



Cosmic Alignment Guide: The Turning Point

DECEMBER 23 – 29, 2024

This Week's Theme: A New Cycle Begins: A cosmic invitation to begin Anew.

This week, we step into a profound energetic turning point, guided by the wisdom of Melchizedek. The energies call us to release outdated paradigms, align with our inner truth, and co-create a reality rooted in love, light, and purpose. While the world may feel chaotic on the surface, beneath it all is a divine design unfolding—a new cycle of planetary evolution is dawning.

The energy this week supports reflection, creative expression, and stepping into a higher alignment. Old patterns and limiting beliefs may surface, offering you the chance to let go of what no longer serves you. With each day, you are invited to trust your inner wisdom, stay grounded in love, and take intentional steps toward your dreams.

This is a time for clarity, action, and faith in the divine process of transformation. Trust that you are divinely guided and supported every step of the way as you illuminate your path and anchor new possibilities into reality.

Daily Energetic Insights

Monday, December 23: *"Preparation and Clarity"*

Reflect on the past year and set intentions for what you wish to release and create.

Tuesday, December 24: *"Balance and Harmony"*

Find the balance between dreaming big and staying grounded. Revisit and refine your goals.

Wednesday, December 25: *"Connection and Compassion"*

A perfect day to nurture relationships and radiate love and gratitude.

Thursday, December 26: *"Creativity and Visioning"*

Engage your imagination and align with your highest vision for the future.

Friday, December 27: *"Patience and Trust"*

Challenges may arise, but they guide you to deeper alignment and clarity.

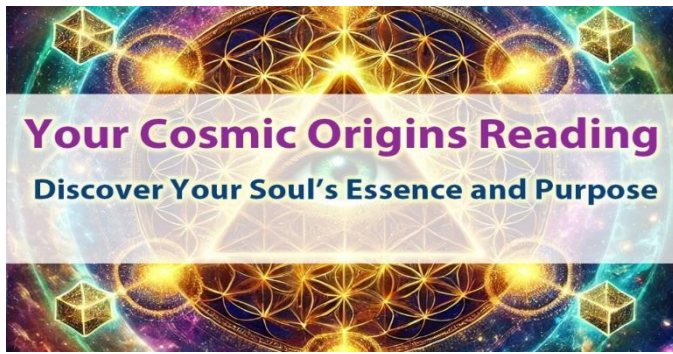
Saturday, December 28: *"Release and Renewal"*

Let go of the old to make space for the new. Embrace breakthroughs and change.

Sunday, December 29: *"New Beginnings"*

Step boldly into your power and anchor your intentions for the next chapter.

Let this guide be your companion as you navigate this sacred week, anchoring love, clarity, and purpose into every moment. The path forward is illuminated—walk it with confidence and trust in your divine journey.



Seeking deeper meaning in life?

Are you yearning to understand who you truly are and why you're here? Whether you feel connected to the stars, angelic realms, or ancient civilizations like Atlantis or Lemuria, **this personal Channeling offers profound insights into your soul's origins, purpose, and unique gifts.** If you've lost touch with your path or

need clarity and direction, this reading will help you reconnect with your essence and rediscover your true journey. [Click here for more information.](#)

Your Guide to the Week of December 23 – December 29: Aligning with the Energies of Transformation

Beloved Master of the Universe, this week offers a sacred invitation to align with your inner truth and step boldly into a new chapter. Each day carries its own unique energy, guiding you to reflect, release, and move forward with intention. Below, you'll find daily insights and practical steps to help you harness these energies, create balance in your life, and manifest your deepest dreams.

Monday, December 23 – Preparation and Clarity

Today encourages reflection and preparation. It's a perfect time to take stock of your life and make space for new opportunities. The energy is ideal for light tasks like organizing your home, planning finances, or setting intentions for the year ahead.

Best for: Reflection, planning, and light errands.

What to do: Spend time journaling about the lessons and victories of the past year. Write down what you're ready to let go of and what you wish to invite in. Begin crafting a vision for the next phase of your journey. Affirm, *"I release the old with gratitude and open myself to new blessings."*

Tips for love: Reflect on your relationships and clarify your desires. If single, focus on nurturing self-love.

Health and well-being: Start a detox or focus on gentle self-care routines. Journaling can help bring mental clarity.

Tuesday, December 24 – Balancing Expansion and Realism

The energy today calls for a balance between dreaming big and staying grounded. It's an excellent time to evaluate your goals and ensure they align with your heart's desires while remaining practical and achievable.

Best for: Balancing relationships and practical decisions.

What to do: Revisit your vision, refine your goals, and break them down into manageable steps. Avoid overcommitting or taking on too much. Affirm, *"I trust the divine flow of my journey and take inspired action."*

Tips for love: Perfect for nurturing your relationship with thoughtful gestures. If single, enjoy lighthearted social connections without rushing into anything serious.

Health and well-being: Focus on balance—eat nutritious meals and maintain moderation in all things.

Wednesday, December 25 – A Day of Connection and Compassion

This is a beautiful day to connect deeply with loved ones and share the warmth of your heart. The energy supports harmony and mutual understanding, making it a time for gratitude, meaningful conversations, and nurturing relationships.

Best for: Spiritual connection and family time.

What to do: Reach out to someone who may need a kind word or support. Meditate on love and unity, envisioning it expanding into all your interactions. Affirm, *"I open my heart to love and compassion, sharing it freely with the world."*

Tips for love: A great day for heartfelt discussions with your partner or self-reflection about your desires in love.

Health and well-being: Take it slow. Gentle movement like yoga or a walk in nature can help you feel grounded.

Thursday, December 26 – Creative Expression and Visioning

Today is filled with inspiration and creativity. It's an ideal time to express yourself, dream boldly, and align your actions with the reality you wish to create.

Best for: Creative endeavors, shopping, and setting intentions.

What to do: Engage in activities that spark joy and inspiration, like writing, drawing, or vision boarding. Visualize yourself living the life of your dreams and take inspired action. Affirm, *"I am the creator of my reality, aligning with my highest vision."*

Tips for love: Playful, lighthearted energy supports new connections or adding creativity to existing relationships.

Health and well-being: Engage in fun, energizing activities that lift your spirits, such as dancing or trying something new.

Friday, December 27 – Patience and Inner Wisdom

The energy today may feel slower or introspective, guiding you to practice patience and trust in divine timing. Challenges or delays are opportunities to realign with your inner wisdom.

Best for: Problem-solving and wrapping up tasks.

What to do: Meditate or spend quiet time reflecting on your goals. Focus on small, practical steps that help you stay grounded. Affirm, *“I trust the timing of my life and remain open to divine guidance.”*

Tips for love: Reflect on long-term relationship goals. This isn’t the best day for meeting someone new but is ideal for introspection.

Health and well-being: Prioritize rest and relaxation. Avoid overexertion and focus on grounding.

Saturday, December 28 – Letting Go and Embracing Change

Today’s energy is transformative, helping you release old habits, patterns, or situations that no longer serve you. It’s a day to let go and align more deeply with your true self.

Best for: Releasing and self-care.

What to do: Perform a letting-go ritual. Write down what you’re releasing and burn or release it with gratitude. Embrace the idea of change as an opportunity for growth. Affirm, *“I release the old and welcome the new with open arms.”*

Tips for love: If relationship baggage lingers, this is the day to release it and begin anew. Honest conversations can lead to healing.

Health and well-being: Detox your mind and body—try deep breathing, yoga, or cleansing foods.

Sunday, December 29 – A New Beginning

The week concludes with the energy of renewal and forward momentum. The clarity gained throughout the week aligns you with new opportunities and fresh beginnings.

Best for: Starting fresh, setting goals, and connecting with others.

What to do: Set a clear and powerful intention for the next chapter of your journey. Ground yourself in meditation and visualize stepping confidently into your dreams. Affirm, *“I am ready to step into my power and co-create my highest reality.”*

Tips for love: A perfect day for building plans with your partner or meeting someone new if single.

Health and well-being: Commit to a new wellness routine or fitness goal. Physical activity will feel especially energizing.



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Illumination Ritual:

A Sacred Practice for Renewal and Alignment

Theme: Releasing the Old, Embracing the New

This week's energies invite you to release outdated patterns, align with your highest self, and step confidently into a new chapter. This ritual is designed to guide you through reflection, release, and intention-setting, anchoring your dreams and desires into reality.

What You'll Need:

- A quiet, sacred space
- A journal and pen
- A small bowl of water or a seashell (symbolizing flow and renewal)
- A candle (white or gold, for clarity and illumination)
- A small piece of paper
- Matches or a lighter
- Crystals (optional: clear quartz for clarity, rose quartz for love, or amethyst for spiritual insight)

The Ritual:

1. Prepare Your Space

Cleanse your space energetically with sage, palo santo, or your preferred method. Arrange your items before you, and light your candle to signify the start of your ritual.

Take a few deep breaths and ground yourself by imagining roots growing from the soles of your feet, connecting you to the Earth's energy.

2. Reflect and Release

Hold the bowl of water in your hands or place it nearby. Take a few moments to reflect on what you're ready to let go of—patterns, habits, fears, or outdated beliefs that no longer serve you.

On the piece of paper, write down everything you wish to release. Pour your emotions into the words, allowing yourself to feel a sense of closure.

When ready, fold the paper and hold it over the candle flame (safely) to burn it. As the smoke rises, say:

"I release all that no longer serves me. I let go with gratitude and make space for new blessings to flow into my life."

Drop the ashes into the bowl of water or shell, symbolizing cleansing and renewal.

3. Set Intentions

Now, shift your focus to what you wish to invite into your life—new opportunities, relationships, habits, or qualities of being.

In your journal, write a list of intentions or dreams. Be specific but also leave room for divine surprises. As you write, visualize these intentions coming to fruition with ease and grace.

Afterward, read your intentions aloud and say:

"I align with the highest vision of my life. I trust the divine flow of creation to bring forth what is for my greatest good. So it is."

4. Seal the Energy

Place your hands over your heart and take a moment to feel gratitude for the work you've done. Thank yourself for showing up, and thank the universe for its guidance and support.

Blow out your candle, signaling the close of the ritual, and pour the water from the bowl into the Earth or down the drain with gratitude, imagining it carrying away all that you've released.

5. Optional Integration Practice

Carry one of your chosen crystals with you throughout the week to remind yourself of your intentions. Each time you hold it, reaffirm your trust in the process of transformation and alignment.

Why This Ritual Works

This practice combines reflection, release, and intention-setting, aligning you with the week's energies of transformation. The elements—fire (illumination), water (renewal), and Earth (grounding)—work together to amplify your intentions and clear your path for new beginnings.

Perform this ritual on a day that feels intuitively right for you this week, and let it anchor you in love, clarity, and purpose.

This week offers a sacred opportunity to reflect, release, and realign with your highest self. By tuning into the energies of each day, you can consciously create the life you desire. Trust the process, stay grounded, and remember—you are divinely supported every step of the way.

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 | CHAKRAS



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](#)