



MERKABA ENERGY HEALING

Forgive - Let Go - Allow

✧ Preparing for the 3I/ATLAS Activation ✧

How to stay aligned as this interstellar visitor enters our field (peaking around Dec 21)

Stay Present with the Body

- Your nervous system is your anchor.
- Prioritize rest, grounding, and gentle movement.
- Walk barefoot on the earth, slow your breath, take mineral-rich baths.
- Don't push... this is a time for *reception*, not overexertion.

Hydrate with Purpose

- These incoming frequencies shift the electrical system.
- Drink clean, structured water with minerals (trace drops, lemon, or sea salt).
- Whisper an intention into your water: *"I am open to receive what serves my highest path."*

Clear the Static

- Minimize overstimulation: news, screens, loud noise.
- Make space for silence so you can hear the transmission behind the noise.
- Smudge your space, use essential oils, or sound (like tuning forks or singing bowls) to recalibrate your field.

Track Your Dreams and Symbols

- Keep a notebook by your bed.
- Dreams and synchronicities will increase, write them down, even fragments.

- This is how your soul and guides will communicate encoded instructions.

Connect with Your Blueprint

- Meditate with the intention: *“Show me what I carry within me that is now ready to awaken.”*
- Use tools that resonate: crystals, [metaphysical tools](#), soul sigils, breathwork, DNA activation meditations.
- Light a candle and sit in stillness for 11 minutes daily if possible.

Support Your Physical Body

- You may experience detox symptoms, emotional waves, sleep disruption.
- Gently support your liver, adrenals, and digestion (herbal teas, magnesium, grounding foods).
- Trust your body, this is a recalibration, not a malfunction.

Be a Lighthouse for Others

- You are not just receiving... you are transmitting.
- Speak gently to those around you. Be patient with those who are awakening more slowly.
- Your presence is part of the new grid. Hold steady.

Mark the Portal: December 21

- This is the peak moment when 3I/ATLAS fully transmits its frequencies into Earth's field.
- Prepare a personal ritual: light a candle, say a prayer, offer gratitude, or write a letter to your future self.
- You do not need to *do* much, just *be in communion* with what is arriving.

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–<https://sacredascensionmerkaba.wordpress.com/>



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.

[**Click here for more information**](#)