



Cosmic Alignment Guide: Navigating the Tug of War

DECEMBER 16 – 22 , 2024

**This weeks Theme: The Cosmic Tug of War: Awakening Through
Transformation**

This week, we are stepping into a pivotal energetic period as forces of light and awakening clash with the lingering energies of fear and control. The Sirian Council of Light reveals that this "tug of war" is unfolding not just in the external world but within our own consciousness.

While old patterns may surface, this is a powerful opportunity to anchor yourself in clarity, purpose, and higher alignment. Surprises and unseen forces may come into play, presenting you with both challenges and hidden blessings. Be mindful of what resonates with your truth and release what no longer serves you.

This week calls for vigilance, grounding, and awakening to your unique role in the collective transformation. Trust that everything happening now is part of a much larger cosmic design, paving the way for a new reality built on love and light.

Daily Energetic Insights

Monday, December 16: "Reflect and Reclaim"

Take time to reflect on what feels out of alignment. The energy today supports deep introspection and reclaiming your power.

Tuesday, December 17: "Release and Heal"

Old fears or resistance may surface. Acknowledge them and consciously release what no longer serves you. Emotional healing is highlighted.

Wednesday, December 18: "Seek Clarity"

Confusion or illusions may arise, but this is an opportunity to anchor yourself in truth. Look past the surface and trust your intuition.

Thursday, December 19: "Harmonize and Expand"

A beautiful energy for connection and creativity. Collaborative efforts and heartfelt interactions can bring unexpected blessings.

Friday, December 20: "Grounded Progress"

Focus on practical steps toward your goals. Stay rooted in the present and trust that steady effort yields lasting results.

Saturday, December 21: "Renew and Realign"

With the Winter Solstice, the Sun enters Capricorn, marking a fresh start. Set intentions for the new season and align with long-term goals.

Sunday, December 22: "Balance and Reflect"

A day to balance your inner and outer worlds. Reflect on the week's lessons and align with the energies of peace and harmony.

As we move through this transformative week, trust that the shifts happening now are preparing you for something far greater. Stay grounded, aligned, and open to the unexpected blessings that await.

Stay Connected: Be sure to return next week for another spiritual update and divine guidance from the cosmic realms. Every week brings new opportunities for growth, clarity, and manifestation.



Monday Dec 16 <i>"Reflective Beginnings"</i>	Tuesday Dec 17 <i>"Emotional Awareness"</i>
Wednesday Dec 18 <i>"Navigating Illusions"</i>	Thursday Dec 19 <i>"Harmonious Connections"</i>
Friday Dec 20 <i>"Balancing Expansion and Structure"</i>	Saturday Dec 21 <i>"Grounding and Renewal"</i>
Sunday Dec 22 <i>"Stabilizing Energies"</i>	My Notes

3-Step Ritual for Energy Realignment: "Ground, Align, Awaken"

Step 1: Ground Yourself

- Find a quiet space to center your energy.
- Take three deep breaths and imagine roots extending from your feet into the Earth.
- Feel the stability and peace that grounding brings.

Step 2: Align with Truth

- Reflect on what feels aligned with your highest self.
- Ask yourself: "What do I need to release to make space for clarity and growth?"
- Write down these thoughts and affirm your commitment to truth.

Step 3: Awaken to Purpose

- Close your eyes and visualize a radiant golden light filling your body.
- See this light dissolving old patterns and illuminating your path forward.
- Set an intention for the week: "I choose to align with love, clarity, and empowerment."

Manifestation Affirmations: Anchoring the Light

- "I choose love and truth over fear and illusion."
- "I release the past and step boldly into my purpose."
- "I trust the unfolding of the Universe and know I am guided."

Need Personalized Guidance?

If you feel called to dive deeper into your spiritual path, consider these powerful healing experiences:

✦ **Cosmic Origins Reading:** Discover your soul's origins, life mission, and spiritual purpose through a channeled session connecting with your guides.

✦ **Distant Merkaba Healing:** Receive a distant healing session where I work with your guides to remove energetic implants, karmic containment units, and other blockages that may be holding you back from reaching your highest potential.

✦ **Primal Emotion Reset:** Connect with your higher self to uncover the root emotion shaping your emotional patterns. Identify 2-3 emotions ready for release,

and receive a personalized emotional release guide and a custom guided meditation designed specifically for your healing journey.

Learn More & Book a Session: Visit annamerkabahealing.com for details on these transformational offerings. Allow yourself to rise, release, and step fully into your divine light.

I love you all and am sending you a tsunami of love, light, abundance, health and joy!

~Anna Merkaba – Distant Energy Healer- Channeler – Lightworker. To book a Healing Session with Anna and for more channeled messages to help you on your journey to self discovery visit : Sacred Ascension – Key of Life – DISCOVER YOUR TRUE SELF THROUGH THE VIBRATIONAL MESSAGES FROM BEHIND THE VEIL–
<https://sacredascensionmerkaba.wordpress.com/>



DISTANT ENERGY HEALING

IMPLANTS | ENTITIES | KARMA | ENERGY-TEARS | PAST LIFE

DNA | PINEAL | KUNDALINI | THIRD EYE | PRANA | AURA | CHARKAS

Transform your life with a **Merkaba Distant Energy Healing Session by Anna Merkaba**, designed to address the root causes of energetic blockages, including implants, **Karmic Containment Units (KCU's)**, and dis-ease within the energy body. If you're ready to connect to your cosmic energy, free yourself from karmic loops, and move forward with clarity, this session provides the tools and support needed for profound transformation.

COMPREHENSIVE ENERGY HEALING SESSION & ANALYSIS WITH ANNA MERKABA : This is a **DISTANT** Healing Session. Each session takes 60 – 90 minutes to complete, furthermore much more time is spent on putting together a report which is guided to me by the angels, there are a lot of details involved, this is an elaborate healing session. This is not just an energy attunement you will be bathed in loving light from the angelic realm using reiki like universal energy throughout the session, and a few days following the session, many issues will be corrected, and you will also receive much needed guidance after the session of what you are to do on your own. The energy will continue to be released for the following 2 – 3 months.

Here is what you will be scanned for and if any of these are found or need to be removed/unblocked/

- Removal of Achorns/Grays/Dark Entities (If there are any)
- Removal of Implants
- Cleansing the Aura

- Removing blocks from the chakras
- Activating Chakras
- Activating the Pineal Gland
- Activating the energy flow throughout the body with Kundalini Energy
- Sealing the rips in the energy body
- Connecting the heart chakra to the third eye
- Scanning of the body to determine if there are any major issues to be aware of
- Cleansing the blocks within the organs should there be any, and if it is possible to do so, or if there is more that needs to be done.
- DNA Upgrade
- Rainbow Healing Light Invocation
- Past Life Contracts Clearing/Cords cutting (if I am allowed to proceed by your higher self) This is NOT karma removal. NO ONE can remove your karma, except for you, that is if you have karma. Not everyone does, as people misunderstand what Karma is.
- Past Life Visions – (If necessary to understand why you are going through what you are going through, I will be shown your past lives, this will help you determine the reason as to why you are experiencing that which you are)
- Scanning of your chakras, correction of energy flow and further recommendations directly from your guides as to what you need to do further
- You will also receive further recommendations on what you are to do on your own to SEAL in the new energies flowing your way and to assist your own self further without the constant need to come back for more and more healing sessions. However, should you feel that you do need a healing attunement, or there are some issue that need more work you are welcome to come back for another session.

To learn more about this session and hear what others have to say about it please see:

[CLICK HERE TO LEARN MORE ABOUT MERKABA HEALING](#)