

# Eternal Origin Info Guide

Helpful soul prep and what to expect to ease uncertain nerves for your 1:1 session

## Welcome, Ethereal Soul!

I'm Anja Gould, your Eternal Origin Oracle Guide, and emerging psychic medium. You may also know me as the creator of Ethereal Awakening, a mama, published author, an energy intuitive, field catalyst and timeline channel.

I'll be facilitating and holding sacred space for your Eternal Origin Session or Channeled Wisdom Map. I'm ecstatic you've chosen to **Delve**, **Awaken**, and **Align** with me in service to your soul's path and highest potential.



## What is an “Ethereal Awakening”?

An Ethereal Awakening is a soul remembrance..

*a shift, an insight, a catalyst.*

Sometimes, the messages you receive may guide action. Other times, they may stir deep inner knowing that unfolds over time.

My sessions are mirrors to your soul's path. It's a space for you to Delve, Awaken, and Align with the truth you're ready to remember.



Please don't hesitate to connect with me if you have any questions, concerns, or need further clarity on anything you've learned here. I'm your humble, compassionate and supportive guide, and it is my goal for your experience to be exactly as you need. Our **eternal origin** is the divine spark we carry through every lifetime, and an ethereal awakening is the sacred remembrance of that truth; where soul memory, spirit, and purpose rise to the surface and lead us home. I am looking forward to our time together!

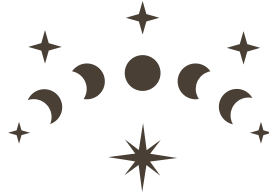
Anja

ETHEREAL AWAKENING

*Delve. Awaken. Align*

# Why I Created This for You

This guide is here to support you as you step into this sacred space with confidence, curiosity, and a grounded sense of ease. I know that receiving intuitive guidance, especially from the Spirit realm, can feel big and vulnerable. Your choice to be here is deeply courageous, and I honor that. Know that the space I hold for you is safe, respected, and confidential. I walk beside you, wholeheartedly, as you reconnect with the wisdom that already lives within you. I truly believe I incarnated to help guide others, like you, closer to their soul truth and heart whispers. I'm deeply honored you've chosen me for this part of your journey.



## What Happens in an Eternal Origin 1:1 Session

This is a unique modality I've curated with love and intention. Here's what you can expect:

🕯️ An individualized altar created just for you, with intuitively chosen crystals, incense, candles, and other spiritual tools.

🕒 A 60 minute session guided by Oracle card pulls, including from the Angels & Ancestors Oracle Deck by Kyle Gray and others that I feel called to use.

💬 Channeled voice notes sent through WhatsApp, iMessage, or Facebook Messenger.

📝 A handwritten "Wisdom Map"— a photo of my notes from your session, capturing the sacred messages that come through.

Guidance may come through any of my intuitive senses:

Clairvoyance, Clairaudience, Clairsentience, Claircognizance, Clairallience, and Clairgustance. (See Info Sheet for a deeper delve into these)

# How To Set Your Intention

Your intention is your soul's request for guidance. It can be about anything: career, love, health, challenges, spiritual clarity, whatever's on your heart.

Here's how to ground and set your intention:



Find a quiet, cozy space free from distractions. This location is also where you might or might not choose to be in session.



Take a few deep breaths. Visualize a pillar of white light flowing through your Crown Chakra and down into the Earth.

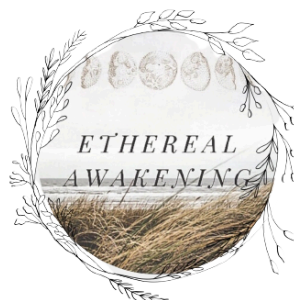


Imagine roots of glowing red light extending from your feet or tailbone, anchoring you into the heart of Gaia.

Now hold your question or desire in your mind, and say:

*“Thank you angels, ancestors, spirit team, and sacred ones for revealing to Anja Gould what I need to know for my highest good and potential during my session.”*

By offering this intention and giving consent, you open the energetic portal for your angels, ancestors, spirit team, and sacred ones to step forward in love, support, and guidance.



Below you will notice an area to use as a safe space to jot down any thoughts, intentions, or whatever you feel deserves to be written and honored on paper for your session. This guide is yours to print and keep, so cherish every word.



## Tips for Receiving Your Session



To make your session feel cozy, grounded, and nourishing, you may want to prepare the following:

- Water, warm tea or favorite drink
- Solfeggio frequency or binaural beats
- A cozy blanket and/or pillows (optional)
- Photos/belongings of loved ones
- Crystals (optional)
- Journal or notebook for reflections
- Choose what resonates with you, make it sacred, make it yours.

## Your Clair Senses & Psychic Abilities

A memorable opportunity to explore how guidance is received, you can find the link for this info sheet in your welcome email. We all are gifted in individual ways, however I believe that we all hold the ability to strengthen and develop our psychic abilities at our own pace. The first step is beginning to lean into and trusting our **intuition!** Sensing emotions around us, and within us, while tuning into our sensitivities. Jot down a moment, or memory when you felt any of these experiences, it's a wonderful place to start!



## Contact Info

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