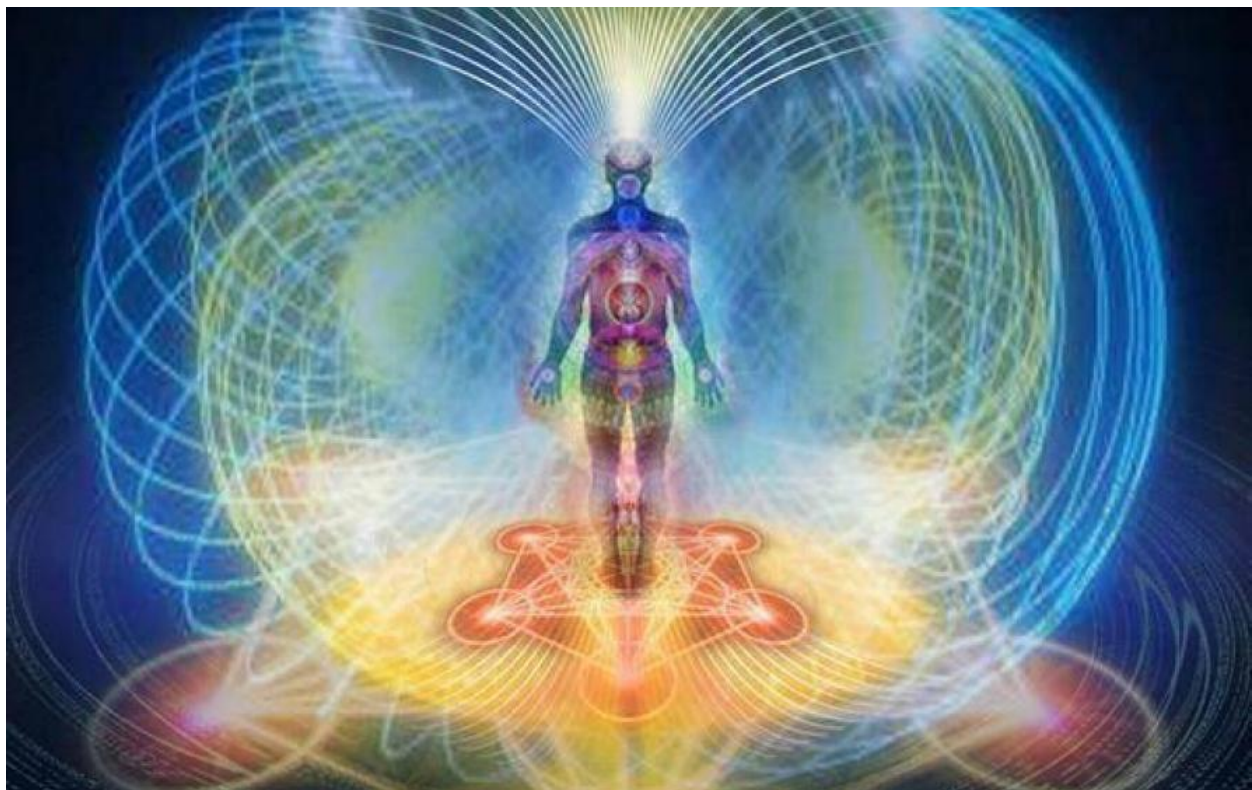


LESSON 2 – SUBTLE BODIES

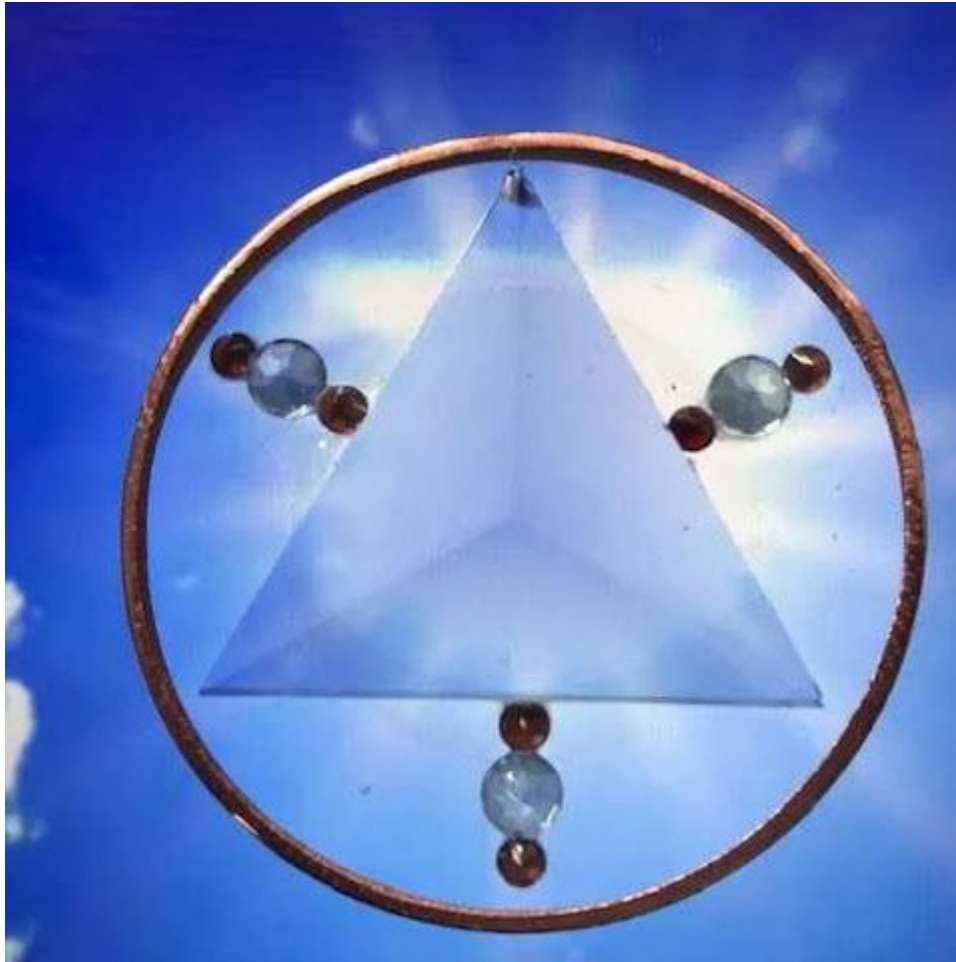
In this lesson, we have learned about the Subtle Bodies. Why is it so important for us to learn about these various subtle bodies? It is because the vibrational remedies that I am about to discuss with you influence the subtle bodies and it is from these subtle bodies that information and energy flows to the physical therefore affecting subtle bodies, affects the physical body. All the ailments that we tend to experience in the physical first start out in the subtle bodies.



In true health, the subtle bodies are perfectly aligned with each other. There is a thin wall encasing each subtle body, and they should exist in a certain area about the physical body. Flower essences often restore imbalances in these bodies.

- **For instance, zinnia essence generates a good balance between the physical and emotional bodies, which creates a good sense of humor.**

- A few flower essences such as lotus, pomegranate and redwood temporarily align all the subtle bodies. When this happens, toxicity is released from the physical and subtle bodies, so vibrational remedies work better and positive personality changes result.



This Third Eye & Pineal 3-6-9 Disc has been created to assist you in activating your Third Eye & Pineal. For more information visit:

<https://natalyaankh.com/collections/ascension-tools/products/third-eye-chakra-disc-expand-your-spiritual-sight>

Psychological problems and disease result when the subtle bodies are misaligned – they are too close or too far apart from each other or the properties of one subtle body spills over into another subtle body. For instance, when the mental and emotional bodies are improperly linked with the etheric body, anxiety results. When the mental body spills over into the emotional body, mental lethargy and a loss of confidence ensues. Or when the mental and emotional bodies are too close, frustration, unknown

Anna Merkaba | <http://sacredascensionmerkaba.wordpress.com/> | annamerkaba@fastmail.com *The information provided herein is for informational and entertainment purposes only, and does not constitute medical advice, and should NOT serve as the basis for any medical decision by you. Anna Merkaba is not an M.D. or a licensed medical professional. Please always consult your physician or any other medical professional before beginning any new healing treatments.

fears, and an inability to divide emotional and mental issues transpires.

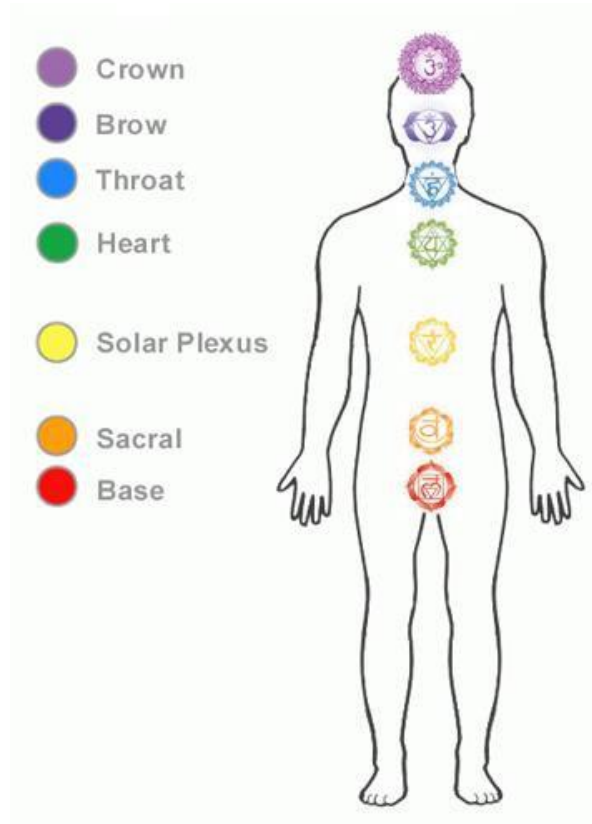
Below is a questionnaire which should help you pin point which of your subtle bodies are misaligned.

- Do you often get sick from viruses or bacteria? Is your immune system functioning below par? If so, then it may mean that your **ethereal fluidium** is out of balance.
- Do you often experience various aches and pains throughout your body? If so, then it may mean that your **Etheric Body** is weakened.
- Do you find yourself still gaining weight whilst eating healthy and exercising? Do you often find yourself fatigued? Is your metabolism and the thyroid affected? If so, you may be having issues with your **Thermal Body**.
- Do you often feel overwhelmed with various feeling unable to clearly make decisions and/or over-reacting to various stimuli? If so then your **emotional body and mental body** are probably out of alignment with each other. Where the emotional body spills into the mental and prevents clear thinking and decision making.
- Do you often feel that there are certain things **The astral** body is the total accumulation of the personality. It acts as a screen to filter karmic patterns and information from past lives into one's consciousness.



The Goddess Vortex disc acts as an accelerating device and an attunement instrument to cleanse your DNA from remnants and frequencies of the past which are affecting your body and your consciousness in a way that is against the good of your higher self. And as such allowing the ascension process to move forward without delay. Using this disc will allow the energies to be magnified and applied directly to the one in question, and tune the body of the beholder and attune the DNA of the beholder with the frequency of THE SOURCE entering GAIA. For more information about this disc please visit: <https://natalyaankh.com/collections/ascension-tools/products/the-goddess-vortex-sun-disc>

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Below is a questionnaire which should help you pin point which of your chakras are misaligned.

- If you find yourself experiencing any of the following, then your **First, Base Chakra** may be out of alignment.
 - Lower extremity disease
 - Thighs and muscular tissue pains and discomforts
 - Circulation in the feet (with feet being cold most of the time)
 - Disorientation
 - Subtle of hidden fears
 - Adrenal fatigue
 - Stress and Anxiety
 - Heart Disease
- If you find yourself experiencing any of the following, then your **Second, Sacral Chakra** may be out of alignment.
 - Issues with testicles or ovaries
 - Various sexual diseases
 - Infertility
 - Arthritis which is associated with protein imbalance
 - General stiffening of the skeletal structure

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- Diseases linked to stress from internalized anger
- If you find yourself experiencing any of the following, then your **Third, Solar Plexus Chakra** may be out of alignment.
 - All crippling diseases
 - Ulcers
 - Intestinal problems
 - Spleen imbalances
 - Psychosomatic diseases
 - Emotional problems
- If you find yourself experiencing any of the following, then your **Fourth, Heart Chakra** may be out of alignment.
 - Heart Issues
 - Poor Immune system
 - Thymus issues
 - Inability to open up to love
 - Trust issues
 - Isolation and Loneliness
 - Anger, Jealousy, Paranoia
- If you find yourself experiencing any of the following, then your **Fifth, Throat Chakra** may be out of alignment.
 - Inability to express yourself
 - Psychosomatic Diseases
 - Neurological issues
 - Throat issues
 - Bronchial issues
 - Endocrine System issues
 - Suppressed Immune System
 - Illnesses resulting from suppressing the self
 - Shyness, introversion, fear of speaking
 - Thyroid issues
 - Poor Impulse Control
 - Excessive Loquacity
- If you find yourself experiencing any of the following, then your **Sixth, Brow Chakra** may be out of alignment.
 - Pituitary gland issues
 - Immune System

- Creative visualization issues
- Sinusitis

- If you find yourself experiencing any of the following, then your **Seventh, Crown Chakra** may be out of alignment.
 - Depression
 - Confusion
 - Loss of faith
 - Mental disconnectedness
 - Dementia
 - Epilepsy
 - Schizophrenia

As you can see your body is really a collection of condensed energy fields which form that which you believe to be physical, in essence, at all times you vibrate at various frequencies, however there is only ONE frequency which is the best one for you, this is the frequency which is the most beneficial specifically to you, the frequency on which you can maintain phenomenal health and vitality, calmness of mind, joy in your heart, abundance, peace and tranquility, and it is to this frequency that various vibrational remedies in connection with this Freedom Journey – Karmic Release Course will help you to get back to.

Human beings may be similar to electrons in that their energetic subcomponents occupy different vibrational modes, which we might call health orbits and disease orbits. For the human being whose energetic systems are in an orbit of dis-ease, only subtle energy of the proper frequency will be accepted to shift the body into a new orbit or steady-state of health. Homeopathic remedies are able to deliver that needed quantum of subtle energy to the human system through a type of resonance induction. This ethereal energy injection moves the system from the sickness vibrational mode to the orbit of health.

In our next lesson we will discuss various remedies that should assist you in balancing out your mind and body.