

## PRE-VACCINE & REAL TIME VACCINE PREPARATION

### How to download & activate this programme

1. First SAY “PRE-VACCINE & REAL TIME VACCINE PREPARATION”
2. Now focus strongly and visualise a Divine radiant golden SUN or Cosmic Light directly above you. It is sending a Golden Ray of LIGHT in through the top of your head and filling your whole Being with bright Golden Light. Try to imagine the Golden Light as bright/blinding as possible. Sense yourself linked with the radiant golden SUN or Cosmic Light as much as possible.  
**Please note** that the Golden Ray stays in you and doesn't pass into the Earth
3. Breathe slowly in and out for 3 rounds through your nose, centre yourself and then say very slowly: “**CREATION PROGRAMME PRE-VACCINE & REAL TIME VACCINE PREPARATION**”
4. Next you will count silently from 1 to 17. As you count, breathe slowly in and out e.g. in for 1-8 and out for 9-17. Pause after the out breath in the “still point of creation” for as long as comfortably possible, then take a strong dynamic breath in and out, and voila, your programme is activated.
5. Take a moment, a few minutes (or longer) to enjoy the energy roll out

### Do this protocol:

**-LEAD UP WEEK** do above programme minimum 4 x per day

**-ON THE DAY** of vaccination do above programme hourly from when you wake up

**-JUST BEFORE THE VACCINATION** do above programme within 5 - 10 minutes of receiving your vaccination if possible.

**-WHILE THE VACCINE IS GOING INTO YOU** visualise **BLINDING RADIANT LIGHT** within you as much as you can muster

**WHILE YOU ARE WAITING POST VACCINATION** visualise **BLINDING RADIANT LIGHT** within you as much as you can muster

## ONCE YOU GET HOME START THE **VACCINE RECOVERY** PROGRAMME BELOW IMMEDIATELY

### **VACCINE RECOVERY PROGRAMME**

#### How to download & activate this programme

1. First SAY “VACCINE RECOVERY”
  2. Visualise GOLDEN RADIANT LIGHT within you. Blinding Light. Within you and all around you...GOLDEN RADIANT LIGHT. Your whole Being filled to capacity with GOLDEN RADIANT LIGHT
  3. Breathe slowly in and out for 3 rounds through your nose, centre yourself and then say very slowly: “**CREATION PROGRAMME VACCINE RECOVERY**”
  4. Next you will count silently from 1 to 17. As you count, breathe slowly in and out e.g. in for 1-8 and out for 9-17. Pause after the out breath in the “still point of creation” for as long as comfortably possible, then take a strong dynamic breath in and out, and voila, your programme is activated.
- Note** that you can also silently say “Vaccine Recovery” in the pause as well. Your choice.
5. Take a moment, a few minutes (or longer) to enjoy the energy roll out

#### Do this protocol:

#### **Use the programme as often as desired but the minimum requirement is:**

**First week** 6 times a day within a 24-hour period.

**Second week** 4 times a day within a 24-hour period.

**Third & Fourth weeks** as required but minimum 3 times a day.

**After this for up to 2 months or longer** as required but twice a day is recommended.

*Your energetic access to this Programme is available for 6 months from the date you received it via email. After the programme's energetics will be unavailable.*

## Your acknowledgement

**By choosing to sign up, pay for, receive, and participate in any of the programmes Anna offers,** you understand and agree that the basis of the programmes is a spiritual energy service and that you take full responsibility for your own wellbeing.

All Anna's CREATION PROGRAMMES are energy based, very new and cutting edge. So far with all participants there has been positive feedback and many successful outcomes. Having said this, the CREATION PROGRAMMES are not a replacement for professional services and treatments. Please note that there is no scientific proof backing any of Anna's programmes, especially there is no scientific proof backing the programmes relating to Vaccine Recovery, nor does Anna offer any promise or guarantees of success.