

## **ELEVATE!**

**A 7 Day Divine Light Programme where you will receive energetic:**

**Nurture, Nourishment, Divine Love, Upliftment and ELEVATION!**

### **DATES:**

**Programme commences** Day 1 at 6.30am dates tbc

**Programme completes** Day 7 at 9.30pm dates tbc

**ELEVATE is for anyone wanting to give their entire Being deep self-care, gorgeous energetic support and divine upliftment.**

**Different time zones or schedule needs flexibility? No problem, there is a solution.**

### **Your 7 Day group programme includes:**

**- Soul Welcome Ceremony on Day 1** at 6.30am – 7am

**- Six Daily 20-minute Energy Integration, Harmonisation & Light Storing sessions** Commences on Day 2 of the Programme. 6am – 6.20am

**-Two Daily x 1hr ELEVATE sessions** where you will be steeped in gorgeous energies such as: Nurture, Nourishment, Light, Divine Love & Upliftment. The vibration of each session will roll out like the “butterfly effect” until the next ELEVATE session starts. There will be an overall building and elevating experience as we go along.

#### **Daily session times:**

7am-7.30am

8pm-9pm

**-Prayers or Invocations on your behalf** you write them and Anna will pray them

**-Two x 1 hr Deep Self-Care sessions** which include Light Infusions, Clearing, Cosmic Colour nourishment, Inner Energy Massage/Release, Divine Healing

**Schedule:**

Dates tbc 9.15pm-10.15pm

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If you can't make the 9.15pm time, please let Anna know as she has a solution.

**- Daily Message with wellbeing tips/guidance/energy updates** 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.

**- Soul Closing Ceremony on Day 7 at 9pm - 9.30pm**

**COSTS**

Per person age 13 to Adult **\$333**

Children up to 12 yrs **\$111**

Pet accompanying you **\$65**

Independent pet participation **\$111**

**Scroll down for programme schedule**

## **7 DAY Programme Schedule dates tbc:**

### **DAY 1**

**6.30am – 7am: Soul Welcome Ceremony on the Inner Planes**

**7am – 7.30am:** ELEVATE Session

**7.30pm – 8pm:** Prayers & Invocations

**8pm – 9pm:** ELEVATE Session

### **DAY 2**

**6am – 6.20am:** Energy Integration, Harmonisation & Light Storing session

**7am – 7.30am:** ELEVATE Session

**7.30pm – 8pm:** Prayers & Invocations

**8pm – 9pm:** ELEVATE Session

### **DAY 3**

**6am – 6.20am:** Energy Integration, Harmonisation & Light Storing session

**7am – 7.30am:** ELEVATE Session

**7.30pm – 8pm:** Prayers & Invocations

**8pm – 9pm:** ELEVATE Session

**9.15pm-10.15pm:** Deep Self-Care Session

### **DAY 4**

**6am – 6.20am:** Energy Integration, Harmonisation & Light Storing session

**7am – 8am:** ELEVATE Session

**7am – 7.30am:** ELEVATE Session

**7.30pm – 8pm:** Prayers & Invocations

**8pm – 9pm:** ELEVATE Session

### **DAY 5**

**6am – 6.20am:** Energy Integration, Harmonisation & Light Storing session

**7am – 7.30am:** ELEVATE Session

**7.30pm – 8pm:** Prayers & Invocations

**8pm – 9pm:** ELEVATE Session

## DAY 6

**6am – 6.20am:** Energy Integration, Harmonisation & Light Storing session

**7am – 7.30am:** ELEVATE Session

**7.30pm – 8pm:** Prayers & Invocations

**8pm – 9pm:** ELEVATE Session

**9.15pm-10.15pm:** Deep Self-Care Session

## DAY 7

**6am – 6.20am:** Energy Integration, Harmonisation & Light Storing session

**7am – 7.30am:** ELEVATE Session

**7.30pm – 8pm:** Prayers & Invocations

**8pm – 9pm:** ELEVATE Session

**9pm – 9.30pm: Soul Closing Ceremony on the Inner Planes**

## **Re Programme attendance in Real Time or in the Timeless Cosmos**

**Different time zones or schedule needs flexibility? No problem, there is a solution.**

Ideally for your own conscious experience/enjoyment, you will make it your priority to be with Anna in Real Time for every session however, this is not always possible, and you will still receive all the benefits of the programme, via the Timeless Cosmos, regardless of your personal schedule or time zone difference.

For the Deep Self Care Sessions please specifically let Anna know if you can't be present in Real Time i.e. lying down in your bed and she will activate a Capsule Time Release for you.