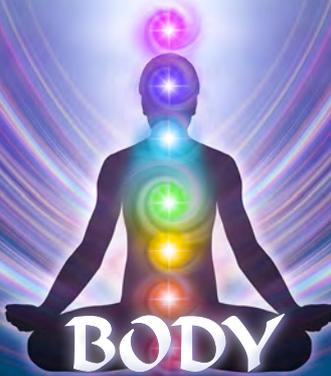


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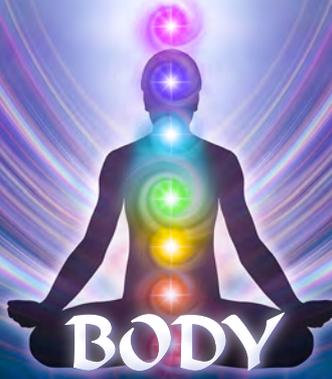


BODY

READING

SOVL: Indigo Whiler
DATE: 26 October 2018

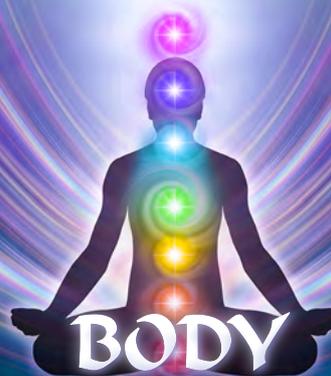
ENERGY BODY READING



Indigo Whiler - 26 October 2018

A: ENERGY BODY READING	
•Physical Energy Body Clarity	22%
•Emotional Energy Body Clarity	52%
•Mental Energy Body Clarity	40%
•Spiritual Energy Body Clarity	45%
B: YOUR 12 PRIMARY CHAKRAS	
•3 Main Chakras to Focus on	Brow - Heart - Sacral
C: MULTIDIMENSIONAL LIGHT PORTALS	
•Open/Activated Light Portals	12
D: ENERGY MANAGEMENT	
•Main Disruptive/Invasive Energetics	Negative Entities - Implants - Neg. Portals Negative Pillar Connection
E: YOUR STARSEED NATURE	
•Telepathic Level	5/10
•Empathic Level	5/10
•Starseed Naivety Level	4/10
F: SPIRIT & MASTERING PERSONALITY	
•Living Life from – Feminine Energetics	20% Spirit Feminine - 80% Pers./Ego Fem.
•Living Life from – Masculine Energetics	25% Spirit Masculine- 75% Pers./Ego Masc.
G: YOUR PHYSICAL BODY	
•Pineal Gland Activation	24%
•12 Strands DNA Activation	26%
•Pranic Nourishment	75%
H: YOUR PILLAR	
•Pillar Grounding	87%
•Source Connection	84%
I: MAIN COSMIC CONNECTIONS	
•Cosmic Being	Archangel Michael
•Cosmic Cousin Group	Arcturians
J: SERVICE TO SELF - SERVICE TO OTHERS	
•Service to Self - Service to Others	48% - 52%

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How to Interpret Your Numbers per Category

A: Energy Body Clarity:

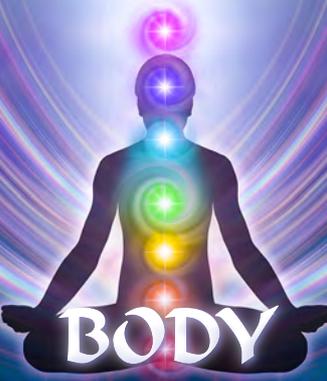
This category is measured up to 100% for each of the 4 variables. The higher your percentage is for each variable, the higher the Clarity of this particular Energy Body is for you. It is the crystalline nature of this energy body expressed up to 100%. You will also be able to see very clearly which of your four lower Energy Bodies are in need of more of your healing focus, so you can raise your frequency and your Ascension Consciousness. Perhaps your Physical Energy Body and your Emotional Energy Body have the lowest percentages. In that case, this information allows you to focus on getting rid of distortions and wounding for these particular Energy Bodies in a multitude of ways, as guided by your Presence and Support Teams. Focus on treating your Physical Body like a Temple, so it is more than just about healthy food & exercise. Some guidelines: 40% - very healthy body; 80% clarity - Level 4 Breatharian; 100% - Crystalline transformation. The ultimate goal is to get the Clarity of your Physical, Emotional, Mental & Spiritual Energy Bodies to 100%. Everyone's journey is different, however in general a journey where the Clarity of the Energy Bodies raises at generally the same level for all four Energy Bodies will create a smoother experience than simply focusing on only increasing the clarity of one or two of the four lower energy bodies. There are many healing modalities, meditations and also making different choices that can assist you in the increasing of your Energy Body Clarity. Ask your Spirit and your Support Teams to guide you clearly. It is all about placing your healing focus where it needs to be and your journey will unfold powerfully.

B: Your 12 Primary Chakras:

In this category you have received which three of your 12 Primary Chakras are most in need of extra healing focus. As per the previous category (Energy Body Clarity), divert more of your healing focus and attention towards these three particular Chakras. You can do this through meditations and many other healing modalities. For example let's say your Heart Chakra, your Sacral Chakra and your Base Chakra are in need of receiving more healing of Love & Light. In your meditations you can ask your Spirit and your Support Teams to clear blockages in these chakras, remove debris, open them up further etc. This will create a greater energy flow through your Multidimensional Energy Bodies, allowing you to more powerfully manifest all that you are wanting to create in your life. As you heal these three chakras more, deeper wounds in these or other chakras can come up, so this is an ongoing journey of healing and discovery, leading you further up the Ascension Consciousness Scale and allowing your Mission to manifest more powerfully in each and every moment.

C: Your 24 Primary Multidimensional Light Portals:

In this category you have received how many of your 24 Primary Multidimensional Light Portals are open/activated (or partially). The higher you raise in your Ascension Conscious-



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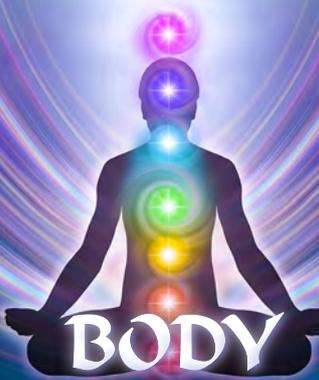
ness, the more of your Multidimensional Light Portals will open. With the opening of your Multidimensional Portals, you will access to more of your multidimensional gifts and your multidimensional nature in general. As your lower energy bodies have more Clarity (see category A), there is more space for you as an incarnated Soul to deal with your multidimensional nature. This includes healing through your multidimensional wounds to gain access to your multidimensional abilities. Your ultimate goal is to have all 24 Primary Multidimensional Light Portals open/activated and to then regularly cleanse them with Love & Light Technology (see Ascension & Energy Management Manual on the Divine Heart.com.au website).

D: Energy Management:

In this category of your Energy Body Reading, you have access to the information regarding your Energy Management. You have received which main disruptive/invasive energetics you are currently dealing with. This will now allow you to empower yourself to deal with these energies and remove them from your Energy Bodies. You can use the techniques discussed in the Ascension & Energy Management Manual or use techniques taught in the meditations on our YouTube channels. As a general guideline you can call in your Support Teams (including Ashtar Command & Galactic Federation Teams) to assist with clearing out negative entities, implants and programs. You can command and intend for negative portals to be closed and negative pillar connections to be separated from your Pillar. Negative cords can be cut by Archangel Michael, or you can do this yourself with your intention (ask/command this). And finally, you can use different Protection Techniques to deal with psychic attack, for instance an intentional pushing out of the energy or using white, golden or platinum energy fields around your Energy Bodies to assist. Your Energy Management is an ongoing journey of empowerment, where you will learn by doing. Do not get discouraged, but rather see this as a journey of anchoring more of your Spiritual Power as you take full command of your Multidimensional Energy Bodies. An important step is awareness, so you can change the situation. Be very willing to learn and practice and you will become an Energetic Master of your Energetic Signature.

E: Your Starseed Nature:

This category brings you your Telepathic, your Empathic and your Starseed Naivety Level. These are all measured from 1-10. The higher your number is for your Telepathic and Empathic Level, the stronger your abilities are to pick up Telepathic (thoughts/beliefs) and Empathic (feelings/emotions) from the Energetic Field around you. This includes people, groups, places etc. Everyone's journey is different in this regard. Some Souls open up their Telepathic and Empathic abilities when they are very young children and have to learn to deal with this their entire lives. Others open these abilities up more powerfully when their Ascension Consciousness raises further. Our experience is that the scale is not linear, but rather increases more like for example a logarithmic scale. This means that when you go



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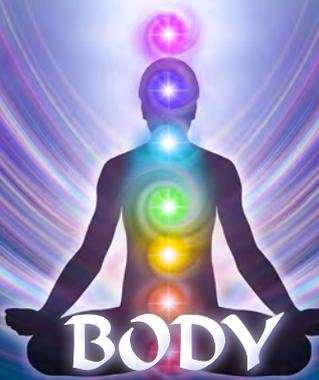
from a level 5 to a level 6 Telepath or Empath, this is a bigger jump in your abilities (and sensitivities) than when you go from level 3 to 4 etc. It is all about knowing where you are on the scale and then turning these abilities into strengths by learning all about how they work for you in your life. You need to learn to control, manage and cope with your Telepathic and Empathic abilities and this is a powerful journey to undertake. Your Starseed Naivety Level expresses your greater empowerment and clarity in the dynamics of this world as you score lower on the scale. Often Star Children/Souls, Angelic and/or very Multidimensional Souls can score very high on this scale, meaning they are very pure and naive and have a lot to learn about the underlying energetics of the 3D world, the true motives of people, the programs etc. As they grow in their awareness, their Starseed Naivety Level drops and they can empower themselves more strongly, knowing what is real and what is illusion.

F: Your Spirit & Mastering Your Personality:

This category gives you insights into the driving forces of Personality/Ego versus Spirit in the running of your life. It also offers you deeper information into your Masculine 'Personality versus Spirit Mix' and your Feminine 'Personality versus Spirit Mix'. Both elements are expressed as percentages and add up to 100%. The ultimate goal for any Starseed & Lightworker is to have Spirit lead the way and have Personality be the vehicle for Spirit's Guidance to be manifested. This is a process that is directly connected to your Ascension Consciousness. Within your Masculine and Feminine Energetics you will come to understand if your Spirit or your Personality is mainly 'in charge'. An example is your Masculine Spirit – Masculine Personality Split is 20% - 80% and your Feminine Spirit – Feminine Personality Split is 30% - 70%. What these numbers tell you is that just looking at your Masculine Energies (doing, goals, achieving, focus, Light etc), your Spirit is 20% the guiding energy. Reviewing your Feminine Energies (being, creation, flow, Love etc.) shows that your Feminine Personality is still a strong influence in the creation of your current life. Know this can assist you to understand where you can place your focus moving forward so your life and creations become more and more Spirit-guided, from your Masculine & Feminine Energetics. Ultimately, both percentages can go to 100% Spirit-guided.

G: Your Physical Body:

This category of your Energy Body Reading brings you, measured up to 100%, your Pineal Gland Activation, your 12 Strands DNA Activation and your Pranic Nourishment percentage. A higher percentage for your Pineal Gland Activation will reflect in more of your clair senses and multidimensional nature being open and accessible to you in your daily life. If your Pineal Gland is in need of decalcification, your number will reflect a lower percentage. As you focus on opening up your Pineal Gland more and allow this to naturally happen, your percentage can ultimately reach 100%. The same goes for your 12 Strands of DNA. They lay dormant until they are activated in exactly the right timing for your Mission



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Path. Trust this process. You can do meditations (for instance our YouTube Meditations Channel 'Meditations Opheana Sikaal' has a specific meditation for this purpose) or simply ask your Presence/Spirit and your Support Teams to assist you with the further activation of your 12 Strands of DNA. The higher the percentage, ultimately 100%, the more of your clair senses and multidimensional gifts and capabilities will be available for you to use in your Starseed Mission at this time.

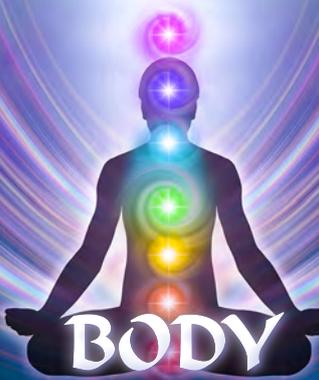
Finally, your Pranic Nourishment percentage tells you how strong your second engine (next to your primary engine that sustains you via eating food) can potentially bring nourishment to your Physical (Energy) Body. The higher this number, the more options you have of eating less dense and less foods in general. This is an entire process in itself and may well be worth your effort of looking further into as you raise your Ascension Consciousness. Research 'Pranic Living' and 'Breatharianism', if and when this area of your Spiritual Growth excites you.

H: Your Pillar:

In this category of your Energy Body Reading you have received how grounded your Pillar is in general, measured up to 100% and how connected to Source your Pillar is in general, also measured up to 100%. Your Pillar Connection to Earth and to Source can change in each moment (for instance you can ground more deeply via meditation), but your aim is to always be as connected to Mother Gaia and Source as you can at all times. This assists with managing your Energy Bodies, including protection, clearing and general energy management via your Pillar. Do your Pillar at least 3 times a day, this only needs to take a minute as you get more and more used to doing this. Starseeds who wish to not be on Earth and go back home to their Cosmic home, can often be less grounded in this Earth reality. Those Souls that are too focused on this (3D) Earth reality, often need to spend more time allowing a deeper connection to Spirit and Source, to receive deeper guidance about their Mission and all elements of their life in general. Also Souls that feel Spirit (or Source) has abandoned them often need to spend conscious time and energy on establishing a higher percentage for their Source Connection. Aiming for a 100% grounding of your Pillar and a 100% connection to Source at all times is your goal, as it will benefit your life and creations powerfully.

I: Main Current Cosmic Connections:

In this category your Spirit and your Support Teams bring you the Number 1 Cosmic Being and the Number 1 Cosmic Cousin Group for you to connect with right now on your Spiritual Path. You have an Ascension Council of most often 12 Archangels, Ascended Masters and other Cosmic Beings and you are connected to ever so many Support Teams. This category however gives you the Number 1 Cosmic Being (Ascended Master/Archangel/Other Cosmic Being) that is assisting you and can assist you most powerfully to move through your current Spiritual Initiations and assist you to most powerfully ground the next steps of



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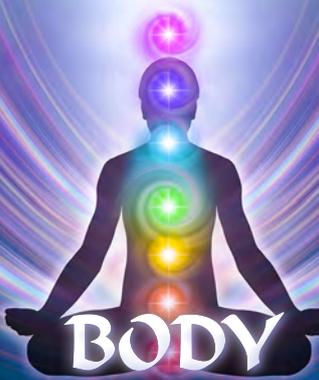
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your Starseed Mission in your Here and Now. It also gives you the Number 1 Cosmic Cousin Group that is and can help you most powerfully at this time. Call your Cosmic Being and Cosmic Cousin Group in all the time for meditations, when you do your projects, for protection, to create grace and ease in all areas of your life etc, etc, etc. There are no limits, let your creativity run wild. Ask them to always be with you. You need to ask due to Free Will. So call them in, get very closely connected with them and enjoy this beautiful and empowering journey together.

J: Service to Self – Service to Others:

This final category gives you your Service to Self – Service to Others percentage split. It is measured up to 100% for both percentages added together. As you raise your Ascension Consciousness and focus more on the manifestation, creating and grounding of your Starseed Mission in your Here and Now, your Service to Others will grow automatically. It is important to understand that Service to Others means you being all that you can be, you being all that you came here to be in this Spiritual Incarnation at this time. It is not about looking outside of you and seeing how you can serve others, but rather letting yourself be fully guided by your Spirit and your Support Teams as to the creation of and the choices connected with all areas of your life. A general guide is to aim for a Service to Others of 51% and above and allowing this percentage to continually keep increasing towards 100% as your move forward on your Spiritual Path.



ENERGY BODY READING

Background

More and more high frequency energies are accelerating Humanity's Spiritual Evolution and all Souls Ascension Paths on Earth. Opheana & Sikaal work with many clients who are very committed to their Spiritual Growth and their Starseed Mission. In these sessions, a lot of information comes through which helps their clients move forward and realign the areas in their Energy Bodies and their creations which need attention for the next steps in their Mission and Spiritual Path. This has led to the creation of this Energy Body Reading. This reading gives a wide range of very insightful information which will help Souls who are or are not yet working with Opheana & Sikaal to move forward on their own path of Spiritual Growth and in their Lightworker Mission. It is a read-out of their Energy Bodies offering 20 specific variables across 10 categories in relation to the Energy Bodies, assisting powerfully with their Spiritual Growth and the next steps on their Mission Path.

What information is offered?

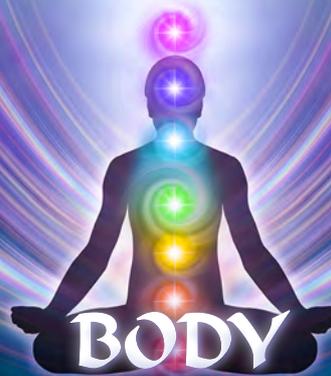
You will receive information about the following aspects of your Energy Bodies:

A: Energy Body Clarity

In this first section of the Energy Body Reading you will receive information about the clarity of your four lower energy bodies. This will assist you to understand deeply where you may need to place your energetic focus to move forward on your Spiritual Path. It is the crystalline nature of this energy body expressed up to 100%.

- **Physical Energy Body Clarity:** the clarity of your Physical Energy Body, comparable to the clarity of a Quartz crystal or diamond || This element is measured up to 100%. The higher the number, the lower the level of distortion that remains for you to heal and the closer you are to aligning with the highest version of your Physical Energy Body. Distortions can relate to physical body discomfort, disease, general tightness etc. There are many options available to increase your Physical Body Clarity, such as many healing modalities, a high vibratory diet, lifestyle changes etc.
- **Emotional Energy Body Clarity:** the clarity of your Emotional Energy Body, comparable to the clarity of a Quartz crystal or diamond || This element is measured up to 100%. The higher the number, the lower the level of distortion that remains for you to heal and the closer you are to aligning with the highest version of your Emotional Energy Body. Distortions can relate to emotional issues, emotional instability and can often be healed with different healing modalities (for example EFT Tapping), meditation, choices, lifestyle changes etc.
- **Mental Energy Body Clarity:** the clarity of your Mental Energy Body, comparable to the clarity of a Quartz crystal or diamond || This element is measured up to 100%. The higher the number, the lower the level of distortion that remains for you to heal and the closer you are to aligning with the highest version of your Mental Energy Body. Distortions can relate to over-thinking, limiting beliefs, mental instability, mental disease or other men-

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tal issues. They can be healed with different healing modalities (for example EFT Tapping), contemplation, choices, letting go, meditation, lifestyle changes etc.

- **Spiritual Energy Body Clarity:** the clarity of your Spiritual Energy Body, comparable to the clarity of a Quartz crystal or diamond || This element is measured up to 100%. The higher the number, the lower the level of distortion that remains for you to heal and the closer you are to aligning with the highest version of your Spiritual Energy Body. Distortions can relate to spiritual instability and spiritual blockages etc and can be addressed via healing modalities, energy management, meditation, lifestyle changes, letting go of distractions, aligning with Spirit Guidance and choosing your Starseed Mission in your creations.

B: Your 12 Primary Chakras

In this section of your Energy Body Reading you will receive information specifically relating to your 12 Primary Chakras: Soul Star Chakra (15cm above your head) – Crown Chakra – Brow/Third Eye Chakra – Throat Chakra – Thymus/Higher Heart Chakra – Heart Chakra – Solar Plexus Chakra – Hara/Belly Button Chakra – Sacral Chakra – Base Chakra – Link Chakra (between your knees) – Earth Star Chakra (15cm below your feet).

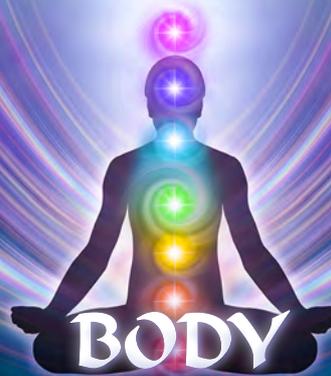
- **3 Main Chakras to focus on:** you will receive which 3 main Chakras which need your most immediate attention in regards to further opening, clearing blockages & distortions and healing through Love & Light. Focussing on these 3 Chakras will offer you deeper understanding as to where you may need to place your energetic focus to move forward on your Spiritual Path.

C: Your 24 Primary Multidimensional Light Portals

In this section of your Energy Body Reading you will receive information specifically relating to your 24 primary Multidimensional Light Portals. As a Multidimensional Being you have 6 Light Portals around your Brow Chakra (6 feet in front – 6 feet to the left – 6 feet behind – 6 feet to the right – 6 feet above – 6 feet below), 6 Light Portals around your Heart Chakra (6 feet in front – 6 feet to the left – 6 feet behind – 6 feet to the right – 6 feet above – 6 feet below), 6 Light Portals around your Sacral Chakra (6 feet in front – 6 feet to the left – 6 feet behind – 6 feet to the right – 6 feet above – 6 feet below) and finally 6 Light Portals around your Hara Chakra (12 feet in front – 12 feet to the left – 12 feet behind – 12 feet to the right – 12 feet above – 12 feet below).

- **Open/activated Primary Multidimensional Light Portals:** you will receive how many of your 24 Primary Multidimensional Light Portals are currently (partially) open and activated. As you raise your Ascension Consciousness, more of your Multidimensional Light Portals will open, allowing you greater access to your multidimensional world, nature and gifts.

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D: Energy Management

In this section of your Energy Body Reading you will receive information specifically relating to your Energy Management. All Starseeds, Lightworkers & Empaths at some stage have to deal with the following disruptive or invasive energetics: - negative portals (negative Multidimensional portals allowing negative frequencies and invasive energies into your Multidimensional field); - negative entities (negative energies/life forms from other realms and dimensions); - negative pillar connection (others attaching to your Pillar, draining you of your Life Force); - implants (multidimensional implants, often organic and AI energetic energies/life forms); - programs (thought & belief programs in the field from the collective consciousness or multidimensionally activated); - negative cords (unhealthy energetic cords, often linked to your chakras); - psychic attack (negative energetic attack like curses and dark & hateful thought projections). When you know what you are primarily dealing with in your life, you can address these energetics and change their impact on your life.

- **Main Disruptive/Invasive Energetics:** you will receive which of the primary 7 disruptive/invasive energetics you are currently dealing with: negative portals, negative entities, negative pillar connection, implants, programs, negative cords, psychic attack. Learning about these energetic, and how to clear them, will create your Energy Bodies to be stronger and will allow all the good to flow more abundantly in your Life guided by your Spirit and your Support Teams.

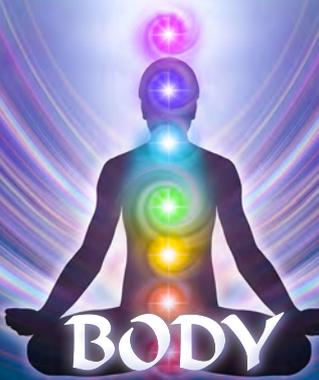
E: Your Starseed Nature

In this section of your Energy Body Reading you will receive information specifically relating to your Telepathic, Empathic and Starseed Naivety Level. Each and every Starseed on Earth is unique and all bring their specific set of Gifts to their Earthly Incarnation. Your Telepathic and Empathic level will grow as you travel further on your Mission Path and as your Ascension Consciousness grows. Your Starseed Naivety level will drop as you understand more about 3D life on Earth and the transition to the New Earth in 5D.

- **Telepathic Level:** this element is measured from 1 to 10. The higher the number, the more sensitive your Energy Bodies are to picking up Telepathic energy and information from the field around you. The higher the number, the higher level Telepath you currently are.

- **Empathic Level:** this element is measured from 1 to 10. The higher the number, the more sensitive your Energy Bodies are to picking up Empathic energy and information from the field around you. The higher the number, the higher level Empath you currently are.

- **Starseed Naivety Level:** this element is measured from 1 to 10. The lower the number, the greater the level of understanding you have in relation to the illusions of the 3D world and the current distortions in the collective consciousness. The lower the number, the more you have grounded deeper levels of understanding of the workings of 5D New



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Earth, while anchoring higher frequency and consciousness. The lower your Starseed Naivety, the more decisive you can be on your Mission, the more Clarity you can access in relationship to the world and the people around you.

F: Your Spirit & Mastering Your Personality

In this section of your Energy Body Reading you will receive information specifically relating to your Spirit and your Personality. All Souls have a Personality/Ego, guided by their Spirit. As Souls evolve and raise their Ascension Consciousness, their life is lived and guided from Spirit, working through the Personality. This section will offer further clarity and guidance on the Feminine & Masculine elements of your Spirit & Personality. In full surrender to Spirit, the Personality is no longer driving your life, it is being divinely driven by your Presence.

- **Living Your Life from – Feminine Energetics:** this element is measured as a percentage, adding up to 100% and specifically focused on your Feminine Energetics. Is your Divine Feminine or your Personality Feminine in the driver's seat? Ultimately and eventually as you continue to raise your Ascension Consciousness, the Divine Feminine - Feminine Personality percentage split will be 100% - 0%.

- **Living Your Life from – Masculine Energetics:** this element is measured as a percentage, adding up to 100% and specifically focused on your Masculine Energetics. Is your Divine Masculine or your Personality Masculine in the driver's seat? Ultimately and eventually as you continue to raise your Ascension Consciousness, the Divine Masculine - Masculine Personality percentage split will be 100% - 0%.

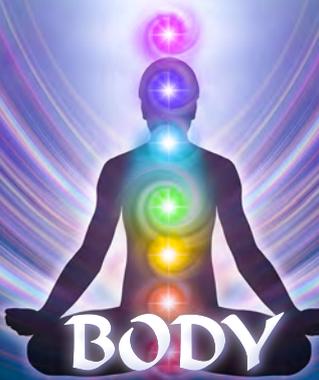
G: Your Physical Body

In this section of your Energy Body Reading you will receive information specifically relating to your Physical Energy Body. As you grow on your Spiritual Path, your Pineal Gland will activate more fully, your 12 Strands of DNA will activate more fully and you will have more access to your Pranic Nourishment potential.

- **Pineal Gland Activation:** this element is measured up to 100%. The higher this percentage, the more your Pineal Gland is activated, allowing you more access to your Multidimensional Gifts such as your Clair Senses, your Telepathy, your Channeling abilities etc.

- **12 Strands DNA Activation:** this element is measured up to 100%. The higher this percentage, the more of your 12 Strands of DNA are activated (fully) and the more access you will have to your Starseed Gifts, your Multidimensional Gifts and your Cosmic Nature in general.

- **Pranic Nourishment:** this element is measured up to 100%. The higher this percentage, the more capable your Physical (Energy) Body is of switching to Pranic Nourishment. This is comparable to having 2 engines in your Physical Body, one that runs on food and one that runs on energy/prana/chi. As you raise in your Ascension Consciousness, you will have more options and choices in relation to how you wish to nourish your Physical Body.



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This percentage is measured as the current potential of your Pranic Nourishment. 80% for example means that you could, in potential, when all of your lower Energy Bodies (including your Emotional and Mental Energy Bodies) are ready to be nourished more deeply by energy/prana/chi, receive 80% of the energy your Physical (Energy) Body needs to sustain itself, from the energetic field around you (via your Pillar, nature and the multidimensional field). Therefore you can choose to cut down on more dense physical food, choosing higher frequency foods (including Prana), over time with divine guidance for your specific needs.

H: Your Pillar

In this section of your Energy Body Reading you will receive information specifically relating to your Pillar. Your Pillar is your Mother Gaia to Source connection, an energetic tube of your unique Energetic Signature, 6 feet wide (12 feet in diameter) from the core of your body and running all the way down to the heart of Mother Gaia and all the way up to Source.

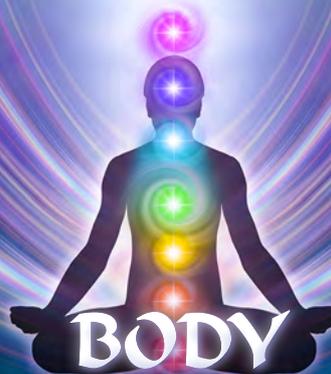
- **Pillar Grounding:** this element is measured up to 100%. The higher the percentage, the more powerfully your Pillar is currently grounded into the heart of Mother Gaia. This will be the generally attained level you are currently creating, as this can change moment to moment, day to day.
- **Source Connection:** this element is measured up to 100%. The higher the percentage, the more deeply your Pillar is connected to Source. This will be the generally attained level you are currently manifesting, as this can change from moment to moment, day to day.

I: Main Current Cosmic Connections

In this section of your Energy Body Reading you will receive information specifically relating to the main Energetic Being and the main Cosmic Cousin Group working with you who are able to support you in the current part of your Spiritual Mission and in your Life. Keep in mind that you always have access to a multitude of Support Teams at all times; this element offers you the Number 1 go to Being/Group at this time.

- **Ascended Master, Archangel or Cosmic Being:** you will receive which Ascended Master, Archangel or Cosmic Being is the Number 1 go to Energetic individual for any form of assistance you may need at any time currently in your Life on your Ascension & Mission Path. Call them in for deep support with any issue you are facing and they will offer deep guidance and energetic assistance.
- **Cosmic Cousin Group:** you will receive which Cosmic Cousin Group is the Number 1 go to group for any form of assistance you may need at any time currently in your Life on your Ascension & Mission Path. Call them in for deep support with any issue you are facing and they will offer deep guidance and energetic assistance.

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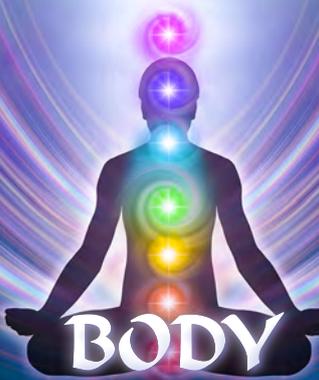
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J: Service to Self – Service to Others

In this section of your Energy Body Reading you will receive information specifically relating to your Service to Self and your Service to Others. These concepts originated from the Law of One Materials as channelled through Ra in the 1980's. The higher your Service to Others percentage is, the more aligned you are to your Spiritual Mission and your Path of Ascension, serving the New 5D Earth and humanity to your fullest potential. Service to Self is witnessed more strongly in the lower regions of the Ascension Consciousness Scale and is connected to the primal 3D desires of the Ego/Personality like money, sex, power and fame. As you raise in Ascension Consciousness, the Service to Others percentage will increase, as you focus more on being the Puzzle Piece you came here to be as a Starseed in your Lightworker Mission.

- **Service to Self – Service to Others:** this element is measured up to 100%. It shows the percentage of Service to Self and the percentage of Service to Others you are currently manifesting in your life through your thoughts, emotions and actions. Together these add up to 100%.





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Opheana & Sikaal Sheehan

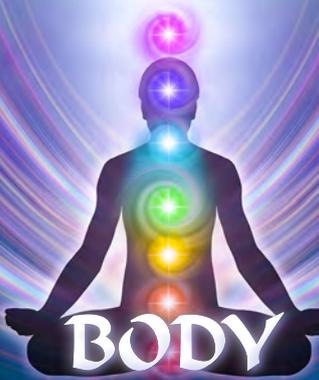
Opheana and Sikaal Sheehan are Cosmic Shamans, Spiritual Life Coaches, Channels and Teachers of Universal Consciousness. They are here to ignite and awaken High Density Starseeds to their Mission, while guiding and supporting them to a higher and more expanded Consciousness. They do this via sharing their wisdom, love & light, coaching you to let go, so you may be truly who you are, thus allowing you to share your gifts powerfully with the world. Opheana & Sikaal lead by example, showing Starseeds how to live as a human while merging fully with their Presence here on Earth.

Opheana & Sikaal offer Intuitive Coaching Sessions. These powerful sessions bring insight into challenging life themes and help to accelerate your spiritual growth and healing.

They offer Spiritual Guidance & Energetic, Consciousness Readings that will help lead the way to your highest potential path in your life; bringing you clarity on your path, in your life, in your inner and outer world.

You can also find meditations and much, more on their YouTube Channels 'Opheana & Sikaal' and 'Meditations Opheana & Sikaal'

"Over the past 11 years since coming together in our twin flame relationship we have explored a multitude of themes, moved through many initiations and growth, gaining so much from every challenge and choice we have created for ourselves. We have experienced and continue to experience deeply focused spirituality, raising four highly sensitive children, intensive healing on all levels, spiritual/mental/financial/social/galactic, exploring the stripping back of our ego, letting go of limiting programs, to finding harmonious bliss by freeing ourselves of so many nooses in the way of our freedom, peace and our missions. We are embracing the expansion of knowing we gift ourselves each and every one of these experiences, as our Higher Consciousness works in close partnership with our Lower Consciousness here in this physical reality. As we move with the evolving energy of the Universe, we know so many beings are coming together to assist Mother Earth and humanity to ascend. This is creating an extraordinary opportunity for us all to bring in new ways of transforming our lives. Through connecting with our Divine Presences and the Ascended Masters we can get the latest love - light technologies (our Modern Mystery School Teachings) and we rapidly transform and evolve the ways that have been brought through in the past as the energetics are constantly evolving at a very rapid pace. We are being given dispensations that allow us to expand our energy bodies with ease and grace like never before. Every session or connection with our clients & students brings with it a new version of experience and our ability to shift is so much faster and more powerful. This for us is pure joy, to bathe in All-That-Is with soul family in group consciousness and



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journeying into other dimensions with other planetary beings who are just as excited as we are to co-create.”

Divine Heart was founded by Opheana and Sikaal in 2010 and they are the trainers and facilitators of all teachings, training and life coaching sessions. Their Modern Mystery School teachings are a very core part of the teachings Sikaal and Opheana bring within their missions.

Our Mission & Offerings

As we receive many contact messages, we felt to share the information below with you. We trust it will help you with your next steps on your journey.

A large part of our Mission here is to assist as many Souls as we can, while raising our children and living a happy & healthy life. We assist others in spiritual expansion, letting go of old emotional layers and transforming their belief systems to support a more positive Spirit-guided life. We guide others to feel deeply empowered to be all they can be in the Here and Now, while also deeply remembering their Multidimensional nature.

We offer Guided Meditations, Spiritual Living with Opheana & Sikaal videos and Transformational Sessions through Spiritual Life Coaching, EFT and MultiDimensional Kinesiology.

How to move through Challenges & Receive Guidance

Here are some powerful options to assist you to move through challenges in your life and to receive guidance on your next steps.

I: Guided Meditations and Spiritual Living with Opheana & Sikaal:

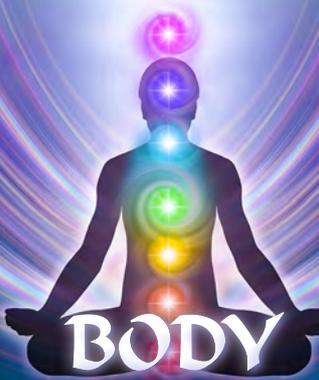
Tune into both YouTube Channels and connect with the Guided Meditations that call to you and listen to the Spiritual Living with Opheana & Sikaal videos that you are drawn to for further puzzle pieces in regards to the subjects that you feel you would like to know more about.

II: Energetic Support:

A: Energetic Pillar: set up your Energetic Pillar (‘The Pillar Explained: Your Source to Earth Connection’) 3x daily and receive guidance from your God Presence (Spirit | Higher Self).

B: EFT Tapping: write down your emotionally charged memories and negative thoughts / beliefs and use EFT Tapping until all feels calm and clear.

C: Meditation: meditate daily to receive guidance from your Higher Self and your life in regards to answers you currently need / seek: - signs from nature and the world around



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you will help you; - people, circumstance, situations and events will have reflections, keys and answers for you; - your dreams will give you clues; - your Support Teams, Guides, Ascension Council and your Spirit will continually be in contact with you; ask for help, listen and receive. You can choose a Guided Meditation from our series, or you can simply sit in, for instance your Pillar and receive in this way as well. You have all the answers within yourself and your God Presence will guide you clearly. You are never alone and always supported.

D: Readings via Email: The Energy Body Reading & our Ascension Consciousness Reading (which is a prerequisite (resonant/willingness match) to working with us in Sessions) will give you a lot of information and downloads to support your Ascension Process.

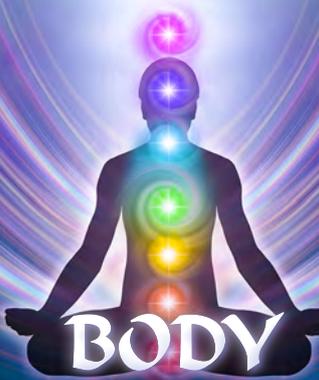
E: Spiritual Life Transformational Sessions: We use a combination of Energy Work & MultiDimensional Kinesiology with our Clair Senses to find answers to most issues you may currently be facing. We can offer guidance from your Higher Self and your Support Teams and we look into your Energy Bodies for clues, answers and next steps. If you currently find you don't have the session fee available, simply intend to save up for a session if this is your guidance and wish; this may take a few weeks or even months, but can be a powerful step to a solution for a next phase in your life. Choosing you in this way can be very empowering and a clear sign to your Higher Self that you are ready for a higher version of your life here on Earth. We can do a lot in one session. Assisting you and ultimately as many Souls as possible in this way is a deep Heart and Soul calling for us. Our sessions are via Skype/Zoom and we charge US\$ 177 for a 60 minute session and US\$237 for a 90 minute session. If you would like to book a session in, firstly we need your Ascension Consciousness numbers via the Reading and then, if all is aligned, you can simply let us know where you are in the world and what days might work on your end. We will send a confirmation email with some options and go from there.

Sending Healing Energy – Offering Blessings – Giving Other Guidance & Assistance

Regularly in our family rituals we ask for blessings for all beings on Earth. Next to this we don't send healing energy by request, offer blessings or give other guidance or assistance other than our chosen channels of assistance as stated above or what we are guided to in each moment. Other than that, we are not able to assist in other ways at current. We appreciate your understanding and invite you to connect to your Spirit and your Support Teams for healing energy, blessings and further guidance and assistance. Trust that they and the Family of Light are always there for you, you only need to ask.

Connecting - Community - Interviews - Collaborations - Projects - Working Together

We receive frequent messages in regards to connecting in a variety of ways such as through community, interviews, collaborations, projects and other forms of working together. We currently are very fulfilled with our chosen offerings, however always follow



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our Higher Guidance and Heart & Soul Calling for our next steps. If we receive guidance in regards to connecting in any way, we will contact you after we have read your message. As always, the Universe will organize and align all via the Law of Attraction, through the deep connections we all share as Souls on a Multidimensional Journey.

It is our deepest heart and soul wish that all beings on Earth feel their true empowerment, are free, and truly know the depth of their oneness with all that is. In our human experience we have a certain amount of time and energy and so feel it is important for each of us to choose care-fully and lovingly, so that we may all fulfil our mission here to the best of our ability.

Thank you so much.

We wish you all the best on your powerful and divine spiritual journey.

Opheana & Sikaal Sheehan are gifted Cosmic Shamans, Spiritual Life Coaches, Teachers of Universal Consciousness (through their Modern Mystery School Teachings) and Conscious Channels. They have trained in energy healing, energy management, spiritual healing and universal consciousness modalities for the last 20 years. Since 2006 Opheana & Sikaal have trained extensively with the Ascended Masters and the Family of Light, furthering and developing their path and growing with and through their initiations. During these years, Opheana & Sikaal have reconnected to and fully grounded their gifts of clairaudience, clairsentience and clairvoyance and have developed their abilities as a multidimensional Seers and Channels. Among their multitude of modalities, Sikaal is also a former AAMET EFT (Emotional Freedom Techniques) Trainer and Opheana holds a mastery in Multidimensional Kinesiology. Opheana & Sikaal have Universal Ki's & Codes in all areas of life to connect Starseeds to their unique multidimensional nature & their core energetic signature, supporting their mission on Earth. Sikaal and Opheana live a deeply spirit-infused lifestyle in South-East Queensland, Australia with their 3 crystal/rainbow/star children.