



# LEMURIAN ECHOES ARE CALLING

Activate the Codes of Your Soul

ANNA MERKABA





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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.







# Activating Your Lemurian Codes

*A step-by-step journey to access the  
wisdom your soul remembers*

*You don't need to "try harder", you  
just need to turn inward.*

The activation begins now...



# Step 1 — Recognize the Call



**“Something ancient is stirring in you. Let it.”**

Take a breath and ask yourself: *What have I always been drawn to but never understood why?*

Water, crystals, sacred geometry, oceanic beings, temples, light languages... these aren't random.

These are soul memory cues. Acknowledge them. Write them down. Let your system know: *I see the signs.*

*Suggestion:* Journal 5 things you're drawn to that feel oddly “familiar.”

## Isis Disc – Portal of the Divine Mother



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

This is not merely a disc—it is a resurrection. **A sacred key long held in the higher realms, now brought forth by permission of the Divine Mother Isis herself.** Formed through light, gemstone, gold, and ancient intention, **the Isis Disc opens a living portal to the realms of healing, protection, and magic.** It is for the priestess reawakening, the healer remembering, the seeker ready to reclaim her divine inheritance. **This tool does not offer power—it *restores* the power that was always yours.**

Infused with the essence of the all-encompassing feminine, **this disc is a vessel of protection** from curses, black magic, and distortion. But more than that, **it is a gateway: to cellular remembrance, to past-life healing, to the voice of Isis whispering behind the veil.** Whether placed on your solar plexus, your third eye, or the heart of a client—this tool invites transformation. Expect the rising of old truths, the dissolving of forgotten pain, and the return of sacred light into the body. **You are not just using the Isis Disc—you are walking into the temple you once belonged to.**

## Step 2 — Create Sacred Listening Space



**“You can’t hear what’s subtle when you’re overwhelmed.”**

Choose a day or hour this week to be still. Water nearby is ideal... ocean, bath, bowl of water, or even rain.

Light a candle or bring in crystals that resonate with Lemuria (aquamarine, selenite, larimar, rose quartz).

Set the intention: *I open to the Lemurian light within me.*

Sit. Breathe. Let the energy rise from your belly or your chest. Don’t force. Just feel.

*Suggestion:* Add music with ocean sounds or Lemurian frequencies to enhance the space.

## Step 3 — Drop Into the Grid



**“The codes are not above you, they’re beneath your feet and within your bones.”**

Visualize a crystalline grid beneath the Earth... soft, glowing, triangular strands of light.

See yourself stepping into one of the triangulated points. You are safe here.

Allow it to hum beneath you. Let your body begin to remember.

You don’t need to *know* what it is, just allow the connection.

*Suggestion:* Visualize light entering your soles and circulating through your spine.





[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.



## Step 4 — Ask for What Is Yours



**“The codes are not random. The ones meant for you will come.”**

Speak this aloud or silently:

*“I call forth the frequencies, memories, and wisdom that are mine to carry into this life.”*

Wait. Feel. Maybe you’ll see light, maybe words, maybe emotion. Maybe silence.

Whatever comes is perfect. Just receive.

*Suggestion:* Place your hands over your heart and belly. Breathe deeply. Let it land.

# Step 5 — Anchor Through Expression



**“What you access must be *embodied* to stay.”**

After the activation, find a way to express what came through:

- Speak it aloud
- Write it in your journal
- Draw symbols or shapes
- Dance, hum, paint, move, whatever helps it stay in your field

Don't worry about “getting it right.” Your body knows how to remember.

*Suggestion:* Write one sentence that begins with “I now remember...”

# Step 6 — Share the Frequency



**“You are the medicine.”**

The codes activate fully when lived.

You’re not here to explain them. You’re here to *radiate* them.

Be more of your true essence in your relationships, work, creativity, and presence.

Let the ancient light leak into the modern world through *you*.

*Suggestion: Ask yourself: Where in my life can I show up more as my soul self?*



# Step 7 — Stay Open and Keep Listening



**“The codes arrive in layers, not all at once.”**

This isn't a one-time download. It's a relationship.

Keep listening. Trust the quiet nudges.

Let Lemuria walk with you now—in your choices, your clarity, your devotion.

*Suggestion:* Create a small “Lemurian altar” with stones, water, or symbols to keep the frequency alive.

# Affirmation



*"I carry ancient light in modern form. I remember who I am. I step forward now with reverence, courage, and grace."*

You don't need to be perfect. You just need to be *present*. The Earth remembers you. Now it's time for you to remember *Her*.

And if something stirred inside you today... If you've been feeling the call but haven't known where to begin... This is your invitation to step deeper into your purpose. *My Life Purpose Reading* is a personal soul-activation. A beautifully channeled transmission to help you remember who you are, where you came from, and why your presence here matters.

And it would be my honor to open the door to your remembering. To learn more about Life Purpose Channeled Reading please visit: <https://annamerkabahealing.com/your-cosmic-origins-discover-your-souls-essence-and-purpose/>

Sending you lots of love and high vibrations!

~Anna Merkaba



1:1

## DISTANT ENERGY HEALING

IMPLANTS | ENTITIES | KARMA | ENERGY TEARS

PAST LIFE | DNA | PINEAL | KUNDALINI

THIRD EYE | PRANA | AURA | CHAKRAS

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