

# COSMIC ALIGNMENT GUIDE

BY ANNA MERKABA





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**Renowned Channeler, Author, and Spiritual Guide**  
**Anna Merkaba** is a **celebrated spiritual guide, author of numerous books**, and a channeler whose profound work has touched the hearts of **millions worldwide**.

Through her [blog](#), [YouTube](#), [social media](#), and [transformative energy healings](#), Anna has guided countless souls toward clarity, self-mastery, and alignment with their highest purpose. For over a decade, Anna has dedicated herself to helping spiritual seekers from

all walks of life reconnect with their divine essence. **Her unique blend of channeled wisdom, personalized guidance, and practical tools has empowered thousands to embrace their soul's mission and create meaningful change in their lives. "A Trusted Voice in Spiritual Awakening"**

Anna's teachings are a source of inspiration and light for those seeking transformation. Her ability to bridge cosmic wisdom with practical steps makes her a beacon for anyone ready to step into their power. **With a lifetime of**

**service to the collective awakening, Anna brings the depth and expertise needed to support your spiritual journey.**





**From  
Stagnation to  
Flow  
February 10<sup>th</sup>  
- 16th, 2025  
This Week's  
Theme: A week  
of  
Breakthroughs**



☆  
This week is all about momentum, breakthroughs, and stepping into the flow. The energies are shifting rapidly, clearing away stagnation and revealing new pathways.

As light pours in, old obstacles dissolve, allowing fresh insights, opportunities, and manifestations to take root.

☆  
Trust in the process, follow the guidance unfolding before you, and embrace the ease with which things begin to align.





# Cosmic Alignment

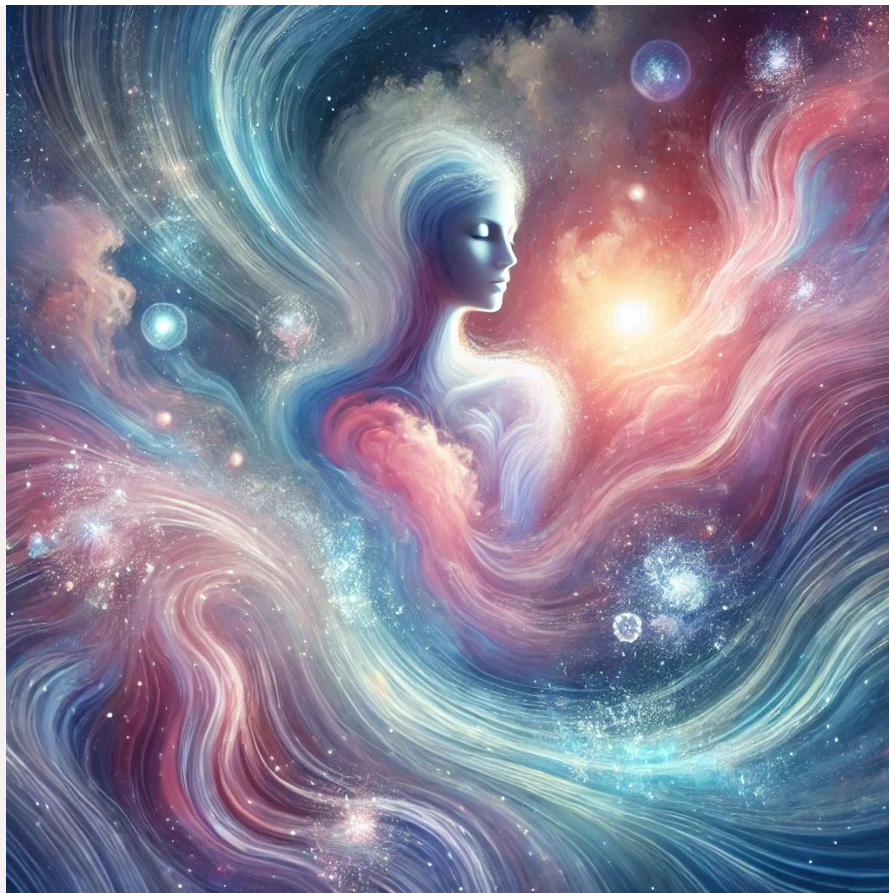
## Guide for Feb 10<sup>th</sup> – Feb 16<sup>th</sup>, 2025

This Week's Theme: ***From Stagnation to Flow***

This week, the cosmic energies push us forward, accelerating long-delayed projects, decisions, and manifestations.

The Universe is inviting you to move with the flow, let go of resistance, and trust that the shifts occurring are aligning you with your highest path.

Pay attention to synchronicities, sudden clarity, and unexpected progress—these are signs that the energy is working in your favor.





Monday

February 10<sup>th</sup>

Theme: Embracing  
the Unexpected



- **Love (Singles):** An unexpected conversation or meeting could open new romantic possibilities. Stay open to surprises.
- **Relationships/Family:** Flexibility is key—allow loved ones space to express themselves and trust the natural flow of relationships.
- **Health:** Try a new healing modality or wellness practice. Your body is ready for fresh energy.
- **Career/Finances:** Opportunities arise where you least expect them—be prepared to seize them.
- **Color of the Day:** Silver – Enhances adaptability and intuition.
- **Crystal of the Day:** Moonstone – Encourages emotional balance and flow.



Energetic Home Clearing & Property Alignment

## Sell your Home with ease | Clear Stagnant Energy | Invite Prosperity

### Struggling to Sell Your Home? Feeling Stagnant Energy?

If your home has been sitting on the market without offers, feels heavy or "off," or buyers seem hesitant—energetic blockages may be the cause. Just like people, homes hold energetic imprints, and unresolved energy can prevent a smooth sale.

### Energetic Home Clearing Can Help.

With the assistance of divine guidance, I work to release stagnation, clear past emotional imprints, and harmonize your home's energy for a seamless transition.



[Click Here to Learn More](#)

### What This Session Helps With:

- ✓ **Selling a Stagnant Property** – Attract the right buyer with aligned energy.
- ✓ **Clearing Emotional Residue** – Remove past conflict, illness, or hardship imprints.
- ✓ **Making a Home Feel Lighter & More Inviting** – Cleanse negative energy and refresh the space.

### What's Included:

- ◆ **Energetic Reset** – Clearing attachments & past imprints.
- ◆ **Financial Alignment Activation** – Attracting buyers & abundance.
- ◆ **Releasing Past Ownership Ties** – Freeing you & the property for transition.
- ◆ **Harmonizing Influencing Energies** – Clearing resistance from all involved.
- ◆ **Custom Energetic Clearing for Homeowners** –

Addressing any subconscious ties delaying the sale.

**Perfect for:** Sellers, new homeowners, real estate agents, and property investors seeking a smooth, high-vibrational transaction. **Align your home's energy today.**



Tuesday

February 11<sup>th</sup>

Theme: Inspired  
Action

Tuesday

- **Love (Singles):** Take initiative if you feel drawn to someone. This is a day for bold moves.
- **Relationships/Family:** A great time for honest discussions that strengthen trust.
- **Health:** Physical movement will help integrate this week's energetic shifts.
- **Career/Finances:** Take a step toward a goal—this is a powerful day for action.
- **Color of the Day:** Red – Sparks motivation and courage.
- **Crystal of the Day:** Carnelian – Fuels confidence and passion.



Wednesday

February 12<sup>th</sup>

Theme: Gaining  
Clarity

Wednesday

- **Love (Singles):** A moment of realization about what you truly want in a partner.
- **Relationships/Family:** Speak your truth with kindness and clarity.
- **Health:** Deep introspection will reveal the root of any emotional or physical imbalances.
- **Career/Finances:** If you've been unsure about a decision, clarity arrives today.
- **Color of the Day:** Indigo – Supports insight and higher wisdom.
- **Crystal of the Day:** Lapis Lazuli – Enhances intuition and mental clarity.



Thursday

February 13<sup>th</sup>

Theme: Strengthening  
Your Inner Power

Thursday

- **Love (Singles):** Own your worth—true alignment attracts genuine connections.
- **Relationships/Family:** Set healthy boundaries where needed.
- **Health:** Stand strong in your choices—your intuition knows what's right for you.
- **Career/Finances:** Step into a leadership role or take a decisive action.
- **Color of the Day:** Gold – Amplifies confidence and self-mastery.
- **Crystal of the Day:** Sunstone – Encourages personal power and success.



Friday  
February 14<sup>th</sup>  
Theme: Heart  
Expansion  
(Valentine's Day  
Energy)

Friday

- **Love (Singles):** Love yourself first—self-love attracts divine connections.
- **Relationships/Family:** Deepen emotional bonds with meaningful conversations.
- **Health:** Open your heart chakra through gratitude and compassion.
- **Career/Finances:** Acts of kindness in the workplace will create positive shifts.
- **Color of the Day:** Pink – Enhances love and emotional harmony.
- **Crystal of the Day:** Rose Quartz – Opens the heart to unconditional love.



## 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.

[CLICK HERE TO LEARN MORE ABOUT MERKABA HEALING](https://www.Annamerkabahealing.com)

## A path to renewal with deeper healing

If you feel called to explore the deeper layers of your healing journey, I invite you to experience a personalized healing session with me. Together, we will uncover the spiritual and emotional imbalances contributing to your challenges and work to bring you back into alignment with your soul's highest path.

With Love & Light,

*Anna Merkaba*

[www.Annamerkabahealing.com](https://www.Annamerkabahealing.com)



Saturday

February 15<sup>th</sup>

Theme: Releasing  
Resistance

Saturday

- **Love (Singles):** Let go of limiting beliefs about relationships.
- **Relationships/Family:** A great day for reconciliation and healing.
- **Health:** Detoxing and cleansing practices are highly beneficial today.
- **Career/Finances:** Release attachment to outcomes—trust in divine timing.
- **Color of the Day:** Blue – Encourages peace and surrender.
- **Crystal of the Day:** Aquamarine – Supports emotional release and trust.



# Sunday

## February 16th<sup>th</sup>

### Theme: Integration and Realization



- **Love (Singles):** A sense of inner peace regarding your love life.
- **Relationships/Family:** Celebrate progress in your personal connections.
- **Health:** A day to rest, recharge, and integrate the week's transformations.
- **Career/Finances:** Clarity on what's next—set intentions for the upcoming week.
- **Color of the Day:** White – Symbolizes purity and fresh beginnings.
- **Crystal of the Day:** Clear Quartz – Amplifies clarity and spiritual alignment.



# This Week's Sacred Ritual

## Full Moon in Leo: Breaking Through & Embodying Your Light

This Full Moon invites you to release old constraints and step into bold self-expression. It illuminates the parts of you that are ready to shine and brings the energy needed to break free from stagnation. This ritual will help you harness this powerful lunar energy, clearing obstacles and activating your divine radiance.





# This Week's Sacred Ritual

## Sacred Ritual for Breakthrough & Flow



### Sacred Ritual for Breakthrough & Flow

- This ritual supports you in:
  - Releasing energetic blockages and self-doubt
  - Activating personal empowerment and confidence
  - Aligning with the flow of ease, success, and clarity

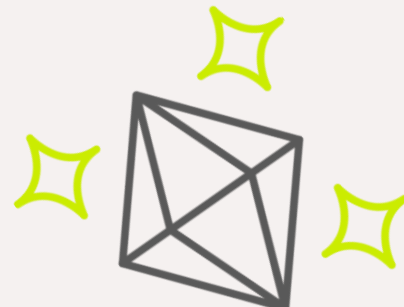




## What you'll need:



- Candle:** Gold or Orange (for confidence and personal power)
- Crystal:** Citrine or Tiger's Eye (for manifestation and courage)
- Incense or Herbs:** Frankincense, Rosemary, or Cinnamon (for clearing and empowerment)
- Bowl of Water:** For emotional release and flow
- Journal & Pen:** To reflect and affirm your breakthroughs
- Music:** Play empowering frequencies (528 Hz or uplifting anthems)





## Metaphysical Ascension Power Tool for this week:

Super powerful Tool "Isis" for Healing, Protection against black magic, curses and spells. The disk is a way to raise your consciousness; a way to reestablish contact with Isis; a way to renew ancient vows; a way to reenter into a state of divine grace; and a way to receive divine inspiration and spiritual nourishment.

Handmade to order by Natalya Ankh

[CLICK HERE TO LEARN MORE ABOUT THIS DISC](#)



## Step 1: Creating Your Sacred Space



- Find a quiet space and light your candle.
- Hold your crystal and take deep breaths, grounding yourself.
- Reflect on the stagnation you're ready to release and the expansion you want to embrace.

**Affirm: “*I welcome clarity, movement, and alignment. I am ready to shine.*”**



## Step 2: Releasing the Old

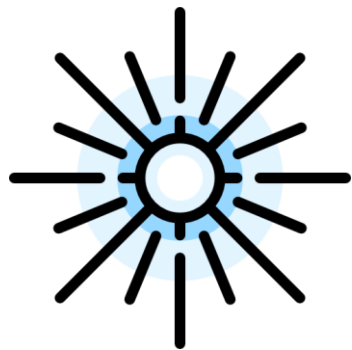


- Write down limiting beliefs, fears, or anything keeping you stuck.
- Hold the paper over the bowl of water and visualize the Full Moon's light dissolving these blockages.
- Place the paper under the bowl as a symbolic surrender.

***Affirm: "I release what no longer serves me. I am free."***



## Step 3: Activating Your Power



- Hold your crystal in your dominant hand.
- Imagine golden light pouring into you from above, filling you with strength and certainty.
- Visualize yourself thriving, moving forward, and fully aligned with your highest path.

***Affirm: “I am confident, radiant, and fully aligned. Everything flows in my favor.”***



## Step 4: Journaling Your Insights



Take your journal and write down any **messages, visions, or feelings** that arise when you ask the following questions.

- What am I ready to release permanently?
- What new energy am I embracing?
- What steps can I take to align with this shift?

Let the answers flow freely without overthinking.



## Step 5: Sealing the Ritual



- Thank the Full Moon for its guidance.
- Blow out the candle with gratitude, knowing the shift is already unfolding.
- Pour the water outside or down the drain, symbolizing the final release.

***Affirm: "It is done. I trust my journey."***



## Integration Practices for this week



- **Drink plenty of water to support energetic shifts.**
- **Spend time in sunlight to integrate Leo's bold energy.**
- **Move your body – dance, walk, or stretch to embody flow.**
- **Repeat affirmations daily** to maintain the activation. "I move with ease. Everything aligns for me."

**I am wishing you a week filled with divine connection, alignment, and transformation.** Trust in your path, trust in your power, and know that you are infinitely loved.

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

*Anna Merkaba*

Transform your life with distant Merkaba Energy Healing by Anna Merkaba Visit  
[www.Annamerkabahealing.com](http://www.Annamerkabahealing.com)