

MULTI-DIMENSIONAL YOU REPORT



by

Karen Sheeks

*The origins of YOU through
the memory of your Soul!*

Multi-dimensional You Report© for Sophia Allende
Created by Karen Sheeks

Before we begin our journey of You, I would like to lay a little bit of groundwork to assist you in getting the most out of this report.

Create a quiet space: Prior to reading the **Multi-Dimensional You Report**, it is important that you open yourself up to receive its message. These reports have power not only in their words, but in their essence, and the more open you are to receive it, the more benefits you will gain.

Read and later Re-Read: This is a “living report”. It will almost seem to change as you re-read it. Because we are multi-dimensional, we have the ability to “re-see” a particular part of our lives in such a way that it registers within us differently. It’s almost as if it is giving us another perspective to insure that we can take-in the full spectrum of the experience. So, once you’ve read it, wait a bit, then turn around and read it again. You’ll likely gain a new perspective each time.

Have Fun: Most important with the **Multi-Dimensional You Report** is allowing yourself to celebrate the remarkable beings and energies around you. Knowing that such powerful and supportive forces surround you is something that should place an enormous smile on your face.

Here are some of the tools I will provide for you in Phase 1 of this report:

1. **Your Co-Creation Team**

I will introduce you to a team of personal support from the Angelic, Ascended Master realms, Devic and Nature Spirits, Animal Totems, and Crystal and Mineral realms. This team is your personal alchemy group designed to assist you in all aspects of your life.

2. **Past Life Summary**

I will give you information about past life experiences relevant to your current lifetime issues and opportunities, and ways you can utilize that information for healing, developing creative abilities, tapping into dormant skills and talents, and understanding current relationships that have past life connections.

3. **Your Galactic Affiliations**

We often have affinities to certain star systems, planets, galaxies, or groups of stars. I will give you information on your ties to any of these and how those affiliations relate to your current life purpose.

4. **Ancient Cultures and Practices**

Often we feel drawn to symbols, religions, or philosophies from the great ancient cultures but have no context in which to integrate them into our lives. I will give you information related to your role and participation in any of these soul groups, such as ancient Egypt, Atlantis, Lemuria, and more.

**In each of these aspects of the report, I will give you a summary of the information and how it relates to your present life issues, opportunities and healing.*

Phase 2 of the report gives you personal prescriptions to use in your daily practice of healing and expansion to integrate your multi-dimensional aspects into the present life:

1. Flower Essences

You will receive a recipe for flower essence therapy to assist you in integration of the information and expansion in your self-realization. Flower Essences are considered vibrational medicine, and work in subtle, gentle ways. There are no side effects, so they are safe and useful for anyone seeking graceful, easy expansion. These essences can be purchased at most health food stores, or can be dispensed by a flower essence practitioner in your local area.

2. Crystal and Mineral Allies

You will receive a recommendation for crystals and minerals that resonate with you and with your path to self-healing and manifestation of your dreams and goals. These stones can be found in local crystal shops, or online from many sources. Each stone listed will be accompanied by a brief description of its properties and how to use it in meditation and ceremony.

3. Aromatherapy

Essential Oils are another form of vibrational medicine, long accepted as powerful allies in healing and expansion. You will receive a personal recipe for specific oils or oil blends that can enhance your inner work and your inner peace. Essential Oils can be placed in a diffuser, worn on the skin, or mixed in shampoos and soaps. They are found in most health food stores and can also be ordered online.

4. Sacred Symbols

You will receive a list of symbols and their meanings to work with in your visualizations and meditations. Symbols are powerful expressions of high vibrational frequencies used to invoke positive focus and change in your life.

5. Colors

Every color carries a healing vibration. You will receive recommendations on the use of color in your inner work. A brief description of each color and its properties will accompany this, as well as instructions on how to use the color in your visualizations.

6. Music

Sound carries healing and transformative vibrations. You will receive a list of music to use in your inner work, designed to align with your Soul Essence and your intentions for this lifetime.

7. Guided Meditation

I will design a personal guided meditation for you with affirmations that support your expansion. This meditation will take between 10 and 15 minutes to complete, so you can use it in the mornings when you awaken, and in the evenings just before you fall asleep, to help anchor your healing and expansion each day.

Sophia's Co-Creation Team

This section of the 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 6th (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 4th 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.

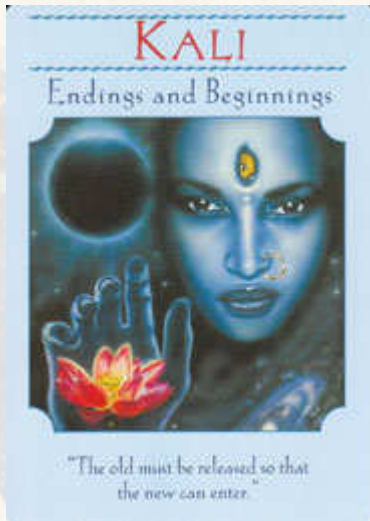
He brings the qualities of purity, harmony, and discipline. He connects with the 1st chakra, bringing the energy of Divine Light up through the astral spine to the crown.

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.

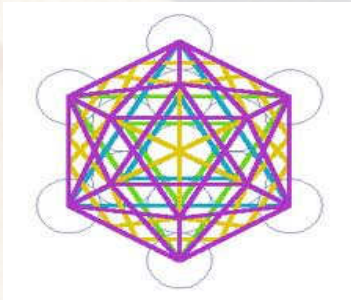
Call on her when you need support in moving away from toxic relationships, situations, or even thought-forms. She is your ally and friend, helping you to see your bright future. Tuesday is the most powerful day to work with Kali, and since she is also considered to be the Goddess of time, you can ask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

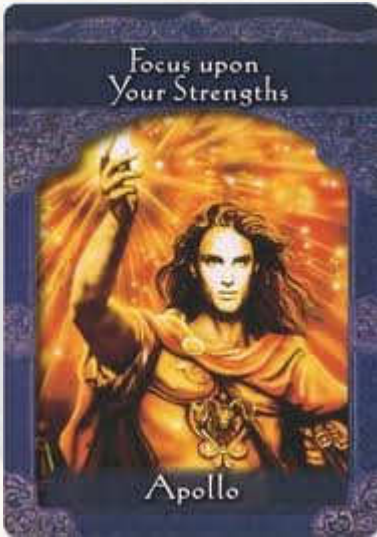
According to the Kabbalah, Metatron holds a position at the top of the Tree of Life, passing the divine blueprint for creation to all levels below him. He is credited with managing the sacred geometric patterns of the Universe. Metatron's cube is a three-dimensional sacred shape associated with the design 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 5th (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 6th 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.

Sophia's Past Life Summary

We live many lives, in many dimensions. At times, specific lifetimes on Earth or other locations have relevant connections to the present Earth life. This section of the report is a summary of any significant lifetimes that hold information that is useful to you now. There are three lifetimes relating to your current life issues and intentions:

The first took place in 17th century Europe where you were engaged in study of medicine, physics, the stars and planets. You were a young male assistant to an astronomer and renowned Dutch scientist who was part of the movement to study the Universe as heliocentric, or sun-centered. You assisted this man in his work, and learned from him as an apprentice would. I was able to glimpse inside your mind at the time and discovered that you had a secret longing to visit the stars that you were studying. You had a vivid imagination, and were often lost in daydreams about space and planets and stars. The pivotal moment in that lifetime came when, as a young man, you were accepted into a “secret society” of scientists and alchemists who used the blending of astronomy and astrology to divine higher truths and predict events in the future. You created several “break-through” inventions that were known to the outer world, but your secret activities within this group, were your greatest achievements. Your grasp of math, science, medicine, and logic, were matched by your understanding of the more esoteric practices of alchemy, astrology, divination, and extra-terrestrial life.

This ability to be an adept at the sciences and a bridge between science and metaphysics is the key to relevance in this lifetime. Although you have worked in the more traditional sciences for some time, your understanding of the “bigger picture” is now coming to light in your hunger for expansion.

It is clear that you are sometimes doubtful of your ability to grasp the principles of sacred geometry and alchemy, and connecting with this past life self will help you to remember what you have always known. Begin by looking at sacred geometric shapes online just to familiarize your mind with the feeling of seeing them again. Without trying to analyze them, just experience them visually, and let things unfold naturally.

The geometry will activate memory within you, and you will begin to notice those same shapes in your environment. Allow the cellular memory of that past life self, to awaken in divine timing.



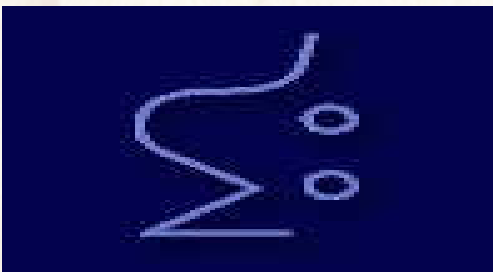
*“Universal Law of Light, Sound, and Vibration
suestudio.com*

Star nation symbols: standing elk

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The second lifetime took place in a more ancient time, probably around the time of the Earth life of Jesus. The setting was arid and harsh, and I received a strong confirmation that this was an Essene community. In this lifetime, you were shown to be a female of some import in the group. You were considered wise and often consulted regarding the forces of nature and ways to balance the needs of the people with the needs of the land on which they lived. This group was highly evolved in their understanding of Universal and Spiritual laws. One of your roles was to teach others specific practices that would today be labeled “sustainable living”. Your teaching was closely tied to the rhythms of the seasons, the movement of the stars and planets, and associations with the elemental forces of nature. There was an organic connection between ritual practices of purification and release, and the use of elements in nature. I saw you as someone who was intuitively “tapped-in” to the consciousness of Mother Earth, and often guided in your actions by information transmitted directly from the planetary core to you. There was no specific pivotal moment in this lifetime, and I was told that it was being revealed to you because it represented a time when you were completely at peace with your role as teacher and leader, and that you were sustained and supported both by the community and by the planet.

This lifetime is a model for what you are capable of. It also reflects the truth that you can teach and lead, without sacrificing your own well-being. In the current lifetime, you have spent many years in service to others, often at the expense of your own health or well-being. This sense of need to sacrifice for the greater good is an old program that does not serve you. When you connect with the past life Essene self, you will begin to remember the power of service free of sacrifice. You will understand clearly how much more powerful your service can be when you are in alignment with your own Divinity, and able to receive support and sustenance as well as give it. The Essene lifetime also offers a portal to the aspect of You that clearly understands the Universal Laws, and can apply them to everyday life. This can be an invaluable tool in your role as teacher. When you spend time connecting with this past life, you can regain your deep connection with Mother Earth and her elementals. This can be useful in your personal practices of meditation and divination.



“The Universal Law of Nature”

suestudio.com

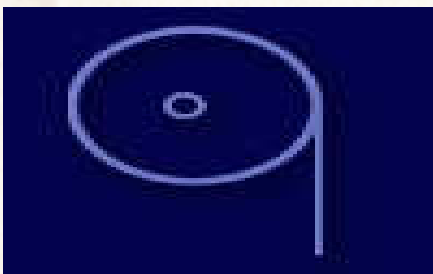
Star nation symbols: standing elk

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The third lifetime is one that took place in ancient Tibet. I was shown an area surrounded by small hot springs. These mineral pools were prized as medicinal with magical properties for healing for many kinds of maladies. You served as a monk in a nearby monastery and were responsible for treating pilgrims who came to the pools for healing. The mineral properties of the mud in that area were complex and useful for many different types of illness. You were the most adept at intuiting how those minerals could help each individual and you often created poultices and topical applications that consisted of mixtures of the local mud and specific plants. You anointed and then bathed each person in a ritual of purification, and then they were allowed to soak in the pools for a prescribed time. During the time they soaked, you recited prayers for their healing and enlightenment. Your life was consumed with service and you had little to eat or drink each day. Your monastery life was one of minimal comfort, and you often went without warmth or food. Although your heart was filled with joy when you were performing your service, you often felt exhausted at the end of the day, and were plagued by a recurrent cough that eventually led to pneumonia and an untimely death.

This particular lifetime was shown to me for several reasons. First, it shows you that you once had precise intuitive knowledge of the way in which natural resources can facilitate healing for humans. You were attuned to the energies of the waters, and understood their power to purify and calibrate those who needed assistance to heal. You could divine individual “prescriptions” and create treatments to support each person in their unique expression. You understood plant medicine, and also the connection between the power of spoken word and the way sound can heal. I was shown a direct correlation between the practices in this past lifetime and your current profession as a pharmacist. I am told that you are longing to offer medicines that are more closely attuned to nature and the plant kingdom than the synthetic chemicals that are so prevalent in today’s pharmaceuticals.

On the downside of this past life, you are shown an example of selfless service at the expense of personal well-being. This is a clue to the origin of old programming you may need to remove that demands sacrifice as service.



“Spiritual Law of Healing”

suestudio.com

Star nation symbols: standing elk

Sophia's Galactic Affiliations

As multi-dimensional beings, we have the ability to exist in many different expressions. At times, we may spend one or more lifetimes off planet Earth, residing instead on another star system, galaxy or planet. We all come from Source ... originating from the same beginning point. During our continual expansion, we affiliate with groups of souls, or aspects of Divine expression, often with common interests or projects. These groups are seen as "soul family" or "pods" that we travel through time and space with, sharing experiences in specific locations or dimensions. When I asked for any such affiliations for you, I was given the following information:

You have connections to Arcturus.



<http://www.celestialsources.com>

Arcturus is a type K1.5 IIIpe orange giant star — the letters "pe" stand for "peculiar emission," which indicates that the spectrum of light given off by the star is unusual and full of emission lines. This is not too uncommon in red giants, but Arcturus has a particularly strong case of the phenomenon. It is at least 110 times visually more luminous than the Sun, but this underestimates its strength as much of the "light" it gives off is in the infrared; total power output is about 180 times that of the Sun. The lower output in visible light is due to a lower efficacy as the star has a lower surface temperature than the Sun.

Arcturus is that which may be called the center of this universe, through which individuals pass and at which period there comes the choice of the individual as to whether it is to return to complete in this planetary system, our Sun, and its planetary system - or to pass on to others. This was an unusual step, and yet a usual one. (Edgar Cayce)

Arcturus is believed to be one of the first stars named by ancient observers. It is translated as "Guardian of the Bear" and is a name that was once used for the entire constellation of Bootes. It is easily found by noting that the curve of the handle of the Big Dipper is part of a circle - an arc - and we can just follow the arc to Arcturus.

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Arcturus was one of the spheres designated as a teaching planet. This also included the further research of the space harmonics. Some of the greatest teachers and some Avatars whose place of origin is Arcturus now have converged on the Earth star planet. Arcturians possess great integrity and stupendous energy for correcting mistruths and false beliefs that are so prevalent in this world.

Arcturians are well developed mentally, emotionally, and intuitively. Arcturians are intelligent and well read about the topic they are interested in. They are analytical and fully capable of making a strong argument about it. At the same time, Arcturians are very selective in using their intellect and they have no opinion about the topics that they are not interested in.

When Arcturians express themselves about the things they feel strongly about, they are not only intellectually well prepared but they also utilize the power of emotions and brilliant insights. This way, they offer valuable perspectives to this world.

While Arcturians are compassionate and forgiving, they are also very sensitive, so they often feel hurt and offended. News of social injustice breaks their heart. And many Arcturians become vegetarians primarily for compassionate reason. Of course, this compassionate yet sensitive nature defines their social life as well.

In terms of romantic relationship, it all depends on whether they can find an appropriate mate. Being the Arcturian's partner is a tall order. Not that they are demanding, but you can sense they are special. When they do find a good partner, they are one of the happiest in partnership. Their partnership is more about friendship than conventional marital bond.

With their brilliance and mature interpersonal skill, Arcturians are capable of achieving high goals. They are not that interested in worldly success. For Arcturians, spiritual growth and spending time with their loved ones are far more important than climbing a step higher in the corporate ladder. In fact, the whole idea of working in the corporate structure is ridiculous for Arcturians. Many Arcturians start their own business and achieve just the right amount of success they aim.

Healing, both conventional healthcare and alternative healing, is one of the popular career choices among Arcturians. And even when they are not in such career, they often find others reaching out to them to be healed. Those distressed people can sense the special quality Arcturians are emitting. The only possible problem for Arcturians' career life is when they sabotage themselves by internalizing the negativity in the collective consciousness. There are many thought-forms floating around such as negative beliefs about money and wealth.

<http://reallifespirtuality.com/starseeds-arcturians/>

Sophia's Connections to Ancient Culture and Practices

We are often attracted to stories or art from ancient cultures. In this aspect of the Multi-dimensional You Report, I summarize any connections that are revealed, in order to give you context for your attractions and interests. This not only explains the attractions, it also may inspire further exploration for you in seeking integration of these connections into your present life and work.

You have previous lifetime connections with two ancient cultures:

Ancient Greece



You experienced a lifetime in ancient Greece, which was closely tied to the Temple to Athena at Delphi. I was shown that you lived as a female who served at the temple dedicated to the Earth Mother Gaia, in the Mycenaean city later known as Delphi. This area became associated with both Athena and Apollo as time passed. The Oracle at Delphi drew many to the area for the inspired information and guidance.

Delphi was home to both wonderful works of art, and amazing athletic competitions in the first millennium, BC. The earliest information describes the area as sacred for the worship of Gaia, and later deemed to be the “center of the world” by Zeus. The legend says that Zeus released two ravens from opposite ends of the earth, and after they completed their flights across the earth, they met at Delphi.

Delphi is famous for being the site of the Omphalos Stone (meaning center of the earth), which became the center of the shrine of the Delphic Oracle. Delphi was named for Dolphin (Greek Delphis) because Apollo took the form of a dolphin in order to bring Cretan sailors to Delphi so that they could become priests in his new temple.

The legends say that the original Omphalos stone was a large meteorite. In the early days of Delphi, before the 7th century BC, women were revered as intuitive adepts. They would come to Delphi, bathe in the sacred spring, then drink from the spring, inhale the fumes of burning bay laurel leaves, and then sit in meditation near the Omphalos stone, entering into a trance state enhanced by the vapors emitted from a fissure in the earth. After inhaling the vapors, the priestesses often began ecstatic dance.

Ancient Egypt



You experienced a lifetime in the area of Luxor, Egypt during the reign of Amenhotep III, who was an incarnation of Serapis Bey. I was shown an image of you as a male initiate in the Ascension Temple established by an earlier incarnation of Serapis. It was a lifetime dedicated to higher learning, and purification in order to attain the ability to perform inter-dimensional travel and immortality.

Amenhotep III was regarded as the greatest ruler on earth. He maintained a high level of diplomatic relations with all nations. He constructed magnificent Temples and Palaces and built the monolithic statues uncovered on the banks of the river.

Serapis taught the power of focused intention, which can be directed to assist the individual in releasing the higher powers of the Divine in their healing work with others. He introduced complex healing ceremonies and techniques, working with Devic and Angelic energies, bringing them into this dimension in order to expose the initiates to their powers. His alchemy strengthened and merged celestial and planetary energies. Those who were close to him, referred to him as “The Disciplinarian”. In most artistic renderings, Serapis is depicted holding the scepter of Christ Consciousness amid a background of candidates for Ascension.

Flower Essence Suggestions for Sophia

Flower essences are vibrational medicine. They work on the subtle energy fields, and their action is gentle and gradual, bringing frequencies back into balance. Their effects are quiet and profound. They do not create any side effects, and do not interfere with other medications. Flower essences are traditionally mixed with spring water and brandy is used as a preservative. If you need alcohol free essences, they can be mixed with glycerol as an alternative. There are many sources of these essences, and you can order them online, or purchase them at most health food stores. Look in your local area for Flower Essence practitioners if you wish to establish a relationship with someone who can prescribe new mixtures as you continue to evolve on your healing path.

Some suggested links:

flowersociety.org

bachflower.com

fesflowers.com

desert-alchemy.com

Walnut

Removes links to beliefs and behaviors that limit your growth, and helps you to move forward, trusting your inner guidance.

Larch

Builds self-confidence, and encourages creative expression.

Wild Oat

Helps you to focus on the path to your highest potential, choosing experiences that make your heart sing, and express your soul purpose.

Cerato

Instills confidence in your intuition and encourages trust in your own inner vision.

Iris

Inspires artistry, soulful creativity, and being in touch with higher realms; radiant, iridescent vision in all aspects of life.

These flower essences can be mixed into one dosage bottle (consult a flower essence practitioner for instructions), or can be purchased separately. The usual dosage is two drops under the tongue, four times per day. Listen to your inner guidance to adjust dosage from time-to-time, and to determine when you are complete with this recipe. You can also use muscle testing to clarify the dose and frequency of use per day. To locate a practitioner in your area, click on the link below:

<http://www.flowersociety.org/practitioner/login/login.php?dest=%2Fpractitioner%2F>

Sophia's Crystal and Mineral Allies

Amethyst

This stone is a calming, protective crystal that accelerates the development of psychic abilities. This stone has a high spiritual vibration and is associated with ancient Egypt. It was found in the tombs of the pharaohs.

- * Blocks geopathic stress and environmental negativity
- * Enhances meditation and higher states of consciousness
- * Facilitates the decision-making process
- * Promotes Divine love
- * Associated with the crown chakra and Archangel Michael
- * Balances and connects the physical, mental and emotional bodies
- * Transmutes negative energy
- * Assists those transitioning from the physical body

Aquamarine

This is a stone of courage. Its calming energies reduce stress and quiet the mind. It harmonizes its surroundings and protects against pollutants. In ancient times it was believed to counteract the forces of darkness and procure favor from the spirits of light. It was carried by sailors as a talisman against drowning. It has cooling, soothing energies and enhances communication.

- * Good for all kinds of calming and cooling; from hot flashes to anger
- * Activates the throat chakra, assisting in clear communication of deepest truth
- * A doorway to communication with the Goddess...the Divine Feminine
- * A stone of empowerment
- * Promotes understanding between divergent viewpoints
- * Helps clear stagnant energy and assists one in releasing old patterns
- * Calms anger and hysteria, helps one to release vengeful thoughts
- * Useful in moving through grief
- * Works to balance emotional, physical, and mental bodies
- * Helps to create an awareness and integration of Universal Truths
- * Associated with archangels Ariel and Raguel

Azurite

Azurite guides psychic and intuitive development. It urges the soul toward enlightenment, cleansing and strengthening the 3rd eye. Azurite is a transformation stone that is linked with creativity, intuition and inspiration, and eliminates illusion.

- * A pure embodiment of the Blue Ray
- * Carries the exact frequency of the 6th chakra
- * Can strengthen the astral and etheric bodies
- * Aligns inner vision with higher guidance
- * Assists in past life recall
- * Brings an increase in sense of connection to the Divine
- * Helps one to sense the Truth in any situation
- * Helps one understand the root of one's fears
- * Lends the courage to correct old patterns and speak the Truth

Labradorite

The gemstone of magic; it awakens in those who carry or wear it the awareness of one's innate magical powers, including clairvoyance, telepathy, astral travel, prophecy, psychic reading, access to Akashic records, past-life recall, and communication with higher guides. It is a gemstone of adventure offering one the chance to embark on a multitude of voyages of self-discovery.

- Assists one in moving between realities and connecting with unseen realms
- Enhances psychic abilities, increasing one's capacity to visualize with the third eye
- Aids in finding unconscious belief patterns that generate unpleasant emotional states
- Helps one to become clearly aware of the source of beliefs
- Helps reveal the nature of mystery illnesses
- Represents the Temple of the Stars, assisting in discovery of destiny and purpose
- Associated with archangels Haniel, Michael, and Raziel
- Banishes fear and psychic debris from previous disappointments
- Strengthens faith in self and trust in the Universe

Morganite

A stone of Divine Love and compassion, Morganite opens the heart, making us aware of the Cosmic Love within which we all exist. It gives us the opportunity to surrender to the immense power of Divine Love and let it show us our life path more clearly. This stone can bring immediate release of old pain and sorrow, and a sense of lightness that makes the healing of old wounds easier.

- Cleanses and energizes the heart and emotional body
- Assists one in connecting to Divine Love and Angelic support
- Helps one to be receptive to loving words, actions and energy of others
- Teaches protection through love rather than fear
- Aids in recognizing fear-based emotional patterns that impact our relationships
- Helps one attract a soul mate
- Brings feelings of peace and acceptance when one is facing grief and loss
- Helps bring love into one's life
- Stimulates the transmittal of impersonal wisdom from one's guides
- Powerful for use in ceremonies around the medicine wheel
- Provides the experience of brotherhood

Ocean Jasper

This is a stone of joy and high spirits. It opens one's awareness to the benevolent aspects of life and lifts one's mood through its positive vibrations. When one is under its influence, it is difficult to take one's problems and dissatisfactions as seriously as one normally does. Ocean Jasper embodies the heart-healing properties of the colors pink and green. In addition, its round markings stimulate complete breaths and movement of energy.

- Associated with archangels Ariel and Metatron
- Helps to lift the veil of negativity which some unconsciously wear over their eyes
- Stimulates the solar plexus, heart and throat chakras with its beneficial vibrations
- Banishes complacency
- Helpful for those suffering with depression

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- Helpful for those with self-destructive addictive behaviors
- Its positive vibrations are amplified and spread through one's energy field to others
- Keeps the atmosphere of a room pleasant and relaxing
- A powerful Earth element stone with wonderful physical healing properties
- Reminds us that the physical world and body are our temples
- Assists one in locating and clearing "stuck" patterns of behavior and belief
- Calming and soothing for the emotional body
- Supports regeneration of tissue

Peridot

Peridot clears the way for one's heart to feel, and assists in creating prosperity in all areas of life. It is an excellent tool for understanding relationships with honesty and integrity. Since ancient times, Peridot was viewed as a symbol for the sun, and in Greece it was believed to confer the energy of royalty to the wearer. It was sometimes worn as a protection against evil spirits, and believed to bring wealth. Its vibration brings an inner sense of warmth and well-being, like sunshine on a spring day.

- Helps one to activate and harmonize chakras 3 & 4; integrates love and will
- Enhances one to have the courage to act on one's desires
- Aids in attracting and creating one's most important inner visions here on Earth
- Can be used to bless and energize one's work
- Assists one in re-establishing a sense of self-worth
- Quiets spiritual fears
- A powerful generator of the frequency of increase
- Aids one in perceiving and honoring the source of all abundance
- Helps one to open to receive more of the Universal Love and abundance on all levels
- Teaches the knowledge of the fairy realm, plant and animal kingdoms and nature spirits
- Helps remove blockages to receiving
- Alleviates heaviness of the heart
- Releases and neutralizes toxins on all levels
- Opens, cleanses, and activates the heart and solar plexus chakras

Some of these stones are easily worn as jewelry, such as Amethyst, Aquamarine, Morganite, and Peridot. The Azurite, Labradorite and Ocean Jasper are easily found in small specimens that you can either carry with you, or have in your home.

One option is to obtain small specimens of each stone, and create a "grid" with all of them, and place the grid in the room where you do most of your inner, meditative work. For gridding, choose a formation that feels good to you, and allow your Inner Being to guide you in creating a personal grid. You can use several specimens of the same stone, to create a larger grid. Pay attention to the numbers you choose, as the numbers also carry a distinct vibration and purpose.

You can sit with one specimen in your hand, while meditating, and ask the consciousness of the stone to communicate with you. Keep a journal of any information that comes through during these sessions. The stones will tell you the way in which they wish to work with you, and how they can co-create to benefit your life.

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Many stones are very helpful when you are doing inner healing of physical or emotional wounds, and removal of old programming. Use the information in this report as a beginning point, and allow the stones to give you more expanded information regarding their use as time passes.

Citations:

Hall, Judy. The Crystal Bible. Cincinnati: Walking Stick Press, 2007

Simmons, Robert., and Ahsian, Naisha. The Book of Stones. East Montpelier: Heaven and Earth Publishing, 2005

Virtue, Doreen., and Lukomski, Judith. Crystal Therapy. Carlsbad: Hay House, 2005

Sophia's Essential Oils Suggestions

Essential Oils are another form of vibratory medicine. They work with the subtle realms of the energy field, and gently assist you in creating balance, wellness and expansion. They can be used in diffusers both in the home and in the car, or mixed in soaps and hair products. Some are applied topically after being diluted with carrier oils. If a blend is suggested, you can purchase the individual oils and create your own blend, or visit a practitioner who makes custom blends.

Rose, Geranium, and Rosewood Blend

Carries the vibration of the heart chakra, and unconditional love, the Divine Feminine and a grounding energy to bring it into form

Lemon Essential Oil

Clearing old programming and negative energies

Sage

Carries the vibrations of sacred wisdom

Bay Laurel

Carries the vibrations of success and strength and connects with Apollo

Cedar and Sandalwood Blend

The properties are grounding and expansive at the same time, and it carries the vibrations of sacred truth.

For more information, here are some useful links:

<http://www.youngliving.com>

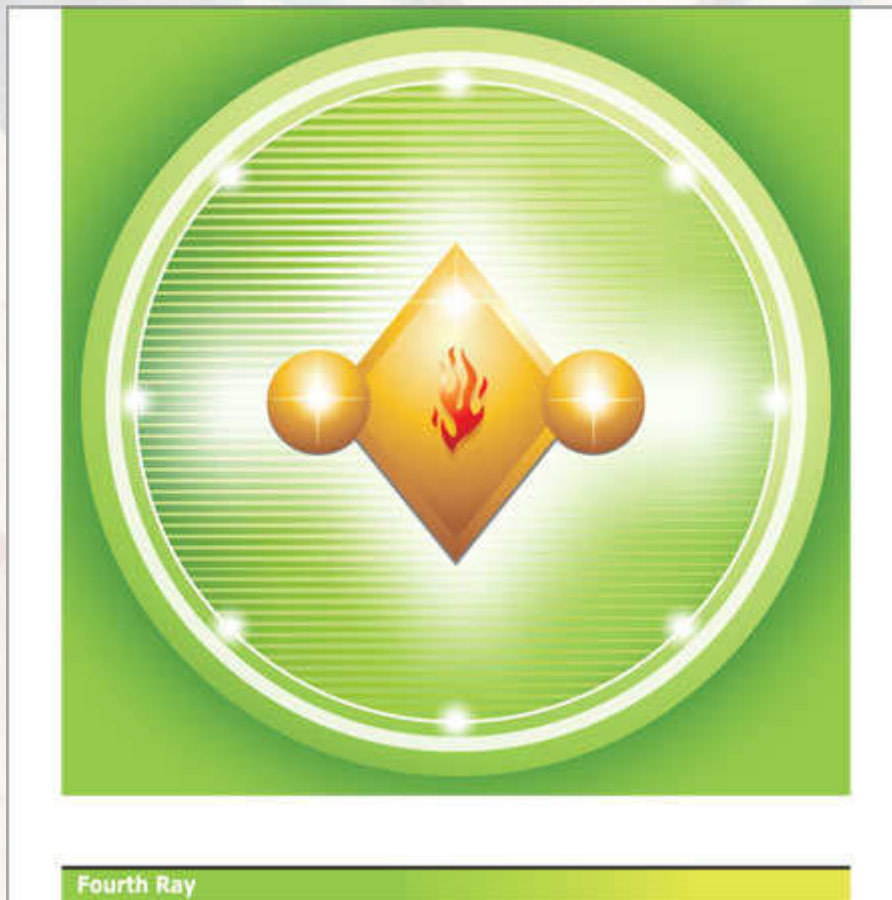
<http://www.auracacia.com>

<http://www.essentialoils.org>

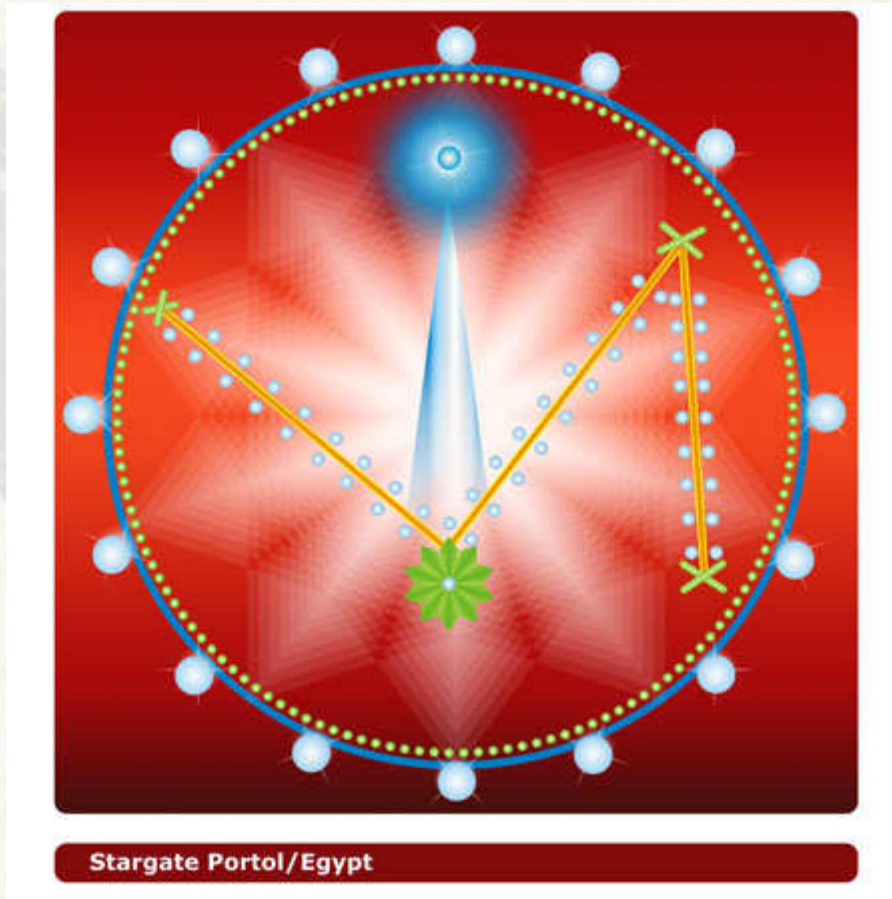
Sophia's Sacred Symbols

Symbols carry distinct vibrations that assist you in your meditations and intentions. Symbols are examples of universal language. They have been used by all cultures, and are often found to be similar between cultures. They can be used as healing tools, and doorways into our own divinity. You can sit quietly and gaze at a symbol as you go into a meditative state, and the symbol will act like a portal into a multi-dimensional experience. Sometimes it is helpful to put a symbol on an altar, or pin it on the wall near the space where you meditate or pray.

Use these symbols to enhance your intentions and support you as you experience spiritual growth.



This symbol of the 4th Ray will connect with Serapis Bey. The green ray of light holds energy of the Creator encouraging all to express the Creator's love, consciousness and light within them in creative and imaginative ways. It supports, encourages and is anchored into all forms of art and expression on the Earth. It expresses the Creator's sacred qualities of harmony, peace and tranquility and can be used to increase meditation skills and access the stillness within. The fourth ray of light assists us in accepting our inner beauty and seeing the beauty within others, therefore accessing and realizing the truth of the Creator. It can also be used as a cleansing and healing ray as it assists us in releasing old habits to bring a new sense of balance and harmony to our existence.



This symbol will assist you in connecting to memories from your lifetime in ancient Egypt and all of the wisdom you acquired through your ascension training.

Citation for use of the symbols and their information:
<http://www.signsandsymbols.net/index.shtml>

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Sophia's Color Suggestions

Colors carry frequencies of energy that can be useful in healing, meditation, and clearing negative energies from the field. A simple practice using color is to visualize the color, or look at the color, and imagine that with the in-breath, you can bring the color energy into your body and with the out-breath, you can send it to every cell, and even beyond the body, into the aura. Wearing the color is also a good way to experience its vibrational qualities.

Yellow

Yellow is the color of intellect and it is used for mental clarity. Linked to the sun and the lion, it is connected to the 3rd chakra, or solar plexus. This vibrant color also represents the energy of action. You can use this color when creating intentions for bringing something from idea into form. Yellow strengthens the will and brings vitality to the body. It is also associated with Apollo.

Blue

Blue is associated with the throat chakra and the third eye. Blue is the color of truth. It is associated with the elements of air and water, and with communication. Blue carries the frequencies of wisdom. Peace, tranquility, calmness, truth, wisdom, justice, counsel, guidance, understanding, patience, loyalty and honor, sincerity, devotion, healing, femininity, prophetic dreams, protection during sleep, and astral projection. This is a good color to work with when you are co-creating with Coventina.

Green

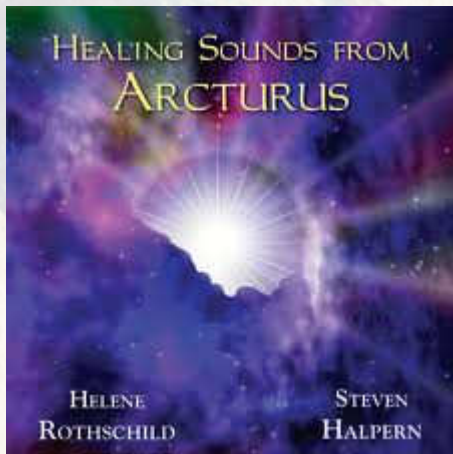
Green is the color of healing, prosperity, fertility, nature, harmony, balance, peace, and growth. This powerful color connects directly with Hilarion, and will facilitate your intentions regarding physical well-being, abundance, new beginnings and new projects, as well as creating harmony at home and at work. Green is one of the two colors associated with the heart chakra (the other is pink). Green is also connected to the element of earth, and will assist you in connecting with nature spirits, fairies, and members of the animal and plant kingdoms.

Purple/Violet

These are colors of transformation, and they bring spiritual insights and renewal. Leonardo da Vinci proclaimed that you can increase the power of meditation ten-fold by meditating under the gentle rays of Violet, as found in Church windows. They are associated with Archangels Ariel and Metatron, the 6th and 7th chakras, and psychic abilities. Use these colors to connect with your Divine essence.

Sophia's Music Recommendations

Sound heals. The frequencies found in music are a universal language. When you find a quiet space, and tune in to the vibrations of specific musical compositions, you can create deep relaxation, healing and renewal. Empower your meditations and intentions with music. Here are some suggestions to enhance your inner work:



*The musical keynote of Serapis Bey is:
"Celeste Aida" by Verdi*

*To connect with the energies of the Ascension Temple at Luxor:
Liszt—"Liebestraum #3"*

*To connect with the energies of the 4th Ray:
Pietro Mascagni, Intermezzo from "Cavalleria Rusticana"*

*To connect with the energies of the 5th Ray:
Sergei Rachmaninoff—Piano Concerto #2 in C Minor.*

Sophia's Guided Meditation

Click on the link below to download an audio file of a guided meditation designed for you to use daily, to enhance your expansion and embrace your multi-dimensional aspects:

<http://www.sendspace.com/pro/phd3go>

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Created by Karen Sheeks

Karen Sheeks RN MS
Intuitive and Medium

Thank you for allowing me to connect with you on this journey. I hope this information is useful and uplifting. I encourage you to spend time with each section, meditating and allowing yourself to receive inspiration and direction from your multi-dimensional aspects. If you are interested in further work with me, here is some information about me and how to contact me:

If you want to learn how to deliberately create, and feel safe in a changing world, I am honored to walk that path with you. I want you to realize the Divine Being that you are, and learn to embrace your own special gifts. Join me as I bring the love and support of the Divine Light into your life.

I draw upon my 26 years of Emergency Nursing and teaching, to assist you in the realization of your well-being and connection with your inner healer.

With the help and support from all the Beings of Light and Love, I will bring you uplifting messages to assist you in creating expansion and joy in your life.

I have a special connection to the Dolphin Consciousness, which is available to all of us all of the time. With specialized tools for daily living that come from the Dolphins, you can enjoy the frequencies of joy, movement, flow, abundance, love, and an opening of the heart as never before.

I can advise you on specific crystals and minerals that are positive co-creators for your life.

Using Mindfulness-Based Stress Reduction techniques, I can teach you quick tools to use when life in this changing world seems challenging.

You can visit my website, ShastaLight.com to find out about the spiritual coaching sessions that I offer for those who wish to visit the Mount Shasta area and meet with me in person or arrange a telephone or Skype session at a distance. On my website you can learn about courses I am offering, products for expansive living and more. Visit my blog and sign up for the newsletter.

Blessings on your journey