



Unlocking the Secrets of Shoulder Pain: A Path to Spiritual and Holistic Healing

Greetings My Beloved Master of the Universe!

This guide is a sacred invitation to delve into the deeper roots of your shoulder pain, exploring the profound connection between your body, emotions, and spirit. Pain is not merely a physical sensation—it is a message from your soul, asking you to listen, reflect, and release. In these pages, you'll find gentle wisdom, spiritual insights, and natural remedies to support your healing journey. Together, let us uncover the burdens you carry and embrace the freedom that awaits when you realign with your higher self.

The Spiritual Language of the Shoulders

Your shoulders are vessels of profound spiritual symbolism, holding the energy of action, responsibility, and surrender. They are the bridge between doing and being, embodying how we carry the weight of our world while striving toward our soul's purpose.

- **The Right Shoulder (Yang Energy):** This is the realm of action, ambition, and personal power. Pain here may reflect feelings of inadequacy, frustration, or a struggle to trust the divine flow.
- **The Left Shoulder (Yin Energy):** This side speaks of receptivity, intuition, and surrender. Discomfort here often signals unresolved emotions, difficulty in receiving support, or resistance to vulnerability.

Ask yourself, *Am I carrying more than I need to? Am I holding onto emotions that no longer serve me?*

The Emotional Wisdom of Pain

The shoulders are sacred storage centers for emotions we haven't yet released—frustration, anger, grief, and even sadness from feeling unsupported. When these emotions go unspoken, they condense into tension, creating a literal "weight on our shoulders."

A Heartfelt Affirmation for Reflection:

"I release the burdens I no longer need to carry. I open myself to divine support and trust the universe to hold me with love."

Holistic Tools for Healing

Support your body's natural healing process with remedies that align with your energy.

Crystal Healing:

- **Citrine:** Promotes self-worth and clears blockages in the solar plexus, helping you regain personal power.
- [Natlaya Ankhs Goddess Vortex](#): If you are blessed to have this sacred tool, place it on the affected area to create a powerful vortex of release and renewal.

As you place the crystal or tool on your shoulder, repeat:

"With each breath, I release all that is heavy and welcome in the light of divine healing."

Homeopathy and Cell Salts:

- **Rhus Toxicodendron 30C:** For stiffness that eases with movement, offering release from the strain of unresolved tension.
- **Ferrum Phosphoricum:** Gently reduces inflammation and supports tissue healing on an energetic and physical level.

Flower Essences:

- **Holly:** To soften anger and open your heart to love.

- **Star of Bethlehem:** A balm for grief, gently healing the wounds of unexpressed sorrow.

Meditation for Shoulder Pain Release

Find a quiet space where you can connect with yourself. Place your hand gently over your shoulder or hold a healing crystal on the area. Close your eyes and take a deep breath. As you exhale, imagine the pain as a cloud of energy, slowly dissolving with each breath.

Repeat this mantra silently or aloud:

"I am safe to let go. I release the weight of my pain and open my heart to divine love and light."

Visualize golden light pouring into your shoulder, clearing the space, and replacing heaviness with freedom. Stay here as long as feels right, letting peace wash over you.

Self-Discovery: A Questionnaire for Reflection

Take a moment to explore the deeper meaning of your pain:

1. Which side of your body feels affected?
 - Right: Are you pushing yourself too hard to achieve or control outcomes?
 - Left: Are you resisting support or holding onto past emotional wounds?
2. What responsibilities feel overwhelming right now?
3. Do you feel unsupported or disconnected from your intuition?

Write your answers in a journal. The act of writing helps bring clarity and creates space for transformation.

If you are ready to go deeper, I invite you to join me in a sacred distant healing session. Together, with the guidance of your spirit team, we will uncover and release the spiritual, energetic, and emotional imprints that have manifested as pain.

In these sessions, we:

- Clear dense energetic implants and blockages.

- Release trapped emotions and burdens.
- Realign your energy with the flow of divine love and purpose.
- And so much more, please visit:

<https://www.AnnaMerkabaHealing.com>

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](#)