



Healing Ovarian Cysts Holistically: A Self-Help Guide for Balance and Well-Being By Anna Merkaba Healing

Greetings My Beloved Master of the Universe!

Thank you for taking a step toward understanding and addressing the deeper roots of ovarian cysts. This guide is designed to empower you with tools and insights to support your journey to balance and well-being. By combining spiritual wisdom, emotional healing, and practical self-care techniques, you can begin to release the patterns contributing to ovarian imbalances and embrace vibrant health.

Understanding the Roots of Ovarian Cysts

Ovarian cysts often arise from more than just physical causes. Spiritually and emotionally, they represent stagnation in feminine energy, unresolved grief, and suppressed creativity. By addressing these deeper layers, you can begin to dissolve the patterns that manifest as physical symptoms.

Your Healing Toolkit: Practical Steps for Ovarian Health

1. Emotional and Spiritual Self-Reflection

Begin by connecting with the deeper messages your body may be sending you:

- **Meditation Practice:** Place your hands over your lower abdomen, close your eyes, and take slow, deep breaths. Ask yourself, "*What unspoken emotions or losses might I be holding here?*" Allow yourself to feel and release any emotions that surface.
- **Journaling Exercise:** Write freely about any experiences of loss, grief, or suppressed creativity. Journaling is a safe space to express and process these emotions.

2. Homeopathic Remedies

Support your body with gentle, individualized remedies:

- **Apis Mellifica:** Ideal for cysts with stinging or burning pain, especially if symptoms improve with cold applications.
- **Lachesis Mutus:** Recommended for cysts linked to hormonal imbalances or emotional suppression, especially if symptoms worsen before menstruation.
- **Sepia:** For women who feel emotionally drained, disconnected, and overwhelmed, especially with cysts linked to hormonal imbalance and a sense of responsibility overload.
- **Pulsatilla:** Helpful for women who feel emotionally fragile and need comfort and reassurance.

Please note that while these remedies are popular and widely used, **homeopathy is highly individualized**. A remedy that works for one person may not be as effective for another with the same condition. A homeopath considers not just the physical symptoms but also the emotional, mental, and constitutional aspects of the individual. I would highly recommend reaching out to a qualified homeopath for a tailored plan.

3. Cell Salts for Healing

Strengthen and balance your body at the cellular level:

- **Calcarea Fluorica:** Supports tissue elasticity and helps reduce cystic formations.
- **Natrum Sulphuricum:** Aids in detoxification and alleviates water retention, promoting overall balance.

4. Flower Essences for Emotional Support

Use these essences to release emotional blockages and promote healing:

- **Star of Bethlehem:** Helps release grief and trauma from the past.
- **Walnut:** Provides protection from external influences and supports transitions.

5. Castor Oil Packs

A time-tested remedy for ovarian health:

- Soak a flannel cloth in warm castor oil and place it over your lower abdomen. Cover with plastic wrap and a warm towel or heating pad. Relax for 30–45 minutes.
- Repeat 3–4 times a week to improve circulation, reduce inflammation, and dissolve cysts.

6. Lifestyle Practices for Balance

Incorporate these habits into your daily life:

- **Hydration:** Drink plenty of water to support detoxification.
- **Movement:** Gentle yoga or walking helps to circulate energy and release stagnation in the lower abdomen.
- **Nourishment:** Focus on whole, anti-inflammatory foods such as fresh vegetables, fruits, healthy fats, and lean proteins.

7. Spiritual Practices to Reconnect with Feminine Energy

- **Affirmations:** Repeat empowering affirmations, such as *"I honor my body's wisdom and allow healing to flow through me."*
- **Energy Clearing:** Visualize golden light surrounding your ovaries, clearing away any blockages and restoring harmony.

Healing ovarian cysts is a journey of reconnecting with your body, emotions, and spiritual essence. By addressing these layers holistically, you can create lasting balance and well-being.

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](#)