

Anni Sennov:

# THE GOLDEN ENERGY IS PURE LIFE FORCE AND JOY

“If our Life Force is not used in a positive way, it becomes an Anti-Power, something unnatural.”

Anni Sennov talks about a shift in energies and the next step in our planet’s development and expansion, a life force energy that invites us to do everything right, inside out.

-Refugees coming from countries in crisis represent a shift in energy and it will help us expand and move on. Something has become visible and we are given the possibility to support each other rather than rule and divide.

Ascala Alternativ behandlingsmetod

Anni Sennov:

“Den gyllene energin är ren livsglädje”

“Om liv ej används på ett positivt sätt blir det en antikraft, något onaturligt.”  
Anni Sennov pratar om ett energiskifte och nästa steg i vår planet jordens utveckling. En livsenergi som bjuder oss att göra rätt – inifrån och ut.  
– Flyktingar från krigsdrabbade länder är bara en växling av energi. En energi som hjälper oss att utvecklas och komma vidare. Något har blivit synligt där vi får möjlighet att stötta varandra istället för att härska och söndra.

Text: Maria Åxter  
Foto: Anni Sennov privat

☀️ Anni Sennov säger att vi alla sitter i samma båt. Men också att vi är olika skapelser. Vi har en hjärna som vill uppleva styrker och skapa balans.  
I slutet av 80-talet fick Anni svårt eksem. Under 25-29 var hon sjukdomen utslagna glöper från sitt bankjobb. Hon såg ut som en 90-åring, helt utan färg i huden. Vid den tidpunkten var hon utbränd, avtrött och hade kontakt i kontakt med healing, men tyckte inte att det var något för henne. Hon var hon städförare olika resor som så hälsö ingenting som gav resultat och Anni bestämde sig för att sluta lyssna på andras råd och istället göra sin egen resa.  
Då gick det fort. Inom 14 dagar var eksem borta. Hon, som smolt huden med olika krämer uppträdde att hon inte ställde paraben. Sedan skedde flera saker som också påverkade läkningen. Sommarresan sken och kroppens sköldkörtel plus att hon blev gravid. C-vitaminet förändrade hormonbalansen i hennes kropp. Hennes befärdade startade.

Då uppträdde även Anni att hon, som egenskapen inte visste något om det paraboliska, helt plögligt “visade” och kunde berätta saker för andra.  
– När jag var ung sa flera av mina vänner att det var så trevligt att prata med mig för jag kunde gå så intressanta svar, berättar Anni.  
**Fjärde dimensionen**  
Under åren som följde levde Anni med en stor nyfikenhet. Hon träffade också ett stort antal klienter. När hon jobbade med högfrekventa energier, healing och andring, märkte hon att hon mätte så bra, utan att juu di. Resorna följde varför.  
En dag sitter hon i vardagsrummet och hela lägenheten blir mörk.  
– Jag blir så förvånad och undrar förtvålade “Vad är det som händer? Är det något fel på mig?” Jag minns att jag tänkte “För 5 minuter sedan var det full sol och nu är det mörkt. Så länge kan jag inte ha sovit”, berättar Anni Sennov.

När hon tänkte ut var det ljus och folk gick omkring i ljus och shorts mitt i sommarvintern, men inte i hennes lägenhet var det kompakt mörker.  
– Jag försökte hitta en lösning och plögligt så lyfte jag över energin och kom in i fjärde dimensionen, fast jag förstod det inte då. En röst sa till mig: “När du kommer några upp i energilagen finns ingen skillnad på mörker och ljus. Anni fortsätter.  
– Mörket är så negativt utan endast kompositioner ljus. Därför är just mörket lättast för alla att se för många människor.  
**Behövde mer energi**  
Dagen efter händelsen följde Anni sin intuition och sökte upp en väninna som gör henne healing. Hon kände att hon behövde mer energi och skydd.  
Under healingpasset gick väninnan i djupa trans och efteråt kunde hon inte komma ihåg vad hon sagt, men Anni minns allt.  
– Jag satt och tog emot och kunde följa



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Photo: Aamod and Sophelia Korhonen, Balance Is Joy  
Translation from Swedish into English: Sofi Hellmer

**“Don’t search for God outside yourself. God is always on the inside and can only be visible on the outside when also visible on the inside.”**

**“It is a very important balance, to love fully and unconditionally, as well as being able to have good personal boundaries in your life.”**

According to Anni Sennov we are all sitting in the same boat, but, we are also unique in the way that we have a heart that strives for intimacy and personal balance.

In the 80s Anni fell ill with terrible eczema and during 3.5 years she was unable to work full-time at the bank where she was currently employed. She looked like a very old person with absolutely no moisture in her skin. At this time she was working as an astrologer, one of her many trades. She had also come into contact with healing but did not think it was for her.

She met with many different therapists but nothing gave relief nor a solution for her skin condition she so desperately needed. At one point, she decided she would stop listening to everyone’s advice and start on a journey of her own to find the answers to her questions.

It was quick. Within 14 days she was eczema free and she also found out she was in fact allergic to many of the creams she had used to try and alleviate her health problem. A few other things helped with the healing too, summer came with sunshine and more vitamin D to the body. Anni also got pregnant which changed the hormonal balance in her body and all this helped the healing process as well.

Suddenly Anni “knew” a lot of things. She had no knowledge of the paranormal but could now tell others about all kinds of things she knew about them. That reminded me, says Anni, that when I was quite young one of my friend’s mother used to say I always had such interesting answers, and now, and probably then too, I really did have an unusual insight and knowledge to things.

## **The fourth dimension**

During the years that followed, Anni lived with greater curiosity. She had a huge number of clients and she noticed how well she felt when working with high-frequency energies, healing, and astrology. She just did not know why.

One day she was sitting in her flat and it suddenly got very dark. Anni says: I was very surprised and asked myself what is happening and is there something wrong with me? I tried to find solutions to why inside my home it was complete darkness and outside people were

walking around in light clothing on a warm and sunny summers day. Suddenly I got moved into the fourth dimension energy, though I did not understand that at the time, and a voice told me, “when you get higher into the energy layers there is no difference between light and dark. Darkness is not negative in any way, it is just condensed light. That is why darkness is easier for many people to see.

## **Needed more energy**

Anni followed her intuition and the day after this she asked a good friend to give her a healing session since she felt she was in need of more energy and protection. During this healing session, her friend went into deep trance and could not remember anything that had happened. But Anni remembered everything and she just received the energy and followed the process closely.

Anni says: I did not know this at the time, but now I know, that I had no aura left, no protection of my physical body at all. Everything other people felt and were thinking about went straight into my body. I have learned by years of experience that our aura is like a filter for us humans.

Today I know that the soul aura is where adult people’s life path is stored, but the Crystal children’s future lies in their body, not in their aura. Their energy is stored in a different way and with that knowledge and understanding, I have been able to help many people with what I call an AuraTransformation™.

This was also what I heard after the healing session my friend gave me, “you have had an AuraTransformation™.”

## **No advertising was needed**

Some really interesting things happened the day after. Two clients, independent of each other, came to me and said, “you have something I need”. How did they know what had happened to me? No advertising was needed and words about her balancing method spread like wild fire and after about 2 months she had been contacted by over a 100 people. That is true collaboration with the Universal flow says Anni Sennov!

Anni went on to write the book “Karma-free in the New Time” where she collected all information she “just knew”, as well as talking about the importance of our aura for our personal development.

In a meeting with a client when she was very focused, she could see the client’s aura energy. Also, when she left her child at the day-care center, she could see the little ones with an Indigo aura and she just knew she wanted to know more and see more. She asked for help and noted

how her senses became heightened to the extent that all she saw was the energy surrounding people, not their faces or bodies. So again, she asked for guidance to be able to work in a more efficient way, and direct from the source she was told she now had tested what she'd wished for and now knew that seeing everything can disturb your personal balance. It is better you learn to sense everything and also teach yourself to switch off other people's energies.

On an Indigo level, you are coupled with a great and powerful energy, but where you are not independent in the way you would be on a Crystal energy level, says Anni Sennov. I have also observed that I get tired in my eyes even though I don't see with my physical eyes, because I register frequencies in different ways.

During our conversation, I observe how Anni's answers comes very easily to her and I begin to understand that she lives true to her tale, she really and truly does have new knowledge that changes the story about energy. This asks more of me and I'm advised by Anni to pay less attention to everything else around me to enable myself to listen with real presence and more easily follow the high and low frequencies.

Anni does not demand attention when describing and telling her story, she IS attention and presence and I somehow become that too.

Anni says that in her experience, more and more children have a larger part of Crystal energy within their system. When she speaks with them they can tell her that they "just know" all kinds of things, which means that they truly have the energy and knowledge inside of them. These children are born with a special aura and energy system and it is not certain that their parents have the same energy capacity within them.

It seems like some auras and people can copy others, or rather update themselves in order to get the same energy as their children. And Anni continues with: It seems that the old Soul aura does not have the capacity to learn in the same way, and that is where I come in, with my knowledge and new information.

Another side of her energy work is her sensibility for imbalances. It's not unusual that she can detect and even get physical symptoms if she is spending time in an environment where there are a lot of imbalances.

In our time our bodies can live for a great number of years because we have, and can use, spare parts to keep us alive. The difference from pure mechanics is our heart. All technology comes from humans and we are creating magnificent things and machines, but, they do not have our heart energy, they are not human in any way and that is not meant to happen. We, the humans, are supposed to be heart centered and have that energy in our body, in fact an evolved human will have it in every cell of the body, as well as in the aura.

If we as humans, take time to learn how to sort our energies, as in keeping our energy to us and others with them, we would have balance in our life and there would be no drama. We could be individuals AND show each other respect.

## In the right environment

When I hear Anni tell her story I make a picture in my mind of how energy is expanding for people when they are in their right environment, for example in a situation that feels like a safe space and is in harmony. We are talking of different ways of approaching this and Anni says we do not need to be in the process, or working mode all the time, because we also need rest. She describes it like a computer with all programs open the entire time, and what that would do to you. We need to be aware about how many “programs” we, as humans, keep open in our mind at any one time.

Just because the program exists we don't need to use it, a program is just something we can return to whenever we want or need to, just like today's children do. They are a lot smarter and more practical with their energy than adults.

The next thing for us humans says Anni Sennov, is the Golden Energy. She describes it as the energy of our globe's expansion. It is very intelligent and is only present here on Earth. It's a physical energy, a materialization power, because it has life in it. Just think of all the people here on Earth and how they exist and develop over time. Actually, everything exists on a visible and a non-visible level. Some would say we are not high-frequency here on Earth, but I would say we have something wonderful that is not present anywhere else.

Consciousness for me is not to make our Earth more light or spiritual, because I believe there is more than one solution to consciousness. We are not to become “too much light”, nor too spiritual, because if we were to take in all available high-frequency energy, our bodies would not cope very well. We also need a material way that helps us to balance in a different way, something I have discovered myself. Anni is aware that there are other opinions about this but says we all have a spiritual energy within us and around us, or we would not have been born. What's so special with our Earth is that it has a spiritual materializing energy and in my opinion Anni says, that is the Earth's biggest task, to integrate and balance those energies.

## To create wholeness

In Anni's last book, “Golden Age, Golden Earth”, she describes the Golden energy as the savanna. When the predators have killed an animal, and finished eating what they need, they will leave the rest to other animals. A natural sort of prioritizing. The indigenous people still live like that, you kill an animal and use the skin and meat, but will give back the rest to nature. We need to use what we have in the Golden Age for something positive, or it might end up becoming an Anti-Power, something unnatural. We also need to ask ourselves if we have the right intention in everything that we do since everything becomes visible in this time, the Golden Age. Everything truly needs to be right, inside out.

As a human, we are supposed to be whole inside and feel oneness with others, but not in the sense that we are all alike. The goal is to find balance within and give all people a chance of

being, and feeling whole. If we do not listen to our own inner voice we will end up doing what others want us to do, not what we are born to do.

When I look at my notes after our interview I can see blank spaces, and I know what happened, I did not write, I listened.

## Facts

Anni Sennov is the woman behind AuraTransformation™ and she describes it as a very powerful and permanent expansion of your consciousness and charisma. She is also the founder of The Aura Mediator Courses™ that you can find in many countries today. Anni is a clairvoyant advisor and international lecturer, as well as the author of 22 books on spiritual energy and consciousness, self-development, New Time children and relationships, several of which have been translated from Danish into a number of languages.

With her husband, Carsten Sennov, Anni is a partner in the publishing company Good Adventures Publishing and the management consulting and coaching company SennovPartners, where she is a consultant in the fields of personal development, energy and consciousness.

Anni and Carsten Sennov jointly created the personality type indicator four element profile™ and she originally began her career in the financial world.

Read more at [www.annisenov.com](http://www.annisenov.com) / [.se](http://.se) / [.dk](http://.dk).

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