



Merkaba Energy Healing Therapy

FORGIVE. LET GO. ALLOW

~by Anna Merkaba

"Life is about endless possibilities, and always presents you with various outcomes but it is up to You to chose which route you will travel"



EGG CLEARANCE

This exercise can be done at any given moment in time if you feel that you may have accumulated negative energy or someone has tried to do something to you. It's very simple and straight forward and removes negative energies very fast:

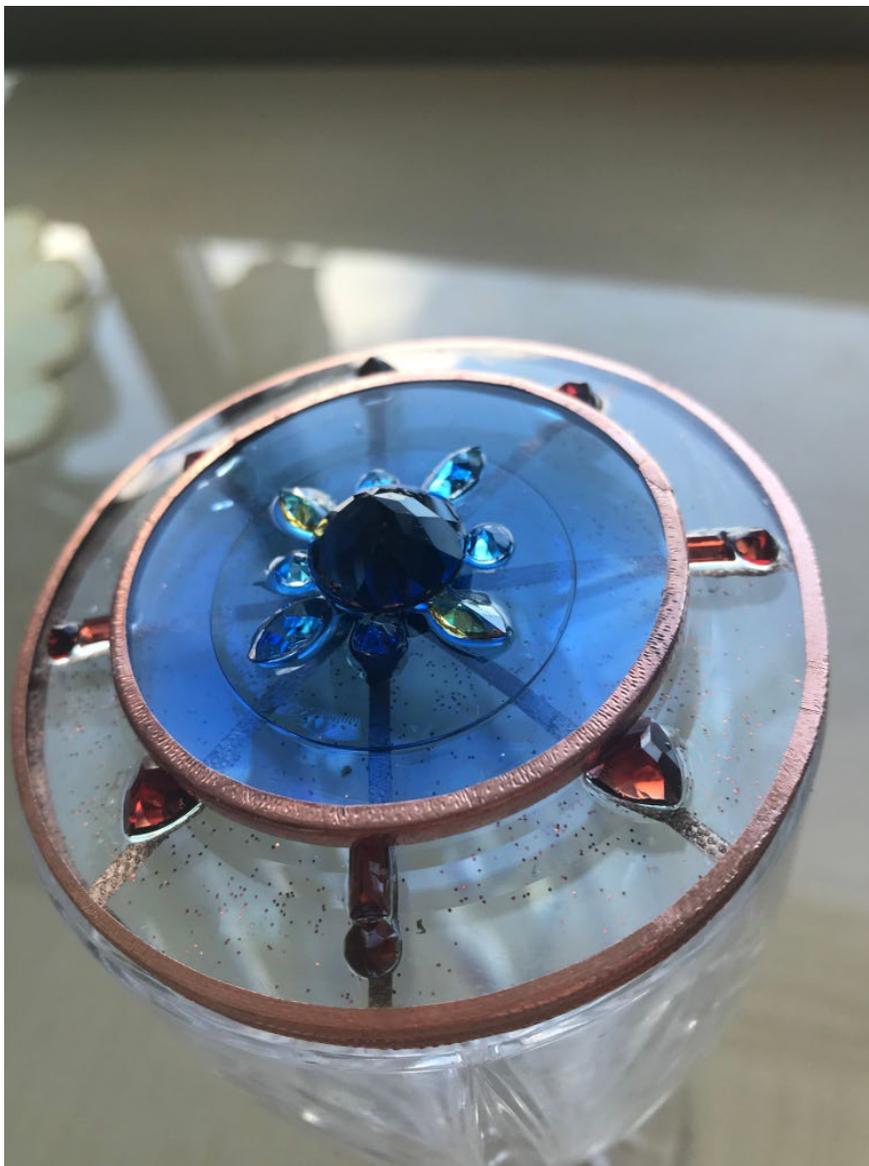
There are many ways to do this, here two are presented for you to choose from.

WAY #1 - Take 1 egg

- Rotate the egg around your head 3 times counter clockwise all the way repeating
- "Egg, please take away everything that is not mine, all the negativity that has been unduly placed upon me, please remove everything that anyone might have deliberately placed upon me and only leave what is mine, good health, love, light (add whatever you want to keep here).
- After 3 times break the egg into a cup filled with water. look into the cup, if the egg white is clear then everything's great
- If the egg white changed, for example it became white or thick, or any other color, that means you had something on you
- Flush this egg down the toilet and as the water is washing it away keep on repeating the above mantra in your mind.
- If you see that the egg white has changed.. you are to repeat the process again and again until the egg white is clear completely.
- That is all 😊

Source: annamerkaba.com

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Cosmic Healer Disc - Implants, Parasites, Negative Thought Forms and Entities Removal & Aura Cleanser. The Cosmic Healer Disc helps in removing astral parasites, foul entities, and unpleasant elementals from the aura, and helps to offer protection against black magicians; The Disc's main focus is on negative thought form removal of a general, global nature. The Power tool will help to pull these energies out of the body and send them into the light for healing and transmutation. It will also help to quickly and easily repair auric holes after negative entities, thought forms and implants have been removed. <https://natalyaankh.com/collections/ascension-tools/products/the-cosmic-healer-disc>

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WAY #2

Self-cleansing To perform an egg cleansing on yourself there are two ways you can do it. Either in combination with a spiritual bath, or on it's own.

1. Start with a fresh egg. Wash the egg in a bath of salt water and lemon juice before you begin.
2. Breathe deeply and relax. Say a prayer to whatever high power you wish. Ask for their assistance and blessing. Imagine the egg being touched by their presence.
3. Hold the egg in your dominant hand and begin rubbing it over your body. You can either touch your body, or hold it a few inches above the surface.
4. Begin at the head, working down to the eyes, the throat, the heart area, the shoulders, down the left (or right) arm and touching the palm.
5. Switch hands here and run the egg down the right (or left) arm and touching the palm. Then switch back.
6. Work the egg down the torso, to the navel, and the groin, down each leg, stopping at the feet and touching the soles.
7. If you have a specific area that is in pain, or is affected, hold the egg there for a few minutes.
8. Seal the aura with a protective oil such as bergamot, pine, sandalwood or vetiver. Dilute this in olive oil and rub over the body.
9. Now, if you are **NOT** taking a cleansing bath. Dispose of the egg by breaking it in the toilet and flushing it. Then dump a cup of salt and lemon juice down the toilet. Or throw the egg into a running stream. Or near a tree off of the property.
10. **If you are taking a cleansing bath.** Leave the egg in the tub while you soak. Allow it to absorb more stray energy as you relax and unwind.
11. When you are finished with you cleansing bath, **follow step 8 and 9.**

Extra Tips

- Hold the egg at the base of the head, where the skull and the spine meet. **This is one of our receptive areas.** Energy tends to enter here. This will help remove any strong attachments.
- Think of the egg as you would a sage smudge and “sweep” through the aura. Some energy is like a parasite and this allows the egg to pull it out!
- Sleep with an egg under your bed, either in a cup of water, or in a bowl of sand. **The egg will absorb negative energy from your aura, and the room while you sleep.** This can help with nightmares as well. Dispose of the egg every few days!

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- You can break the egg into a bowl of water after you've done the initial cleansing and look at the yoke. Make sure to let the egg yoke settle in the water. If you are skilled at this you can determine how the cleansing fared by the shapes that are formed. **Much like tea leaf reading.**
 - Bubbles and globs mean the energy was absorbed. This is typical.
 - Strings can mean that a more deliberate energy was pulled from the aura.
 - Black dots, or blood mean that something major was pulled from the aura. Or illness was removed. Repeat the process again.
 - If the egg cracks. Repeat the process, and focus on the area of the body where the egg cracked.
 - **DO NOT GET STUCK ON THIS!** All that matters is the act of rubbing the egg over your body and disposing of it...Do the technique again if you feel you need more results.

Source: shaheenmiroinsights.com

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