffice.

You will quickly see just how relevant and profound this technique is. And if you’re like me, you will never tire of the huge ah-ha’s which arise when understanding the power you’ve been given through the code and why it suits your concern or desire perfectly.





A Guide to *Remembering Your Power, Purpose, and Potential As an Empath*

Truly astonishing.

The final step of the Ask, Align and Allow process of Anahata Codes is Allow.

Allowing means getting out of your own way (usually mentally and emotionally) and just allowing the Resonance Remembrance to activate dynamic self-healing.

But as Empaths who are going to be projecting the information onto the grid, allowance to the whole, means uploading to the Grid System.

The Earth has a natural grid of energy pulsing through it. This grid of Gaia energy is similar to the energetic veins and highways we have in our own body – that we call Meridians. If you look up the vast Meridian network, you can get a good picture of what is also happening across the globe body.

What I was told through Remembrance while fleeing Irma was that the Ley Lines of the Earth: now these are different than Meridians. These are similar to Chakras and different than the Earth Grid. In that Meridians are the highways and Veins which are the Earth Energy Network, the Ley Lines are vortexes or portals of energy. Like engines which circulate information across the globe energetically.

Ley Lines are straight and geometric while Earth Energy is asymmetric and intricate.

Ley lines often touch upon important points of power along the Earth Energy grid, but again, they are different.

I will teach you more about this in the Grid4Gaia Masterclass Series which you can join at www.Grid4Gaia.com.

This network of Ley Lines – Geometric patterning connecting hubs of energy around the globe – can be used to broadcast fear and manipulation, or peace and unconditional love.

We are the grid workers of love. We are the ones to offer up and even playing field from which people can choose.

What is being broadcast now is lies and manipulation. You have the power to set up a new grid and use the Ley Lines to broadcast love through the support of Assisting Frequencies.

As Carriers of the Code you just installed which answers the concern or desire for your region, self, loved one, or anything, you then inject the grid with the Anahata Code (so-to-speak).

I also teach those of you who join the [Grid4Gaia Masterclass](#) how to use Crystal Grids to Seed your mapping physically and get ready for an incredible ride.

Your potential as an Empath doesn't stop there, when you move on to get Certified as a Grid Alchemist, I empower you to then host your own workshops and build your own masterclasses where you teach the





A Guide to *Remembering Your Power, Purpose, and Potential As an Empath*

information. Not only do I provide you with the technology, but the actual teaching plans which will allow you to fill your programs with ease and begin to step into your power as a transformation catalyst while receiving in abundant exchange (which means fulfillment!).

Before I wrap up this guide today, I want to touch on the ethics of this for a moment. The broadcasting that is being done to manipulate is being forced upon us. We can turn the channel, but most choose to respond by reaffirming the fear or dysfunction.

Anahata Codes are difference in that instead of force, it is merely a new channel that everyone has an option to pull from. You are making it available via the complex Global Network and people have free will to choose if they activate the assistance or not.

The Anahata Codes are not forceful or manipulative and in fact, can only be activated by the user. The Assisting Frequency isn't the code, it's the activation which occurs when someone uses the Quantum Information expressed through the Numeric Code.

I hope you enjoyed reading this guide and have begun to remember your Power, Purpose and Potential as an Empath. It is my bliss to have been blessed to channel the information for you all.

I invite you to head over to www.grid4gaia.com right now to secure your spot in the upcoming Grid4Gaia Masterclass series which starts soon. Payment plans are available.

www.Grid4Gaia.com

5-Week Masterclass Series for Empaths

Thank you from the Sacred Space of my heart for stepping up today and wanting to do this sacred work for our planet. May you feel the collective appreciation and receive blessings as you project them out to others.

Remember, you are here, you are loved, and you are an exquisite part of the whole, always.



www.EmpoweringEmpaths.org

Copyright 2018 : : All Rights Reserved