

The background of the entire image is a vibrant, ethereal depiction of a cosmic nebula. It features swirling clouds of gas and dust in shades of deep red, orange, yellow, and blue, set against a dark, starry space. Numerous bright stars of varying sizes are scattered throughout, some with prominent diffraction spikes. The overall effect is one of celestial wonder and energy.

# *Spark From* SPIRIT

By Anna Mana Ra



# SPARK FROM SPIRIT FREE E-BOOK FROM

## *Living in Gratitude...*

First and foremost, THANK YOU for your purchase and your courageous Spirit!

THANK YOU for showing up in this healing space for YOU.

Because that is overall, the most important part of this work.

YOU being present, courageous, and BRAVE— and choosing to dedicate your own valuable resources to making IMPACTFUL change within yourself, and your life.

## *My Wish for You...*

It is my sincere and authentic wish, that the wisdom I impart, leads you to integrate a new way of being within your manifested physical reality and you begin a completely NEW WAY of being, as I show you how to start the remembered practice of living your life as Spirit re-incarnate, and not just a human being at the mercy of your life around you.

You see the truth is, 'the work of the invisibles' is guiding ALL OF US, in our journey back to Source Light.

### *Our Purpose Here...*

That is the purpose of why we are even here on Gaia in 2023. It is in the HOW we navigate our life, that allows us to be more fully in our power as a pure Source Creation energy, in physical form.

### *The Pathway to Healing...*

As a Spiritualist and Intuitive Energy Healer, I have chosen the path of energy to teach others who are open to the energies as empath's and intuitive sensitives, to teach ancient wisdoms like working with Gaia in sacred ceremony or ritual (but I spin these with a contemporary and modern day twist to allow for the times in which we now live in. Think 'Morning's are for coffee and contemplation!' Thank you Stranger Things \*wink wink\*), and also current mindfulness practices taught to me by my own Spiritual Teachers in my recent lifetime 7 year journey into Spirit and healing. (Brenda Tringali of the Indigo Doors, Louise Hay, Dr. David Hawking, or Dr. Brene Brown), like strong thought boundaries, how to release to receive, and how to heal the inner child wounding of our past to shift into TRUE forgiveness of others and ourselves. And my most visceral work with the Chakra system, and meditation in activating, aligning, and clearing these energy portals that run along our spines on our human bodies.

## *What is Soul Work?*

So let's dive into a little bit of what I call 'SoulWork'. SoulWork for me, is all about Spirit channeled questions that lead to inner contemplation through the vehicle of writing and digging in to one's own feelings in a way that I never allowed myself to do before I started really transforming my life with this beautifully strange energy work.

This important POWERFUL and IMPACTFUL writing work, actually brings the subconscious to the conscious mind and therefore, immediately shifts the energy of your darkness into your light.

This is the undercurrent of psychology within Spirituality.

## *Why Spirit?*

Spirituality encapsulates ALL of the following:

Life Coaching

Psychology

Sobriety

Body Health and Healing

Connection with Gaia and the Sacred Elementals (Wind, Fire, Water, Earth and YOU as Aether)

MerKaBa and Quantum Technology Repair

Ancient Wisdoms with Natural Healing Modalities and And

Timeline Management (co-creating your life with Spirit to live your best life)

Manifesting



...and so much more! I could go on and on.

This work and time requires you the Soul, to be COURAGEOUS and BRAVE. Healing your life is not for the faint of heart. But rest assured, Spirit rewards those who heal themselves, and I am living proof that all your emotional healing is paid back in spades!



The Magic Hour Tea Company  
[www.clubmagichour.com](http://www.clubmagichour.com)

## *The Ascension Spiral of Emotions...*

I'm going to share with you, a quick visual of a great variation I found of what is known as the Ascension Spiral of Emotions' in the work of Dr. David Hawkins, author of 'Power vs Force' and 'the Art of Letting Go'.

So you can see exactly how courage is the mile marker for how we shift into a life of MAGIC from LIMITATION—Vibing High is truly done from the inside out. Spirit tells and teaches and assists us at every turn while we are in our Human journeys.

This journey will require you to be courageous and that means, showing your vulnerability to the world around you. It is the point of your greatest strength and will transform your life, when you step over your FEAR and start living in a place of LOVE. It is the greatest gift to the Human Collective.

*So let's start the work, shall we?*

Here are 4 'SoulWork' questions I would like to invite you to really integrate into your life now. If you've read my work this far, you're ready to go deeper and I believe in you and I believe in your CAPABILITY to see yourself in these spaces.

#### SoulWork Assignment 1

Where in your life do you see the Light within you, and where do you see the Dark within you? Start writing a list NOW. Set a timer for 15 minutes and allow for the voids of writing, because there is purpose in that space while you are thinking and searching your heart. Get out of your MIND, and move your awareness and thought to your HEART—this is your true first brain where only LOVE resides and FEAR cannot exist.

You will only meet up with FEAR in your EGO or THINKING self. Get out of your head, and shift your thinking into your heart.

#### SoulWork Assignment 2

Think back to a time in your childhood when you had your first memory. Was it a positive or negative memory? How did it make you feel? Now think of more memories and make a line down the center of a piece of paper and draw an arrowhead on the right side like so.

On top of the line, starting at your first childhood memory, write down all the positive things that you are remembering. On the bottom of the arrow, write down all the negative. Do not judge yourself or others in this exercise! Only write down what you remember happening to you or for you. Keep going as far forward in your life as you like. Allow your emotions to flow out as you do this.

When you are done, complete the exercise by closing this ceremony using this prayer,

“ I now call my back my positive self power in this lifetime, as a sovereign being of light, and I powerfully heal, shift and transmute all negative wounding or trauma from these events. I forgive myself and the others around me for having this negative experience. Aho.”

Repeats until you FEEL the release in your heart.

### SoulWork Assignment 3

#### Body Healing and Self Image Mirror Work

Standing in front of a mirror in a comfortable position (either sitting or standing), just look at yourself in the mirror, and starting saying positive things about you. Use the mantra, “ I love you, [enter your name here]. You are safe. You are loved. You ARE love re-incarnate.” Repeat. Do this for at least 10-15 minutes straight. Push through the tears, don’t stop, and allow for flow. Give this time to repair your feelings of unworthiness in your past, and start doing this powerful work to reshape the relationship you have with yourself.

\*Remember EVERYTHING CAN BE HEALED WITH LOVE. Absolutely everything. If you knew the things I have healed in my own past you wouldn’t even believe that I am standing here today, loving you and loving me, and doing this work in 2023.

### *Mirrorwork as a Tool*

Mirrorwork is a very powerful tool used in psychology, and will DEFINITELY lead you to healing. Your relationship with yourself is the most important thing in our entire lives. It is truly the center of our entire physical realities, and in order to FEEL better about ourselves, we have to start having a very differently relationship WITH ourselves.

We have between 50-60,000 thoughts a day and out of all those thoughts, only 10% are positive ones. THOUGHTS ARE THINGS! So changing our thoughts leads to a total transformation in our lives. I STILL to this day do mirror work. It isn't always comfortable, but it really allows me to love myself as I go through the challenges placed before me. When I get lost in overthink, I always come back home—to my heart and how I love myself.

That is a powerful shift I can feel and see in my life. You are WORTH this work! So stand in front of that mirror and tell yourself all the amazing things that will come up for you. Dx

#### SoulWork Assignment 4

##### Talk to your Spirit Guides

I get asked all the time, how do you talk to your Spirit Guides? I and I must admit, as it seems so simple to me now, I remember back to when I had my first Kundalini Awakening back in 2017, and began the amazing truth and practice of meditation and contacting the energies on the other side that had been with me all along. I was only becoming aware these spirits on the other side of the veil in my 3rd eye, as I asked to see/feel/hear my guides.

I didn't even know what I was asking really, and as I got out of my own way, and allowed my imagination to take over, I started to trust what my mind was showing me and what I was hearing in response to questions I was asking inside my head, and my relationship with my Spirit Guides was in full motion in no time at all.

After a few months or years, I can't recall—I started to grab a notepad and automatically write down their messages. Tapping into my trust and surrender of EGO, and just be an open vessel for them to communicate with me using my physical body, as I wrote down their loving messages.

## *Making Your Intentions Clear....*

Ask to only see the guides that serve your higher and greater good. Ask Gaia to keep all darkness from you as you give permission to communicate across the veil. Complete this powerful work with the word, “Aho” to close the ceremony. This message will prevent any attachments or dark entities from reaching you as you meditate or work with your guides.

All your Spirit Guides love you! Spirit Guides only work in the Light.

## *What's the Magic Recipe?*

There are no “rules” to this process, so please stop asking for a perfect recipe. You will not find one here.

Everyone experiences energy differently. You just need to PRACTICE giving permission to see/hear/feel your guides in your thoughts and really put in the time in stillness and quiet as you start working with these loving, angelic energy collectives. Yes, you can google websites that tell you what to do in procedural form, but I always recommend going with your own in-tuition and just practice meditation to make contact. It works best for everyone. Overtime, you will automatically develop your own way of doing this work, and that I find is the most rewarding, and customized for each Soul.

Validation WILL come to you, in numbers, coincidences that are not a coincidence at all, but rather “Synchronicities from Spirit”—as these methods are actually how Spirit crosses into the physical reality of our 3D lives and sends us messages. So watch for these after you begin playing with communicating with your guides.

Nowadays, I just refer to all of them as Spirit, as my daily awakening always begins as the Channel of Light that I have chosen to be as an energy healer and hallowed bone for Spirit. But you don't have to do this work professionally to really tap in to the truth of who you are. It already lies within you. All you have to do is start practicing on a daily basis to get better at it.

## *The Ending and the Beginning*

I hope you enjoyed this e-book and found it paradigm shifting and healing.

Please hear my prayer to you now. Remember we are ALL in fact — light and dark energy. How you integrate the dark into light, is done in the FEELING space. Not the doing or thinking plane of existence.

“May the Light of the Angels bless you today, and you choose to live in the present moment, where your positive choices change your future for the better. Remember it is ALWAYS self-love that moves your life into one of gratitude, Abundance, and Joy. I honor you for having your healing journey as it is today. Thank you for your experiences. Namaste.”