

# THE PROPHEPIC STONE

## ACTIVATION GUIDE



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.



# 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 something vast and ancient that you could not quite name.

Please know, you did not stumble here.

Beneath the tallest building in the world, beneath the desert floor of Dubai, in a cavern that human technology has not yet reached, three stones rest in luminous silence. They have been waiting.

And they called you here because your frequency is one they recognize.

Come as you are. Nothing more is required.



# THE JOURNEY BEGINS — ENTERING THE FIELD

Before you work with the stones, 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, 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 work. 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 Burj Khalifa.

See it rising from the desert floor gleaming, impossibly tall, its spire reaching toward the stars. Now see yourself descending. Gently, deliberately, as though something loving is walking beside you, taking you exactly where you need to go.

Down through the building. Through the foundation. Through the ancient bedrock. Through layers of earth that have held their silence for thousands of years. Until you arrive.

A cavern opens before you. Vast. Still. Ancient beyond words. And there in the center of that sacred silence, you see them. Three stones, resting beside a larger glowing green stone. One red. One yellow. One blue. Each one luminous from within, as if lit by a source older than the sun.

You have arrived.



# INTRODUCTION TO THE THREE STONES

These are not ordinary stones. They are instruments. Activation keys. Living frequencies held in physical form, placed here long before this city existed, long before this building rose above them.

Each stone carries a specific quality of energy. Each one works with a different element, a different aspect of what is unfolding on this planet right now.

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

You are not meant to work with all three unless you feel genuinely called to all three. One stone, worked 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 RED STONE *The Earth Keeper*

This is the symbol of the five-pointed star, the starfish, the living pentagram with five dots anchoring each of its points. Five directions. Five elements meeting at a single center. Above. Below. East. West. And the invisible fifth... the point of Spirit holding all others in place.

The red stone carries the frequency of Earth herself. Not earth as soil or rock, though it holds that too. Earth as a living, breathing, conscious being who is responding to everything that is unfolding on her surface right now.

If you feel drawn to this stone, you are one who works with the earth from the inside. You do not just love nature you feel it as an extension of your own body. When the earth is in pain, you feel it as your own. When she shifts, you shift with her.

This stone is for the anchors. The stabilizers. The ones whose presence on this planet literally holds the grid in place.

**Reflect:** Where in your body do you feel the earth's distress most strongly? Have you always felt a deep, almost physical connection to the land beneath your feet? Are you being called to help stabilize something larger than your personal life right now?





# HOW TO WORK WITH THE RED STONE

If the Earth Keeper called to you, here is how you may wish to work with it.

**Step One — Connect** Place both feet flat on the floor. If you are able, sit or lie directly on the earth outside. Close your eyes and place both hands palm-down on the surface beneath you, or on your thighs with palms facing down.

**Step Two — Breathe Into the Earth** With each inhale, draw energy up from the earth beneath you, feel it rising through your feet, your legs, your spine. With each exhale, send that energy back down, carrying with it any instability, fear, or excess activation you may be holding.

**Step Three — Visualize the Red Stone** See the red stone before you, glowing with a deep, steady crimson light. See its five-pointed star symbol pulsing gently. Place your awareness, upon it. Say inwardly: *"I am a keeper of the earth. I lend my frequency to her stability. Through me, the ground holds. Through me, the grid steadies. I am rooted. I am present. I am here."*

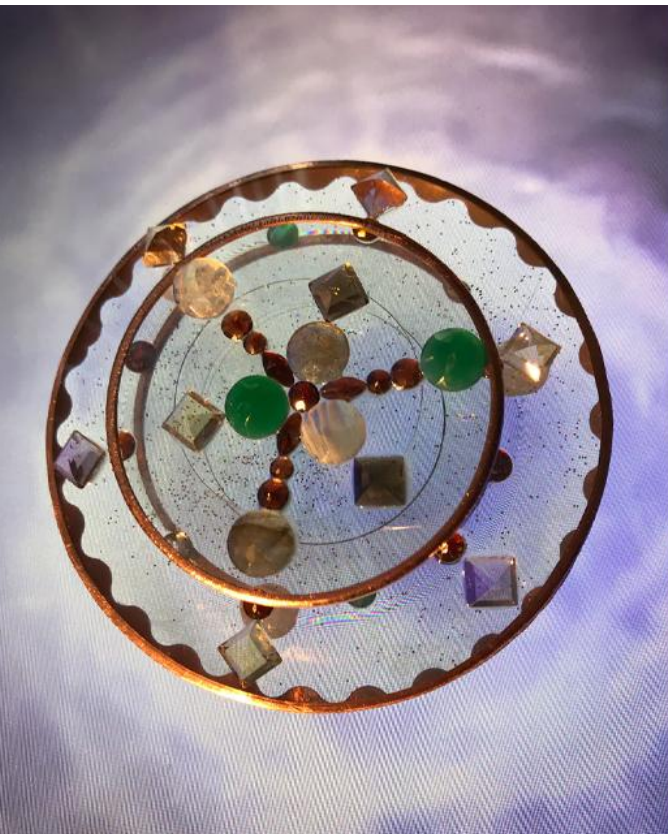
**Step Four — Anchor** Sit in this field for as long as feels right. Five minutes. Twenty. There is no correct amount of time. When you feel a quiet sense of completion a settling, a stillness then you know the work is done.

**Reflect after:** What did you feel in your body during this activation? Did any images, knowings, or sensations arise? Journal what comes through in the hours 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 YELLOW STONE *The Solar Transmitter*

This is the symbol of the cross, four arms reaching toward the four cardinal directions, with four dots anchoring each point. North. South. East. West. All directions held. All quadrants activated. A living compass of light.

The yellow stone carries the frequency of solar energy, not simply the light of our sun, though it works with that too. It carries the frequency of all solar transmission: the intelligence that flows through starlight, the cosmic information encoded in photons, the golden codes that ancient peoples built their temples to receive.

If you feel drawn to this stone, you are one who carries light and transmits it outward. You may not always realize the effect your presence has on others, but those around you feel it. When you are in alignment, rooms shift. Conversations change direction. People feel inexplicably uplifted.

This stone is for the transmitters. The broadcasters. The ones who came here specifically to hold a solar frequency and radiate it into the field especially in times of collective darkness or confusion.

**Reflect:** Do you find that your mood profoundly affects those around you for better or worse? Have you felt called to work with light in some form healing, writing, speaking, creating? Are you being asked right now to shine more deliberately, more consciously, even when the world around you feels dark?



# HOW TO WORK WITH THE YELLOW STONE



If the Solar Transmitter called to you, here is how you may wish to work with it.

**Step One — Connect** Sit facing a window where natural light enters, or outdoors in sunlight if possible. If it is nighttime, simply visualize golden light pouring down from above. Place one hand on your solar plexus, the center of your personal radiance.

**Step Two — Receive First** Before you transmit, you receive. With each inhale, draw golden solar light down through the crown of your head, filling your chest, your belly, your entire field with warm, steady golden frequency.

**Step Three — Visualize the Yellow Stone** See the yellow stone before you, glowing with brilliant golden light. See its cross symbol, the four directions, pulsing outward from center. Feel your solar plexus begin to pulse in resonance with it.

Say inwardly: *"I am a solar transmitter. I receive the light of the cosmos and I radiate it outward. Through me, the frequency of illumination reaches those who are lost in confusion. Through me, the signal of hope and clarity broadcasts across the grid. I shine. I transmit. I hold the light steady."*

**Step Four — Radiate** Now with each exhale, imagine that golden light radiating outward from your solar plexus not in one direction but in all four, like the arms of the stone's cross symbol. North. South. East. West. Filling the room. Filling the city. Reaching across the planetary grid.

**Reflect after:** Where did you feel the energy most strongly in your body? Did you receive any impressions, images, or messages during the activation? Notice in the hours and days that follow whether your interactions with others feel different lighter, more intentional, more charged with quiet purpose.





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# 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 BLUE STONE *The Water Witness*

This is the symbol of the triangle, three points, three corners, a dot anchoring each one. Trinity. Triune nature. The number three that appears across every sacred tradition on this earth: mind, body, spirit. Father, Son, Holy Spirit. Past, present, future. Above, below, within. The triangle is the most stable structure in sacred geometry. It holds without rigidity. It witnesses without collapsing.

The blue stone carries the frequency of water not simply the element, though it works with the oceans, the rivers, the rain. It carries the frequency of water as consciousness: the holder of memory, the carrier of emotion, the great witness of all that has ever happened on this earth. Water remembers everything. And so do you, if you resonate with this stone. If you feel drawn to the blue stone, you are one who feels deeply, processes emotionally, and carries the grief and the grace of the collective within your body. You may have spent much of your life overwhelmed by how much you feel not understanding that what you were feeling was not always yours. You are not broken. You are extraordinarily attuned.

This stone is for the empaths. The feelers. The emotional alchemists who came here to transmute collective grief into collective compassion and in doing so, shift the emotional body of this planet.

**Reflect:** Do you feel the emotions of others, of places, of the world as though they are your own? Has water always held a special significance for you the ocean, rain, rivers, tears? Are you being called right now to hold compassionate witness for what is unfolding not to fix it, but to feel it fully and alchemize it through your heart?





# HOW TO WORK WITH THE BLUE STONE

If the Water Witness called to you, here is how you may wish to work with it.

**Step One — Connect** Place a glass or bowl of water beside you. This is not essential but it deepens the resonance. Place both hands on your heart. Close your eyes. Allow yourself to feel whatever is present without judgment, without trying to change it.

**Step Two — Open the Witness Field** Take three slow breaths. With each exhale, release any armor around your heart any protection you have been carrying against feeling too much. Just for this moment, allow yourself to be fully open.

**Step Three — Visualize the Blue Stone** See the blue stone before you, glowing with a deep, luminous blue the color of deep ocean, of twilight sky, of moonlit water. See its triangle symbol, steady and clear, a dot of light at each corner.

Say inwardly: *"I am a witness of water. I hold the emotional memory of this earth with compassion. I do not collapse under the weight of what I feel, I alchemize it. Through me, grief becomes grace. Through me, fear becomes flow. Through me, the waters of this planet remember their original purity and their original purpose. I feel. I witness. I transform."*

**Step Four — Release Into the Water** If you have a bowl or glass of water beside you, hold it in both hands now. Breathe your intention into it, your compassion, your witnessing, your willingness to hold the emotional field of this moment. Then pour it into the earth outside, or if indoors, pour it down a drain with the intention that it returns to the water cycle carrying that frequency with it.

**Reflect after:** What emotions arose during this activation? Were any of them surprising? Did you receive any images of water, of places, of people who may need this frequency? In the days that follow, pay close attention to your dreams. The blue stone often speaks through the dream state.





## 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.

The earth is in a moment of profound choice. The energy accumulating in this ancient region of the world can tip toward healing or toward deeper fracture. And it is not world leaders or governments who will ultimately determine which way it goes.

It is the quiet, consistent, deliberate frequency work of people exactly like you.

You may never see the results of what you did today. That is the nature of this kind of work. You plant the seed and trust the rain.

Please know that what you offered here, your presence, your intention, your willingness to show up for something larger than yourself, matters more than you know.

The stones received you. The earth felt you. And the field is, even now, shifting.

With so much love and gratitude for each of you who answered this call,  
~Anna



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