

## **Sophia's Co-Creation Team by Karen Sheeks, RN MS**

*This report introduces you to a group of guides who offer you support and resources during your current lifetime. They work individually, and as a group to enhance your opportunities, empower your intentions and help you to realize your highest potentials.*

### **Archangel Ariel**



*Archangel Oracle Cards by Doreen Virtue ISBN 1-4019-0248-0*

Ariel is associated with the Earth and the elements. She has strong connections to those who are attuned to the environment, the animals, fish, birds, and the elemental energies. This angel also assists with Divine Magic, healing, and manifestation. Ariel supports teachers and those in the healing arts, as well as those wishing to expand their intuitive gifts. She is known for instilling courage and focus where they are needed in your life.

Ariel will be a source of support for you in making decisions about career, relationships, and finances. She gives you courage to pursue your interest in bringing information into your community regarding environmental stewardship. She helps you focus on activities that are aligned with your love for the planet and its creatures. She teaches you how to connect with your heart and trust your inner guidance. The best way to connect with her is when you are outdoors in a natural environment, or listening to relaxing music with nature sounds.

Ariel works with the 6<sup>th</sup> (third eye) chakra, opening your intuition and expanding your ability to “see” with your inner eye. Fridays are excellent days to connect with her. She often gives you signs by calling your attention to number sequences, and the numbers most associated with her are 4's and 6's. When you see those numbers in combination, or in series, such as 44, 66, 444, 666, 46, 64, etc. know that Ariel is near.

She is associated with the planet Venus, and with Pluto. Exploring where those planets fall in your natal chart may give you insight into Ariel's work in your life.

## Serapis Bey



*Ascended Master Oracle Cards by Doreen Virtue ISBN 978-1-4019-0808-9*

Serapis Bey is the Chohan (Lord) of the 4<sup>th</sup> Ray of Divine White Light. He is a motivator, known as the “ascension master”, who trained ascension candidates in Atlantis. Serapis migrated to Egypt after the end of the Atlantean era, and brought Egypt to its most prosperous, and expansive times.

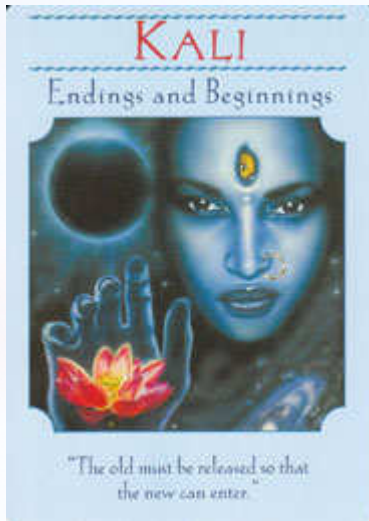
He brings the qualities of purity, harmony, and discipline. He connects with the 1<sup>st</sup> chakra, bringing the energy of Divine Light up through the astral spine to the crown.

Serapis assists with recovery from addictions and cravings. He works with artists, musicians, writers, and all forms of creative projects. He teaches you how to receive clear communication from God, and is a motivator in exercise and weight reduction. Serapis is concerned with personal and global peace. He is most supportive to those seeking loving care, spiritual insight, and inner peace and calm, in order to focus on priorities and alignment with your Source Consciousness

Find a quiet place and sit in stillness with your breath ... as you focus on the movement of breath in your body, Serapis will come and sit with you ... breathe with you, and infuse you with Divine presence. Once you are feeling the peace that he offers you, ask him for insights and clarity regarding any issue you are working with.

He is an ally for you in your intentions to exercise, improve your health and fitness, and flexibility. As with Ariel, Friday is the most auspicious day to invoke Serapis Bey into your meditations.

## Kali



*Goddess Guidance Oracle Cards by Doreen Virtue ISBN1-4019-0301-0*

Kali is the Hindu Goddess of eternal energy. Associated with life, death, and re-birth, she is often depicted as the Mother of the Universe. She represents the end of cycles that no longer serve us, and assists with removal of old fears and distorted beliefs. As a loving mother, she assists us in discovering what we are ready to let-go of, and as a loving midwife, she travels with us through our re-birth.

She is the motivator for change, offering us courage, focus, direction, perseverance, and protection. Kali always comes when an individual is ready to emerge into a life filled with joy, abundance, and expansion. She shows us the way through the jungle of limiting thoughts, leading us into the light and clarity of new understanding.

Kali will help you to remember the benefits of letting-go, and the inspiration that comes from creating a new life. She will work with you in all aspects of your life, to help you to align with what you really want. She will also give you the insight and language needed, to help others discover their old programming and release limiting thoughts.

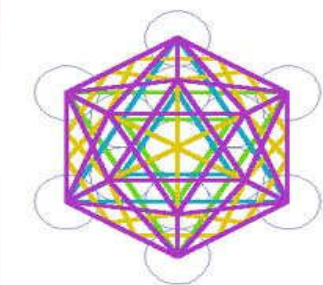
Call on her when you need support in moving away from toxic relationships, situations, or even thought-forms. She is your ally and friend, helping you to see your bright future. Tuesday is the most powerful day to work with Kali, and since she is also considered to be the Goddess of time, you can ask her to assist you with time management, and with exploring the possibility of moving "outside of time" in your meditations.

## Archangel Metatron



*Archangel Oracle Cards by Doreen Virtue ISBN 1-4019-0248-0*

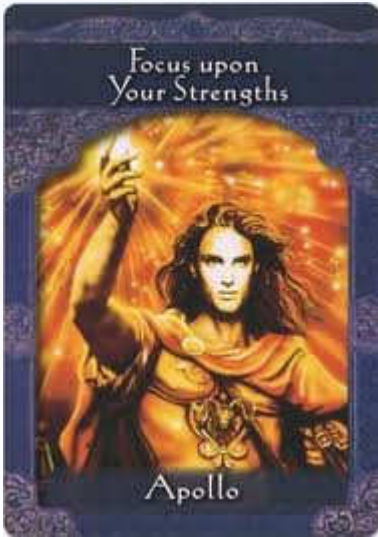
According to the Kabbalah, Metatron holds a position at the top of the Tree of Life, passing the divine blueprint for creation to all levels below him. He is credited with managing the sacred geometric patterns of the Universe. Metatron's cube is a three-dimensional sacred shape associated with the design of all reality. Ask Archangel Metatron to purify your aura and chakras with his cube, and he will create a downward spiral from crown to root chakra, removing harmful energies.



Metatron assists you with motivation, organization, and prioritization. He works directly with the 5<sup>th</sup> (throat) chakra, helping you with personal communications and self-expression. He is also dedicated to the needs of the Indigo and Crystal children, helping parents, teachers, and all individuals involved in raising or educating these brilliant beings. If you are interested in working with these children, Metatron will arrange for you to have the necessary time, money, community resources, and social networks.

Metatron collaborates with you to clear any negative thought-forms from your mind, facilitating connection with your Divine Self to access information and guidance regarding your Earth life. You may find that Metatron brings information to you in the form of images and sacred geometry because he recognizes that you are an adept at understanding the hidden meanings in these ancient forms. Working with Metatron will awaken memories of your past life alchemical gifts.

## Apollo



*Ascended Master Oracle Cards by Doreen Virtue ISBN 978-1-4019-0808-9*

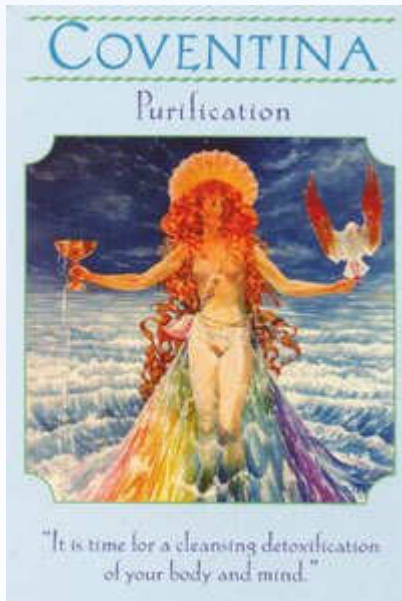
Apollo is an Olympian Sun deity associated with the energy, force, and life-giving qualities of the Central Sun. In mythology, Apollo had dominion over plague, light, healing, prophecy, music, medicine, archery, poetry, dance, and reason. In today's world, he offers assistance to all who use their intuitive gifts to help others, and is responsible for transmitting wisdom and spiritual understanding to all who seek a deeper connection with their Divine Source.

Apollo is also known as an ally for those working to heal physical and emotional wounds with the frequencies of compassion and unconditional love. He also represents peak physical wellness, motivating us to take care of our physical bodies, acting as inner "coach" to those wishing to bring exercise and fitness into their lives.

Apollo brings the energy of the sun into all of your intentions. Call on him to activate, motivate, and support you whenever you start a new project, or begin a new regimen of physical fitness. He is also a great ally when you are dealing with mechanical problems of any kind, so call on him to infuse the problem with healing energy.

As you move into the next phase of your life, Apollo will give you clarity and focus, helping you to concentrate on thoughts and actions that support you on your path. Whenever you need motivation, think of the warmth and light of the sun, and Apollo will be there with you.

## Coventina



*Goddess Guidance Oracle Cards by Doreen Virtue ISBN 1-4019-0301-0*

A Celtic river goddess, Coventina is associated with healing, renewal, abundance, new beginnings, life cycles, inspiration, childbirth, wishes, and prophecy. She protects all bodies of water on Earth, and represents the energetic meaning of water: spiritual and emotional cleansing and purification.

For centuries, Coventina's presence has been felt at the sites of natural springs and wells. The Celts believed that wells are openings into Mother Earth's womb. Traditionally, coins are dropped into wells as offerings for Coventina's blessings.

Because of her connection to the waters of the oceans, she is also associated with the tides, and the ebb and flow of time. Coventina uses the energies of water to help us detoxify our energy fields and bodies of negativity and substances that harm our well-being. She also dives deeply into our inner beings, helping us with psychic abilities, dreams, and prophecies.

Coventina works with the whales and dolphins, and with all aspects of environmental mindfulness that supports clean and eco-friendly living. As moving water also represents flow, she will assist with manifesting abundance of resources to be used for the highest good of all.

When you need answers to your questions and prayers, call on Coventina to work with you in your meditations and dream time. She will connect you with the whale and dolphin consciousness, helping you to benefit from their healing vibrations. She is your guide and ally in all forms of purification and detoxification. Whether you are cleansing your body, mind, emotions, or energy field, Coventina facilitates the process with grace and ease. She urges you to drink more water, and spend time near bodies of water.

## Hilarion



*Ascended Masters Oracle Cards by Doreen Virtue ISBN978-1-4019-0808-9*

The Chohan (Lord) of the Fifth Ray ... the green ray of truth, science, vision, healing, music, and prosperity, Hilarion assists those who seek deeper understandings through the use of their 6<sup>th</sup> chakra. He is said to teach us how to hold “the immaculate concept”, or pure thought held by one person, on behalf of another. Hilarion often works directly with Archangel Raphael, who also works with the Fifth Ray.

Hilarion guides us to embrace our full potential as multi-dimensional beings, able to accomplish healings, attunements, and expanded creations. He sponsors teachers of truth, and all who practice the healing arts, as well as scientists, engineers, musicians, and those who specialize in space technology. He embodies the abilities of healing, wholeness, activation of the third eye, music, and science.

Hilarion works with you to make things manifest in the physical. He assists you in using technology in a way that benefits humanity and the planet. He speaks to you through music and harmonics, and through the vibration of the spoken word. He will teach you how to balance wisdom, power, and love, in a way that facilitates the expression of your gifts in the world. He will help you to attract opportunities that are in alignment with your gifts.

Visualize an emerald, a diamond, green jade and a quartz crystal when working with Hilarion. These stones represent the qualities of the Fifth Ray, and will enhance your connection to him.

I hope this report assists you in your inner work and supports you in your expansion.

Many Blessings  
Karen

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