



Cosmic Alignment Guide: Manifesting Through Energetic Shifts

DECEMBER 9 – 15TH , 2024

This weeks Theme: Unexpected Manifestations & Hidden Blessings

This week, we're moving through some powerful energetic shifts as high-vibrational energy anchors into Earth, bringing deep personal and collective transformations.

The channeling speaks of 'unexpected manifestations' and 'surprises,' so stay open to miracles and trust that even challenges hold hidden blessings.

You might experience emotional highs and lows, sudden realizations, or things manifesting faster than usual. Be curious, flexible, and willing to embrace new

possibilities as they arise. Stay grounded, listen to your intuition, and trust that everything is aligning with your highest path.

3-Step Ritual for Release & Manifestation: “Align. Release. Manifest.”

Step 1: Reflect & Release

- Take a moment of stillness.
- Close your eyes, take a few deep breaths, and allow yourself to feel grounded.
- Reflect on any emotions, beliefs, or patterns that you’re ready to let go of.
- Ask yourself: *“What no longer serves me?”*
- Write these down on a piece of paper, knowing you are safe to release them.

Step 2: Set Clear Intentions

- After releasing, shift your focus toward the future.
- What do you want to create in your life?
- Visualize these desires with clarity and confidence.
- Write them down in the present tense, as if they have already happened.
Example: *“I am open to receiving divine guidance and unexpected blessings.”*

Step 3: Full Moon Visualization

- Sit in meditation or a quiet place.
- Imagine a radiant golden light descending from above, wrapping you in warmth and love.
- See yourself standing in this light, feeling lighter, free, and open.
- Visualize your intentions unfolding with ease and joy.
- Thank the Universe for its support and trust in the process.

Manifestation Affirmations : “Speak Your Reality Into Being”

Affirmations:

- *“I am open to receiving miracles and divine blessings.”*
- *“I trust that everything in my life is unfolding for my highest good.”*
- *“I am aligned with the limitless abundance of the Universe.”*

- *“Unexpected opportunities flow to me with ease.”*
- *“I release what no longer serves me and make space for new possibilities.”*
- *“I trust the process and know I am supported every step of the way.”*

Cosmic Journal: Reflect, Release & Manifest: “Align with the Universe Through Reflection”

Instructions:

- Take a moment to reflect on the messages you’ve received, the intentions you’ve set, and the energy you’re releasing.
- Use this space to journal your thoughts, inspirations, and intuitive downloads.
- Allow your pen to flow freely as you connect with your inner wisdom.

Journal Prompts:

1. *“What patterns, beliefs, or emotions am I ready to release?”*
2. *“What new experiences or blessings am I inviting into my life?”*
3. *“How can I trust the unfolding process even when I can’t see the whole path?”*
4. *“What intuitive messages have I received this week that I want to explore further?”*

Guided Visualization Prompt (Optional):

- Before writing, close your eyes, take three deep breaths, and imagine a golden light surrounding you.
- Feel its warmth and support as it clears away any doubt or resistance.
- When you’re ready, open your eyes and begin writing.

Day-by-Day Energetic Insights

Monday, December 9: “Be Open to Connection”

Today’s energy inspires connection and collaboration. Reach out to loved ones or engage with your community. Meaningful conversations and unexpected encounters may hold divine messages. Stay open to new social opportunities and trust the flow of shared experiences.

Tuesday, December 10: “Heal and Reflect”

The energy today supports emotional healing and self-reflection. Take time to process what’s been weighing on your heart. Journaling or quiet contemplation can bring clarity and inner peace. Trust that releasing the old makes space for new blessings.

Wednesday, December 11: “Ground and Center”

Today’s theme is stability and grounding. Spend time in nature, meditate, or practice simple rituals that bring you peace. Nurture your body and spirit with activities that make you feel safe, secure, and deeply rooted in the present moment.

Thursday, December 12: “Channel Passion Creatively”

Intense emotions can surface today. If you feel tension building, channel it into creative outlets or movement. Express yourself authentically and stay compassionate toward others. Balance comes through honesty and open-hearted communication.

Friday, December 13: “Express and Connect”

Today brings a flow of ease in communication and shared understanding. Express your truth with kindness and confidence. Share your thoughts, create something meaningful, or simply be present in heartfelt conversations. Beautiful opportunities can arise through connection.

Saturday, December 14: “Release and Receive”

A powerful energy of release is present today. Reflect on what you’re ready to let go of—old stories, limiting beliefs, or emotional baggage. Perform a simple ritual or meditation to clear your energy, making space for new insights, breakthroughs, and unexpected blessings.

Sunday, December 15: “Move Forward with Clarity”

Today’s energy supports new beginnings and fresh perspectives. Take action on ideas you’ve been considering but felt unsure about. Trust that the path ahead is becoming clearer. Move forward with purpose, knowing that you are supported in every step you take.

As we close this week’s cosmic journey, know that the energies you’ve aligned with are already working in your favor. Trust the process, stay open to miracles, and remember that even challenges carry hidden blessings. You are guided, supported, and deeply loved by the Universe.

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.

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](#)