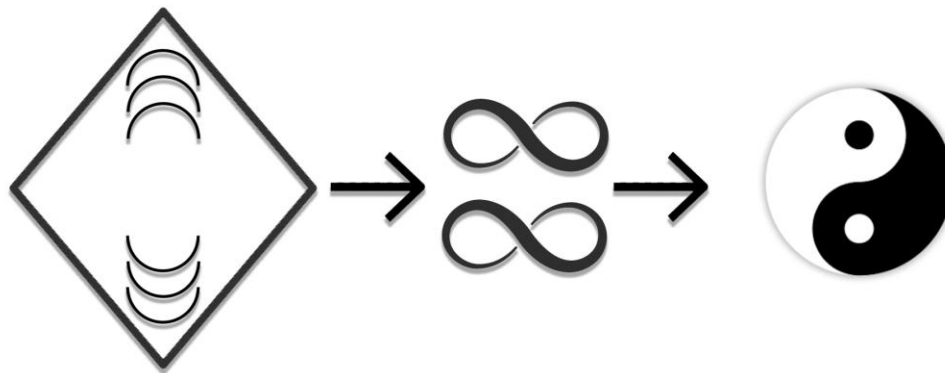




# THE LIBERATION SEQUENCE: VISUAL FORMULA TO BREAK THE HIERARCHY GRID



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**Renowned Channeler, Healer, and Author.** 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.





# The Liberation Sequence: Visual Formula to Break the Hierarchy Grid

*Decoded from vision into simple, tangible meaning*

This symbol came to me in a vision what felt like a transmission of truth encoded in shape, not words. It was given as a *formula to dissolve the Draconian frequency grid* that has silently influenced human consciousness for thousands of years.

What you're seeing is not just artwork. It's a **step-by-step deprogramming sequence** designed to shift your awareness out of comparison, hierarchy, and inner division... and return you to wholeness.

Let me walk you through what each part means:

# 1. Top Row – The Control Grid (False Hierarchy)



This repeating zigzag with black dots above and below represents the **Draconian framework** of separation.

Each peak and valley holds a dot symbolizing the illusion of *winners and losers, higher and lower, worthy and unworthy*.

This system feeds on:

- Comparison
- Competition

Identity-based superiority/inferiority

Constant striving to “be better than” someone else

**The result:** You’re always bouncing. Never settled. Always “almost enough” but not quite. This is the false matrix that controls *perception*.

## 2. Diamond with Curved Waves – The Inner Recalibration



Below the control grid is a **diamond (rhombus)** with mirrored curves: three rising, three falling.

This shape represents the **inner chamber of recalibration**.

- The **three upward curves** = rising energy: empowerment, remembrance, truth
- The **three downward curves** = descending energy: grounding, integration, embodiment

Here, the extremes of the zigzag are brought into a sacred center. The nervous system softens. You stop ping-ponging between “more” and “less” and begin to remember: *I am not here to rank. I am here to align.*

This is the chamber of neutrality, where healing begins.



## St. Germain Violet Flame Disc – Crown of Transmutation



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

This is not just a disc—it is a sacred emissary of light, forged in alliance with the Violet Flame and the guiding presence of Saint Germain himself. Encoded with amethyst, copper, and quartz cut into the Flower of Life, this tool was created to awaken your crown chakra, not as a concept, but as an experience—a portal to divine clarity, spiritual sovereignty, and vibrational freedom. **It carries the frequency of remembrance, for the one who is ready to shed the remnants of karmic density and rise into communion with the infinite.**

Hold it during meditation, place it near your bed, or rest it upon your altar—it will do what it came here to do: open you. Through it, the Violet Flame does more than cleanse—it transmutes. It raises the vibration of your very atoms, realigns your connection to Source, and reignites the divine compass within. **For those who are ready to reclaim their multidimensional sight, release the past, and walk as their divine self, this tool is not just helpful—it is *home*.**

### 3. Double Infinity Signs – The Expansion Beyond Polarity



From this recalibrated state, the energy evolves into **two stacked infinity loops** symbolizing upper and lower consciousness syncing.

- **Top loop:** Soul awareness
- **Bottom loop:** Human self

This is the **fusion of your multidimensional awareness** with your everyday life. You're no longer stuck in linear timelines. You're no longer just *reacting* you're remembering.

This stage signals the beginning of **sovereign awareness**.

You're moving beyond the game board.

## 4. Yin-Yang Symbol – Integration & Wholeness



Finally, the two loops merge into a perfect **yin-yang** symbol. Not just balance but *integration*.



This is the moment when:

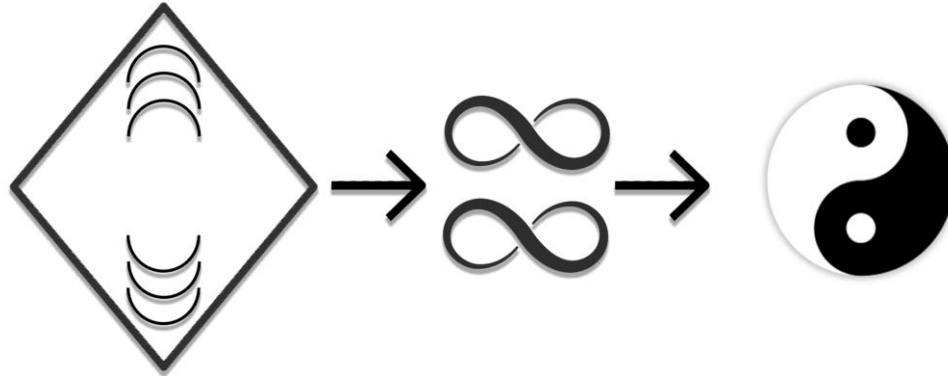
- Masculine and feminine unite
- Doing and being flow together
- Light and dark are no longer at war
- Self and other become reflections, not rivals

This is what *freedom from the hierarchy* truly feels like: no longer trying to be “above” or “below” anyone. Just *whole*.

And wholeness... can't be controlled.



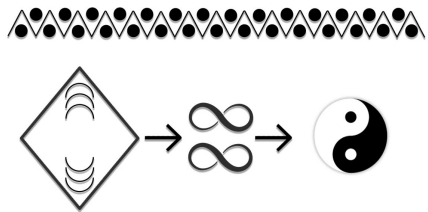
# How to Use This Formula Day to Day



This is not a code to be solved, it's a **frequency to be felt**. You don't need to "get it" with your mind. Just let your **body, breath, and soul engage it directly**. Here's how to begin: Set aside a few quiet minutes. Print or draw the formula. Lay it before you. Then, **trace the image slowly from top to bottom** either with your finger, your breath, or your awareness.



## 1. Trace the Path



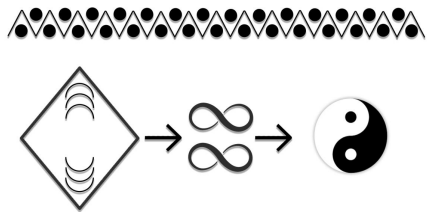
As your finger moves along the **zigzag line at the top**, breathe into the parts of you that still feel stuck in the game: comparison, hierarchy, needing to prove yourself.

- Notice any reactions: Are you feeling superior? Inferior? Judged? In control? Out of control?
- Say softly (out loud or within):
  - **“Where am I in comparison right now?”**
  - **“What part of me is trying to be above or below?”**
  - **“Where am I overcompensating just to feel safe?”**

You're not judging yourself. You're simply *becoming aware* of where you're still hooked into the grid.



## 2. Enter the Diamond Chamber



Next, bring your attention to the **diamond shape**. Pause here. This is your **reset zone**.

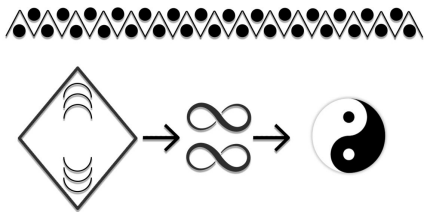
- Breathe deeply into your center. Visualize all that fractured energy coming back home.
- Place one hand over your heart, the other over your solar plexus.
- Say: **“I step out of division. I choose my center.”**

Let yourself rest here for a moment, as if you’ve found the eye of the storm. This is your sanctuary. The nervous system begins to relax.

Your soul takes the wheel again.



### 3. Activate the Infinity Sequence



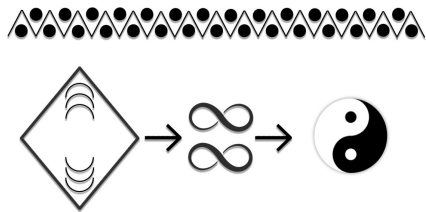
Now, gently trace the two stacked **infinity signs**. Let your breath move like a slow figure-eight.

- Visualize the top loop connecting to your **higher self**, your soul's wisdom.
- Visualize the bottom loop connecting to your **human experience**, the part of you navigating relationships, career, body, time.
- Let these loops spin together in rhythm, syncing your multidimensional awareness with your day-to-day life.
- You might softly affirm: **"I expand beyond control. I live from alignment."**

This is where time stops running you. You stop chasing and start remembering.



## 4. Rest in the Yin-Yang



Finally, let your eyes or hand rest on the **yin-yang** symbol at the bottom. This is your **integration point**, the moment the fragmented becomes whole.

- Visualize black and white merging in harmony, not opposition.
- Masculine and feminine. Action and stillness. Will and surrender.
- Feel the field around you **soften and recalibrate**.

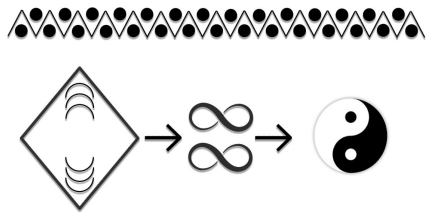
You might feel a drop in pressure. A wave of calm. Or simply stillness.

- Affirm gently: **“I am no longer programmable. I am whole.”**  
**“I am not here to rise above. I am here to return within.”**

Let this be your completion breath.



## Optional Practices for Ongoing Use



- **Draw it in your journal** and revisit it weekly as a check-in with yourself
- **Mirror magic:** recreate it on your mirror with chalk marker and trace it each morning as a centering tool
- **Altar piece:** place the image under a crystal, candle, or sacred item as a symbolic declaration: *This is what I am unraveling. This is the code I choose to live by.*



You can also share this image with others, but only if it resonates. This isn't about convincing anyone. It's about returning to the inner truth that doesn't need permission to be real. Let this formula do its quiet work. Over time, it will start to rewire the places where you've been living under someone else's rules.

There's a quiet unraveling happening, individually, collectively, cosmically. If any part of this touched something in you... follow it gently. You don't have to figure it all out. Just stay with what feels real.

The rest will come.

**Sending you lots of love and high vibrations,**

**~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–**



[CLICK HERE TO LEARN MORE ABOUT MERKABA HEALING](#)

Are you sensing an invisible weight—a quiet knowing that something within you longs to be freed?

A pull to heal what lies beneath the surface and return to the luminous essence of who you truly are?

This isn't wishful thinking.

—it's your soul whispering: *It's time.*

This **Multidimensional Healing Session** is not a surface tune-up. It's a sacred, deeply intuitive journey into the layers of your energy field to clear what has been holding you back—across lifetimes, timelines, and ancestral lines.

***What makes this session different?***

- Release hidden imprints, implants, and karmic entanglements that distort your flow.
- Recalibrate your aura, awaken dormant gifts, and realign you to your divine timeline.
- Anchor lasting shifts at the cellular, emotional, and spiritual levels.

Afterward, you'll receive a **beautifully detailed 20+ page report** revealing what was witnessed and healed, along with loving guidance for your next steps.

This is far more than a healing session.

—it's a soul restoration, a quiet homecoming to yourself.

If your heart stirs as you read this, trust that the moment has arrived...

to release.

to restore.

to return fully to your light.