

## 7 DAYS OF DIVINE COSMIC ENERGY SUPPORT

### Ride the Wave!

**This innovative offering is for those who** would like to utilise a concentrated and exponential wave of Divine Cosmic Energy (*influx - flow - light*) for overall energy support, upliftment and wellbeing. `

**Everyone needs energetic support in their lives.** Just as we eat food, drink water and breathe air, we also utilise energy. This programme is all about that energy.

**The programme works energetically on all levels of Being** - body, emotions, mind, soul and spirit and is for all Souls: beginner, intermediate, advanced and especially light workers.

**Because most of us have families, jobs, commitments aka “daily life”** this programme will work within all of it. It is a deeply sacred process that weaves through however you are living your life during the 22 days. Having said that, I recommend that you create plenty of personal space/rest/downtime within the mix for assimilation of energy, awareness of your process and epiphany!

**During your 7 Day programme you will be bathed in non-stop Divine Cosmic Energetic support as well as** designated Divine Healing sessions, Intense Light sessions, personal Invocations/Petitions/Prayers on your behalf, recorded messages of daily wellbeing tips/guidance/updates and intense focus from Anna.

**The entire programme is designed** to assist you in whatever your desired requirements are e.g. clearing, releasing, healing, replenishing, nourishing, transforming, uplifting, manifesting, creating, awakening, expanding, progressing, expanding, deepening i.e. whatever you choose to cocreate with.

## **KEY POTENTIAL BENEFITS of this PROGRAMME**

Energy support meeting you wherever you are at, supporting you and your needs and goals

7 days of energy focus on “your Being” at a profound level

Works on all levels of Being

Deep energetic nourishment

A sense of being assisted and buoyed to move through “stuff” more fluidly

Receive vast influx and flow of energies you may not usually be able to access

An encompassing expression of self-love and self-care

An opportunity to consciously and sub consciously release, clear, heal, reset, change, upgrade, rest, dive deep, boost, create, manifest, transform, renew etc

Transformation

Ascension, Expansion, Divine energy embodiment support

**The 7 Day programme is for all levels. It is there for you, all of YOU**

### **THE AIM**

Is to assist you energetically in all areas of your life for balance, harmony, peace, love, joy and upliftment!

**NEXT 7 Day GROUP PROGRAMME STARTS tbc**

**PROGRAMME COMPLETES tbc**

**Scroll down for Format & Cost**

## 7 DAY DIVINE ENERGY SUPPORT PROGRAMME Group participant cost

**Per adult:** \$333

**Per child aged 0-15:** \$111

minimum 10 participants

This programme is highly recommended for those wanting to give full input into their wellbeing for maximum benefit

### **INCLUDES:**

- **Welcome Soul Ceremony**

-**Daily 20 min Intense Light Infusion Sessions** inundating your Being with Divine Light commencing at 6am.

-**24/7 Divine Cosmic Energy Support Flow** – rolled out 12 hourly at 8am & 8pm

-**Daily personalised Invocations/Petitions/Prayers** on your behalf 7pm-7.30pm

- **Daily 25 minute deep meditation space with Anna** (not guided) 7.30pm – 7.55pm

- **Closing Soul Ceremony**

-**1 x 1.5 hr Divine Healing session** (clearing, releasing, healing, balancing, uplifting, connecting, enlightening) 9.00pm-10.30pm, date tbc

If you can't make the 9.00pm time, please let Anna know as she has a solution.

- **Brief daily wellbeing tips/guidance/updates, sharings** etc recorded by Anna and sent to all participants by email. This will be very much in the now intuitive flow. (For child participants only if suitable for the child)

-**Personal messages from Anna** as they arise to share or in response to your updates/feedback. Most participants find these fully satisfying on the programme but if you want specific questions answered or tune ins will need you to book a 1:1 session or purchase a Q& A Recorded Package @ \$85 for 10 minutes

-**You are welcome to contact Anna anytime** on FB messenger (preferred) or email, to give her feedback/updates and let her know of any new tweaks, changes, or adjustments to your info/energy requirements.

## GENERAL PROGRAMME INFO

- You will be sent questions and information requests to contemplate and write up. Please return to Anna latest the day before programme starts (preferably earlier)
- It is recommended you use a journal to note your daily progress

**Please note that the DIVINE COSMIC ENERGY SUPPORT will flow continuously throughout the 7 days and meet you where you are at, what you do with this opportunity is up to you. You can utilise the energy any way you choose.**

### Below are three examples of how you can use the programmes:

- a. You can consciously use the ENERGY to support e.g. all the things you wish to release and free up from, the aspirations you would like to work on, the deep inner shifts, changes, upgrades and transformations you would like to set in motion, bring to fruition or complete, the nourishing of your energy, the deep healing and so on.
- b. Alternatively you may choose to simply open yourself up and allow everything to flow with no express conscious input from you.
- c. Use an intuitive a mix of the above.

## PARTS OF THE PROGRAMME WHICH ARE IN THE EXPONENTIAL GROUP WAVE

**24/7 Divine Cosmic Energy Flow Support** – rolled out 12 hourly at 8am & 8pm.  
Done as a Group Wave with individual attention in the mix as well.

**1 x 90-minute Divine Healing Sessions** are done as a Group Wave with intense individual attention in the mix as well.

**Daily 20 min Intense Light Infusion Sessions** inundating your Being with Divine Light commencing at 6am.

- **Daily 25 minute deep meditation space with Anna** (not guided) 7.30pm – 7.55pm

## ADMIN & MORE INFO ABOUT PROGRAMME CONTENT:

### YOU WILL NEED TO WRITE UP SOME INFORMATION BEFORE COMMENCING YOUR PROGRAMME

After making payment and receiving confirmation of your place on the programme you selected, you will be asked to provide some info around your intentions and other info for the programme. Your written response must be received via email at least 1 day before the programme starts. If not received in time, you may be released from the programme and given credit to participate in the next programme.

**DAILY INTENSE LIGHT FUSION SESSIONS** at 6am for 20 minutes commencing Day 2 of Programme and concluding on last day of programme  
You can be either awake, lying in bed, meditating during this session or sleeping. If you have to work or drive at this time please let me know the day before so I can adjust the Light for you. **Please tell Anna if you are not in the New Zealand time zone, she has a solution for you.**

**24/7 DIVINE COSMIC ENERGY SUPPORT** – rolled out every 12 hours at 8am & 8pm. You can be either awake, lying in bed, meditating during this session, sleeping or generally going about your day as usual.

### INVOCATIONS/PETITIONS

**These are generally done each evening from 7pm to 7.30pm. Anna will let you know if they are at another time.**

On your initial form you will have written down your requests/desires/invocations etc, you can add to or change these during the 7 day programme. Just send me a message on email or Facebook messenger with the changes/additions.

### DIVINE HEALING SESSION DATES

9.00pm – 10.30pm dates tbc

On the Divine Healing evening, you will need to sit or lie undisturbed for an hour and a half. The easiest way to do this is shower off the day and then go lie down in bed. Falling asleep is fine. **Please contact Anna if you cannot make the specific Divine Healing time. She has a solution.**

## **HOW TO JOIN IN MORE ACTIVELY WITH YOUR PROGRAMME**

You are invited to sit with Anna in “real time” whenever you know she is working specifically with the programme energies i.e **6.00-6.20am** each morning for the Intensive Light Infusion sessions, **8.00-8.20am** for the Divine Cosmic Energy Support roll out, **7.00-7.30pm** for the Prayers & Invocations, **7.30-7.55pm** for deep meditation space and **8.00-8.20pm** for the Divine Cosmic Energy Support roll out. Please know that if you can't make “real time” with Anna, your soul is still receiving every part of the programme and downloading the energies to you at all times.

## **YOUR FEEDBACK/UPDATES**

Throughout the 7 days, Anna welcomes your brief feedback and updates. This helps her to adjust your 24/7 Divine Cosmic Energy Support Flow i.e. tone down or turn up the energetics. For your Invocations/Petitions and Divine Healings please let Anna know your updates, requirements etc because as your needs shift and change she will adjust and change the intentions in the mix.

## **PROGRAMME CHALLENGES**

Please note that at times during the intensity of the 7 day programme, things could get uncomfortable, choppy etc. As you all know, this is a very natural part of clearing, releasing, changing and transforming. Please update Anna if things are getting too intense, so she can adjust the energies as required. It is important that you take full responsibility for yourself during the programme. The Divine Energy Support Programme is designed to elevate and support you however you are the one needing to make the effort to create balance and wellbeing in your own life. Energetic goodness is on offer to you during the programme 24/7, how you choose to use it is up to you. Having said this, Anna will be assisting you to the best of her abilities.

**WHO IS THIS PROGRAMME FOR?** This programme will meet you wherever you are at in your life, daily stuff to Cosmic stuff! It is for anyone, spiritual peeps from beginners to advanced and even non-spiritual peeps who are open to an energetic experience, can all benefit. Anyone who is feeling in need of a replenish and boost, those who want to go deep inside themselves to create rest or change,

those who want support assimilating energy or discoveries and generally anyone at any stage of metamorphosis. Advanced spiritual beings will enjoy the Light and energy upgrade potentials. Tired or drained Souls and especially Light workers will love this programme. So, in one way or another, most of us! You are the one who chooses how to co-create with the energy. This programme is offered via long distance only. Children can also do the programme at Anna's discretion. Programme will be modified depending on the child's age.

### **CAN YOU DO THE PROGRAMME MORE THAN ONCE?**

Absolutely! Each 7 day programme starts on selected New Moon Cycles. It will be completely different each time you do it because each time, you will be different. It is here to support you as you evolve.