



THE NEREUS
OCEAN TRANSMISSION ACTIVATION GUIDE
— BY ANNA MERKABA —



Anna Merkaba

AnnaMerkaba@Fastmail.com

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.



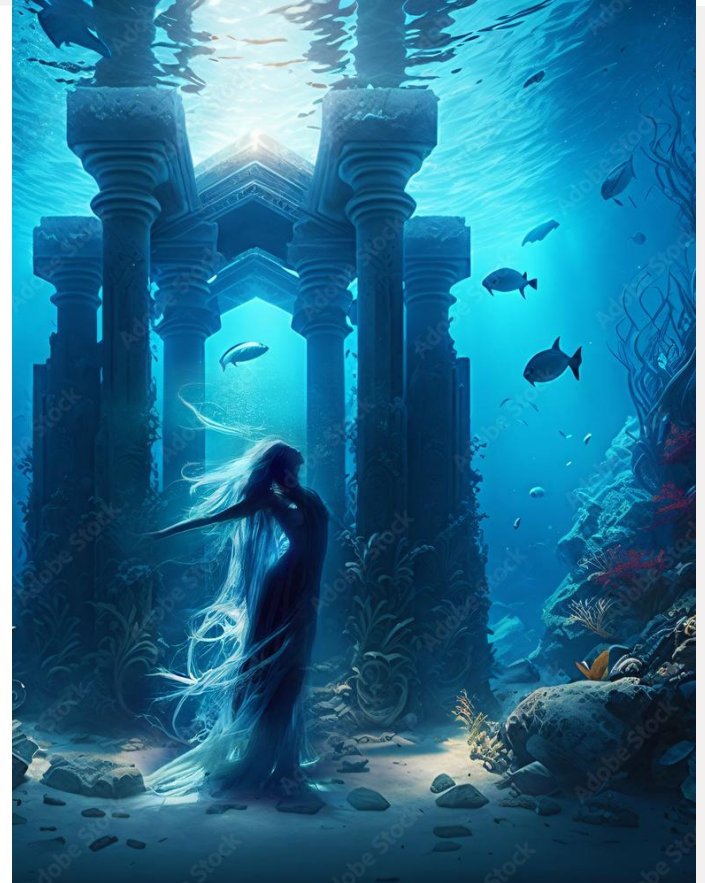
Why you are here

This is not imagination. It is remembrance. Something drew you to this guide. Perhaps it was a feeling you have been carrying for a while now. A pull toward the ocean, toward the sky, toward something vast and ancient that you could not quite name. Please know, you did not stumble here.

Beneath the surface of this world, in the depths of an ocean older than memory, a being known as Nereus, the Conductor of the Symphony of the Ocean, is sending a transmission.

He has asked me to reach those who carry a specific frequency. Those who feel called to the dolphins, the whales, and the eagles.

If something stirred in you when you read those words, you are already receiving his signal. Come as you are. Nothing more is required.



THE JOURNEY BEGINS — ENTERING THE FIELD



Before you engage with your symbol, you are invited to arrive. Not just mentally. Fully. In your body, in your breath, in your presence.

Find a quiet space where you will not be disturbed. Sit comfortably with your spine gently lengthened. Place one hand on your heart and one on your belly.

Close your eyes.

Say inwardly: *"I come in truth. I come in love. I come only if I belong."*

Let your breath slow. Let your shoulders drop. Let your jaw unclench.

You are safe here. You are held.



GROUNDING INTO THE EARTH



Before you descend into the ocean field, you must first root.

Feel the weight of your body against the surface beneath you.
Feel your feet, your legs, the base of your spine.

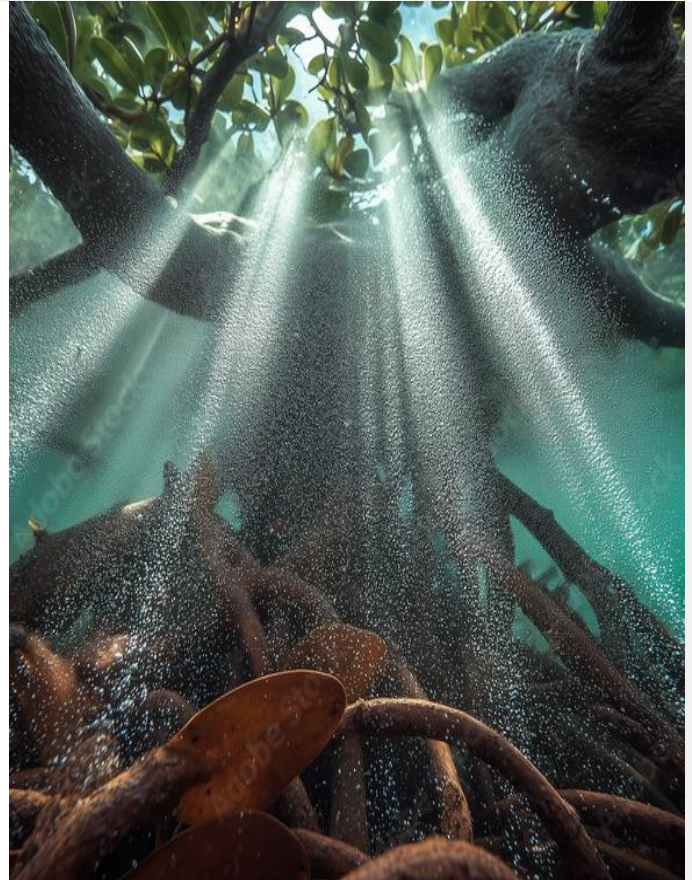
Imagine roots growing downward from your body, slowly, steadily moving through the floor, through the earth beneath it, deeper and deeper into the ground.

You are not leaving your body to do this transmission. You are arriving more fully within it.

Breathe here for five slow cycles. In through the nose. Out through the mouth.

With each exhale, feel yourself becoming more present, more still, more rooted.

You are ready.





THE DESCENT

Now, with your eyes still closed, bring your awareness to the ocean. Not a specific ocean. The ocean. All of it. Ancient, vast, impossibly deep, alive with a intelligence that predates human memory.

See yourself at the surface. Feel the water around you, luminous and clear. And then begin to descend.

Gently, deliberately, as though something loving is guiding you exactly where you need to go.

Down through the layers of light. Into the quieter deep. Through the currents and the silence and the living darkness of the underwater world.

Until something ahead begins to glow.
You are moving toward it. You have arrived.
And one of them is coming to meet you.



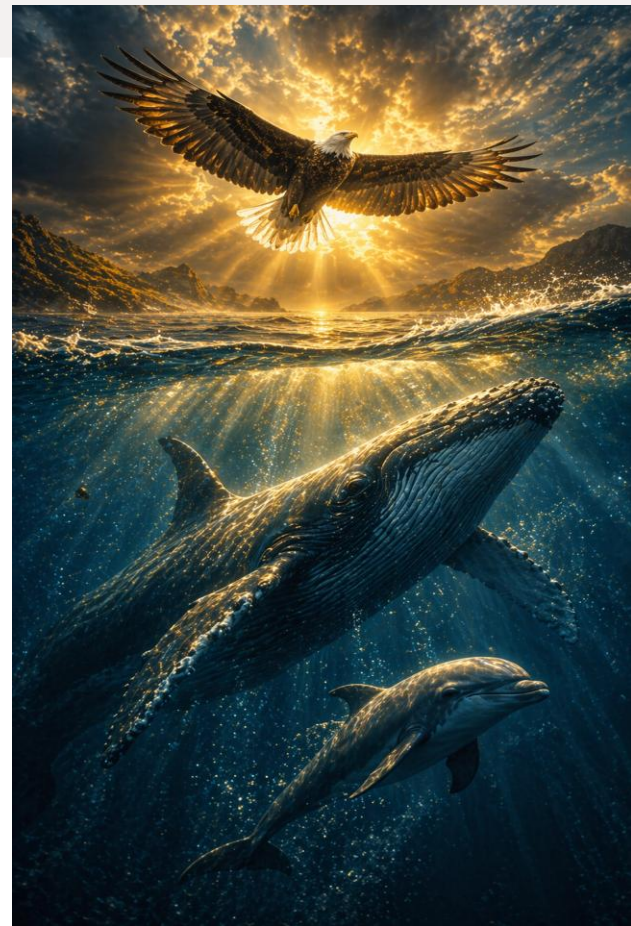
INTRODUCTION TO THE THREE PRESENCES

These are not simply animals. They are cosmic transmission channels. Living frequencies held in embodied form, placed here long before our current civilization, carrying intelligence from depths and heights that human language has not yet fully mapped.

Each presence carries a specific quality of energy. Each one works with a different axis of what is now being activated on this planet.

You may feel drawn to one immediately. You may feel something stir in your chest, your throat, your belly as you look at each symbol. Trust that pull.

You are not meant to engage with all three unless you feel genuinely called to all three. One presence, engaged with deeply and sincerely, is enough. Look at each symbol on the following slides. Read the description. Sit with the reflection questions. Let your soul, not your mind, choose.





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*.**



THE DOLPHIN: The Joyful Navigator

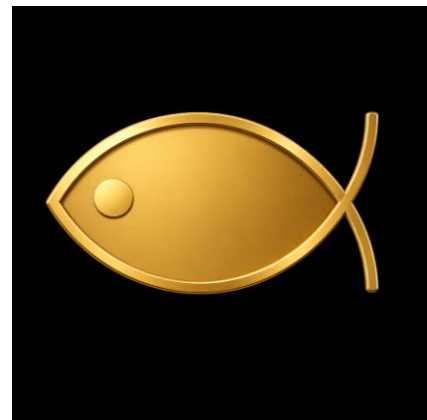
This is the symbol of the fish, the ancient golden vessel of living water. A form that moves through water the way light moves through air, effortlessly, purposefully, leaving ripples long after it has passed.

The dolphin carries the frequency of joyful intelligence. Not intelligence as the mind knows it, but as the body knows it. Transmission through vibration, through feeling, through sound. Dolphins do not think their way through the world. They sing it.

If you feel drawn to the dolphin, you are one who carries messages. You may not always know what you are transmitting, but those around you feel it. Your laughter shifts rooms. Your presence reminds people, without words, that it is still possible to play.

But there is more to you than lightness. Dolphins navigate in the dark using sound alone. You too have always found your way through what others could not see. This presence is for the navigators. The ones who came here to demonstrate that frequency can change a field faster than any argument ever could.

Reflect: Do you find your energy is contagious? Have you always felt that joy is somehow essential to your purpose? Are you being called right now to transmit something into a world that has forgotten what lightness feels like?





HOW TO ENGAGE WITH THE DOLPHIN PRESENCE

If the Joyful Navigator called to you, here is how you may wish to engage.

Step One — Connect Sit comfortably. Place both hands on your heart. Take three slow breaths. Let your body remember what it feels like to be light.

Step Two — Call the Presence Visualize the golden fish symbol before you, glowing softly. Say inwardly: *"I open my field to the dolphin presence. I am ready to receive what it carries."*

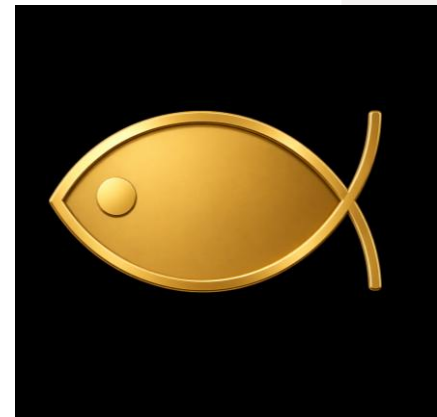
Step Three — Receive Imagine a dolphin arriving on your left side. It circles you with joy. Simply receive. If an impulse to hum or tone arises, allow it. This is the dolphin working with you.

Step Four — Transmit Send what you received outward from your heart in all directions, the way sound travels through water, reaching everything it touches.

Say inwardly: *"I am a navigator of frequency. I carry joy as a sacred transmission. I play. I sing. I transmit. I am the living current."*

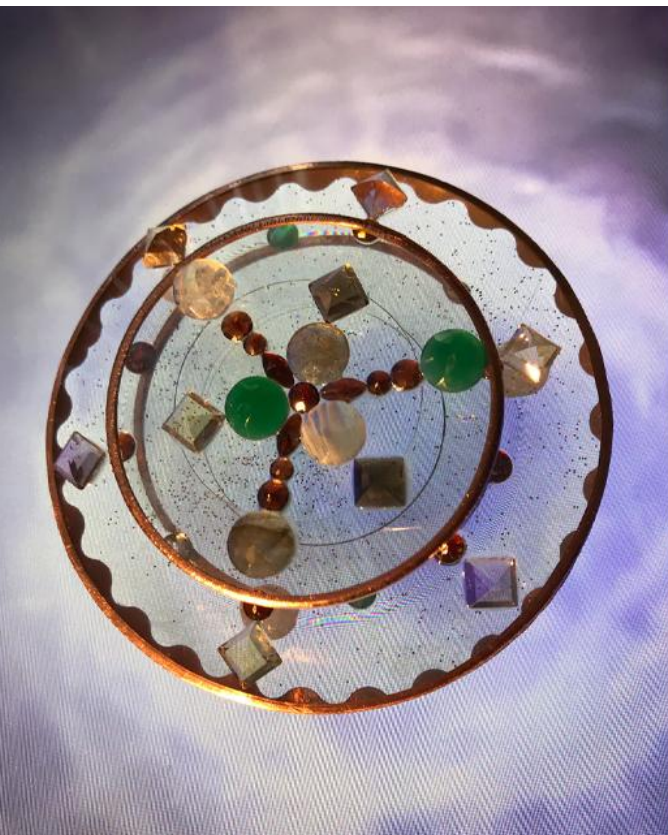
Step Five — Anchor Sit in stillness until a quiet sense of completion arrives.

Reflect after: What did you feel? Did any sounds or knowings arise? The dolphin often activates creative transmission in the days that follow.





Starseeds Home Portal Activator – Intergalactic Space Key



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

Starseeds Home Portal Activator – Intergalactic Space Key

This is not merely a key—it is a soul contract fulfilled. A living relic seeded from the stars into this dimension for the precise moment your spirit was ready to remember its truth.

The Starseeds Home Portal Activator is a multidimensional beacon forged from cosmic light, crystalline memory, and divine instruction. It calls to the Starborn—the wanderers, the galactic empaths, the ones who never fully belonged—because it was made *for* you. This disc is not an object. It is a tuning fork for your soul's original resonance—a bridge between who you've been, who you are, and who you came here to become.

When held with intention, it activates the deepest vaults of your energetic anatomy—awakening the 10th, 11th, and 18th chakras, realigning your lower centers, and superimposing your divine blueprint back into your field. In time, the etheric gates swing open. Dreams shift. Visions arrive. Symbols find you. And communication with your Galactic Family resumes, flowing through your thoughts, your body, your sleep.

You are no longer searching. You are receiving. This disc is for the ones ready to reclaim their cosmic lineage, to walk as emissaries of Earth, and to live by the original instructions carried in their bones. You were never lost—you were simply waiting for this key to unlock the memory.



THE WHALE: The Ancient Keeper of Memory

This is the symbol of the tuning fork, two arms rising from a single stem, open and receptive to the sky. A tuning fork does one thing: it holds a frequency perfectly and transmits it purely. Whatever it is struck with, it returns the true tone.

The whale carries the frequency of oceanic memory. Their songs are not communication as we understand it. They are record-keeping. Living archives. Sonic libraries of everything this planet has experienced.

If you feel drawn to the whale, you are one who carries ancient knowing. Not as information you can recite, but as a quality of presence. When you walk into a room, people sense you have seen more than your years suggest. You have always felt, even if you could not explain it, that you are here for something spanning far beyond this single lifetime. Your soul remembers what your mind has not yet translated.

This presence is for the deep divers. The holders of record. The ones who came here carrying in their very cells the memory of what this earth was, so that what it is becoming may be anchored in what has always been possible.

Reflect: Have you always felt older than you are? Does low frequency or chanting affect you in ways that go beyond emotion into something almost cellular? Are you being called right now to retrieve something from the deep, not for yourself alone, but for the collective?



HOW TO ENGAGE WITH THE WHALE PRESENCE



If the Ancient Keeper called to you, here is how you may wish to engage.

Step One — Connect Find a still space. Place a glass of water beside you. Let your full weight settle into the surface beneath you. Whales do not hover. They inhabit their full depth. You are invited to do the same.

Step Two — Call the Presence Visualize the golden tuning fork symbol before you, glowing warmly, its two arms open to the sky. Feel it begin to vibrate in a frequency you feel more than hear. Say inwardly: *"I open my field to the whale presence. I am ready to receive what it carries."*

Step Three — Receive Imagine descending slowly into deep ocean with the ease of a creature who belongs there. From the distance, a sound begins. Low. Vast. Ancient. Let it move through your body. If emotion arises, let it. The whale transmission often releases ancestral grief you have been holding without knowing it.

Step Four — Sound Allow a low tone to arise from your throat. A hum. A sustained vowel. This is you joining the whale song. Say inwardly: *"I am a keeper of deep time. Through me, the ancient record is held intact. I sound. I hold. I remember."*

Step Five — Anchor Return slowly. Drink the water beside you, bringing what you received fully into your physical form.

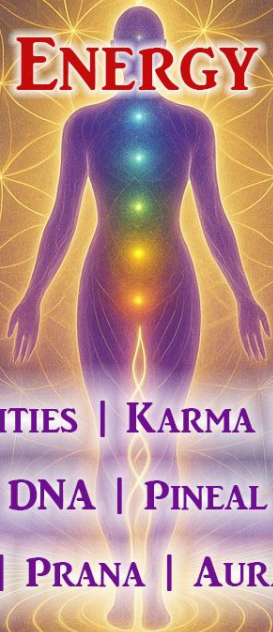
Reflect after: What arose in you? Did grief or emotion move through? The whale continues to transmit long after the practice ends.





1:1

DISTANT ENERGY HEALING



IMPLANTS | ENTITIES | KARMA | ENERGY TEARS

PAST LIFE | DNA | PINEAL | KUNDALINI

THIRD EYE | PRANA | AURA | CHAKRAS

[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.



THE EAGLE: The Celestial Bridge

This is the symbol of the winged disc, wings spread wide from a central orb, the ancient symbol of the divine solar principle carried across Egyptian, Mesopotamian, Persian, and Vedic traditions. The disc is the source. The wings are the capacity to carry that source across vast distances without losing a single particle of its light.

The eagle bridges the terrestrial and the celestial, carrying transmissions from the highest reaches of the luminous field down into the embodied world. Nereus explained it this way: the eagle and the cetaceans are mirrors of each other. Dolphins and whales are the eagles of the ocean. They surface, breathe consciously at the boundary between worlds, and return below with what they gathered. The eagle does the same between earth and sky.

If you feel drawn to the eagle, you are one who sees from height. You have always perceived the larger pattern when those around you were lost in the detail. You have felt the loneliness of that vantage point, of knowing what has not yet arrived.

This presence is for the visionaries. The ones whose clarity, offered in the right moment, can shift the trajectory of what is unfolding.

Reflect: Do you perceive patterns and outcomes that others miss? Have you felt called to a spiritual leadership you have not yet fully stepped into? Are you being asked to offer your vision, not to impose it, but to make it available for those who are ready?



HOW TO ENGAGE WITH THE EAGLE PRESENCE



If the Celestial Bridge called to you, here is how you may wish to engage.

Step One — Connect Sit upright. Lengthen your spine. Lift your gaze slightly even with eyes closed. Place both hands on your thighs, palms open and receptive.

Step Two — Call the Presence Visualize the golden winged disc before you, its wings spanning wide. Feel them as your own, extending from your shoulder blades. Say inwardly: *"I open my field to the eagle presence. I am ready to bridge what it asks me to bridge."*

Step Three — Ascend Imagine your awareness rising upward like a column of light, into the upper reaches of the field. Feel the clarity. The stillness. The vast unhurried perspective. Ask inwardly: *"What is mine to see? What is mine to carry back?"* Receive whatever comes without forcing it.

Step Four — Descend and Anchor Bring what you received slowly back down into your body, your cells, the earth beneath your feet. The eagle does not keep the transmission at altitude. It brings it all the way down. Say inwardly: *"I am a bridge between the celestial and the terrestrial. I ascend. I receive. I return. I anchor."*

Step Five — Ground Place both palms flat on the floor. Breathe the transmission all the way into the earth. The eagle's gift is not complete until it has fully landed.

Reflect after: What did you perceive? Did clarity arrive about your path or something larger? The eagle activates the visionary faculty and continues working for days after the practice ends.





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.**

Thank You for Walking This Path



You came here because something in you recognized a call larger than your personal life. That recognition is itself an act of courage.

Nereus and the beings accompanying him are working with frequencies that have been held beneath the ocean floor for a very long time, waiting for enough human receivers to be ready. You are one of those receivers.

You may never see the full scope of what your participation contributes. You open the channel. You hold the frequency. You trust that what flows through you reaches exactly where it needs to go.

Please know that what you offered here matters more than you may yet understand.

The presences received you. The ocean felt you. And the field is, even now, shifting.

With so much love and gratitude,

~Anna



1:1

DISTANT ENERGY HEALING

IMPLANTS | ENTITIES | KARMA | ENERGY TEARS

PAST LIFE | DNA | PINEAL | KUNDALINI

THIRD EYE | PRANA | AURA | CHAKRAS

[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.