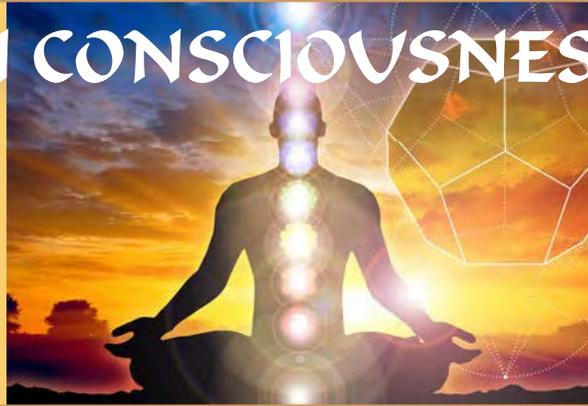


ASCENSION CONSCIOUSNESS READING

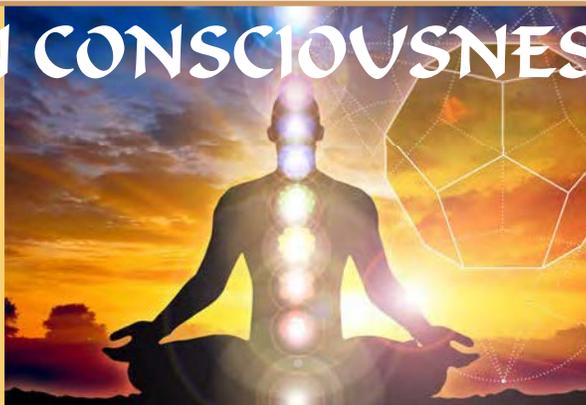


EXAMPLE

Soul: Indigo Whiler
Date: 22 October 2020



ASCENSION CONSCIOUSNESS READING



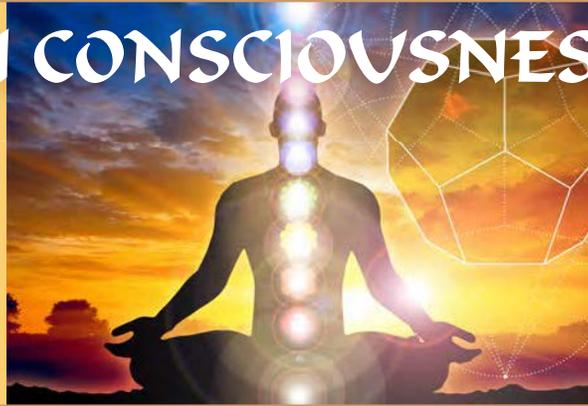
Indigo Whiler, 22 October 2020

Ascension Consciousness Level:	620
Personality Willingness to Align:	80%
Willingness to Learn:	90%
Willingness to Change & Let Go:	85%
Willingness to Merge:	24%
Original Density:	5 th Density
Ascension Council:	Babaji - Lady Nada - Melchizedek
Origins & Connections:	Arcturus - Andromeda - Sirians
Energy Leakage Percentage:	20%
Level of Energy Management:	Low
Love & Light Quotients:	Love: 84% Light: 48%
Masculine & Feminine Energy:	Masculine: 35% Feminine: 45%
Inner Child Energy:	44%

Next Growth & Initiations:

- First of all, you are well on your way to the 700 level for your Ascension Consciousness, great news. We feel you can grow quickly in the next phase of your Spiritual Journey, as your Willingness in all areas is high. As you raise in frequency, your willingness to merge with your Presence will increase as well. You have anchored a lot of Love and now it is time to work on anchoring more Light and focusing on your energetic boundaries through increasing your Energy Management skill set.
- In your meditations, ask for Babaji, Lady Nada and Melchizedek to merge deeply with you and support you in your next level of Spiritual Growth on your Ascension Path.
- Connect with the Arcturians, the Andromedans and the Sirians to guide you and assist you in whatever way is in the highest for your Spiritual Development.
- Locate to who / which people you are leaking 20% of your energy and receive Guidance on the best ways to stop this. Cut energetic cords (ask Divine Mother to take care of all others involved) and heal the energetic patterns within yourself that are allowing this energetic leakage.
- Increasing your Energy Management skill set and focus to the next level is important for you in the next phase of raising your Ascension Consciousness. The Ascension & Energy Management Manual on the OpheanaSikaal.com website is a good option.
- Gently allow your Spirit to guide you to an even more complete Divine Union balance (increasing your Masculine empowerment within your Divine Union energies). You will also open a channel to experience a greater % of your Inner Child energies, allowing you to simply be more in the present moment and enjoy life from the perspective of your Inner Divine Child.

ASCENSION CONSCIOUSNESS READING



Background

As Mother Gaia is ascending, more and more high frequency energies are accelerating Humanity's Ascension Process and all Souls on Earth as well. Opheana & Sikaal work with many clients who are very committed to their process of Ascension. 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 Ascension Process. This has led to this Ascension Consciousness Reading. This reading gives a wide range of very insightful information which will help Souls who are not working with Opheana & Sikaal to move forward on their own path of Ascension. It is a readout of their Energy Bodies specifically in regards to their Spiritual Growth and the next steps on their Path of Ascension.

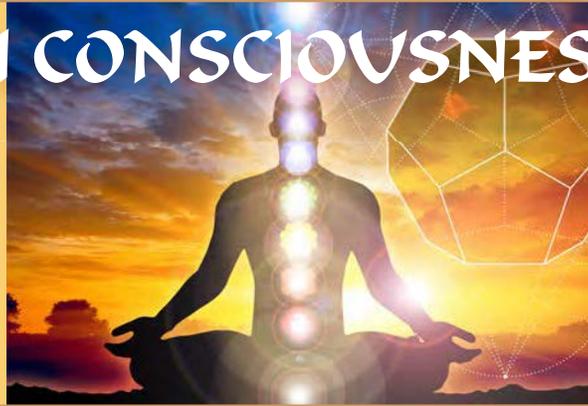
In your Ascension Consciousness Reading you will receive information in connection to your Ascension Consciousness. Opheana & Sikaal receive this information through Guidance from their Spirits and Intuitive Kinesiology Muscle Testing.

What information is offered?

You will receive information about the following aspects of your Ascension Consciousness:

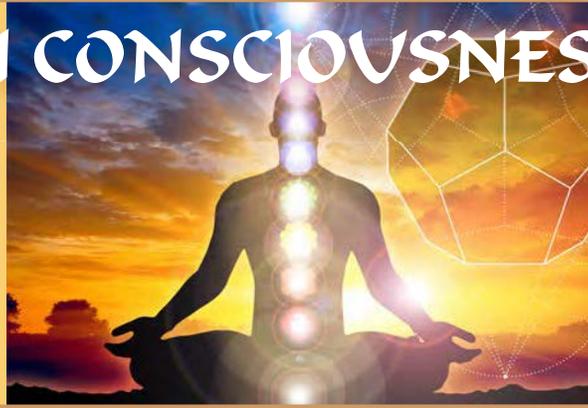
- Ascension Consciousness Level: Your Ascension Consciousness Level as per the Ascension Consciousness Scale || The scale is very comprehensive and knowing your Ascension Consciousness Level will greatly assist you to understand the next steps for you to take for your Spiritual Growth and Ascension Process. If your Ascension Consciousness Level is higher than you expected, you are invited to embody more of your Spirit's empowerment and to be less 'small & humble'. If your Ascension Consciousness Level is lower than you expected, you are invited to let go of more Spiritual Ego.
- Personality Willingness to Align: Your willingness for your personality to align with your Spirit's Guidance || This element is measured up to 100%.
- Willingness to Learn: Your willingness to learn from your Spirit's Guidance || This element is measured up to 100%. The higher this %, the more you will be in-sync with your Presence's Guidance

ASCENSION CONSCIOUSNESS READING



- Willingness to Change & Let Go: Your willingness to change & let go in accordance to your Spirit's Guidance || This element is measured up to 100%. The higher your level of willingness here, the faster you will move through your initiations and through the different levels of Consciousness.
- Willingness to Merge: Your willingness for your personality to allow your Spirit to merge with your vessel || This element is measured up to 100%. The more you can allow your God Presence to merge with you in this physical vessel in your Earthly Incarnation, the more quickly you can advance to higher levels of Ascension Consciousness and further Spiritual Growth.
- Original Density: The Density your Soul is from || This element shows the Original Density your Soul is from and will vary from 3rd Density through to 7th Density. For Wanderers and Starseeds, this is often 5th, 6th or 7th Density. A higher Density simply means you can progress through your Ascension Consciousness Levels quicker, as there is much remembering possible.
- Ascension Council: The Ascended Masters & Archangels who are on your (Daily) Ascension Council || You will be able to connect in with the main Ascended Masters and/or Archangels on your (Daily) Ascension Council. Most of us have an Ascension Council of 12 and within that a Daily Council of 3. These 3 Beings are the ones that assist you, guide you and are most connected to initiations you are currently moving through. You can call on them for deep assistance through Meditation and all areas of your daily life. Your connections on the Inner Planes will feel very supportive.
- Origins & Connections: Some of your main origins / Galactic & Universal connections || Knowing some of your strongest multidimensional, Galactic & Universal connections will help you to reach out to them and receive powerful energetic support and assistance in many ways. It will be like a coming home as you connect on the Inner Planes.
- Energy Leakage Percentage: The % of your current energy that is leaked to others || This element is measured up to 100%. It is vital to bring this % down to 0% preferably. You will be able to research to which people / groups you are leaking vital Life Force. Once you know, you can look at the patterns in your Energy Bodies that have created the leakage and you can start healing these and remedying the situation.
- Level of Energy Management: Your level of Energy Management of your energy bodies and your environment || As you progress on the Ascension Consciousness Scale, your level of Energy Management (holding, managing and claiming your energetic space, including clearing & protection) will need to be higher. If this is currently low, a great place to start educating yourself is the Ascension & Energy Management Manual.

ASCENSION CONSCIOUSNESS READING



- Love & Light Quotients: Your Love & Light Quotients || These elements are measured up to 100%. Your Love Quotient will tell you what % of Love you currently hold in your Energy Bodies. Your Light Quotient will tell you what % of Light (Universal Truth) you currently hold in your Energy Bodies. Generally the Love Quotient will raise first as the Heart opens and then the goal is to allow more and more Universal Truth, Light, to accompany and balance your Love energies.
- Masculine & Feminine Energy: Your Masculine & Feminine energy (Divine Union) energy balance || This element adds up to 100%. As you raise through the levels on the Ascension Consciousness Scale, you will find that you will achieve more and more balance within yourself and your relationships. Remembering that a 50%-50% balance does not equal an androgynous energy, but rather a full empowerment in both the Masculine and Feminine energies. And whether you are in a male or female body in this Incarnation, this Divine Union balance is the state you are moving towards.
- Inner Child Energy: Your Inner Child energy || Allowing your Inner Child to be present and active in your life is vital. This element is measured up to 100%. If it is too low, this will be a vital action step to create more joy, love and play in your life.
- Next Growth & Initiations: Your expected next areas of growth and initiations; next steps for you to shift based on the Ascension Consciousness Reading || All of the above elements will generate next steps for growth and will highlight next initiations on your Ascension Path.



ASCENSION CONSCIOUSNESS SCALE



ASCENSION CONSCIOUSNESS SCALE

Opheana & Sikaal have been inspired to create and share their Ascension Consciousness Scale to assist Souls with their Spiritual Development and their Ascension Process. A clear guidance from their Divine Presences has led to the scale and the categories found below.

The Ascension Consciousness Scale is not to compartmentalize or judge others or self in regards to where on the scale anyone may be. It is a supportive tool for self expansion, and a clear guidance tool for journeying through the very dense energy here on Earth. It is a confirmation of a deep intuitive knowing, so souls here no longer have to doubt themselves when and if they feel someone may be using a mask and confusing their choices due to their pure and at times naive heart.

Opheana & Sikaal's deepest wish is that this tool may gift as many beings as possible with the courage to drop the veils that no longer serve them and hold them back from Ascending and truly being the powerful puzzle piece they came here to be. Opheana & Sikaal will continue to update the Ascension Consciousness Scale, including the categories, as the base frequencies continue to raise.

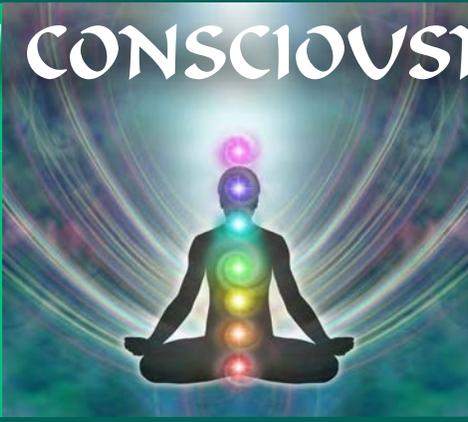
0 - 250

- Highly dominated by 3rd Dimension (3D) / 3rd Density thinking, acting and being
- Lower mind / personality / ego is fully in control
- Greed, victim mentality, fight, struggle, domination, control, fear and blame energy is prevalent
- Primary focus is money, power, personal success, fame, sex, safety on all levels
- Only service-to-self oriented, all motivated for self and ego-based reality
- Physical, emotional and mental disease is common
- Low to no awareness or belief in Spirituality and Spirit; displayed knowledge is a mask
- Many energy vampires reside in this bandwidth

250 - 450

- Still dominated by 3rd Dimension / 3rd Density thinking, acting and being, but less intensely so
- The lower mind is still fully in control, but there is an awareness of the higher mind
- A knowledge, an interest and a gentle awareness of Spirituality and Spirit start emerging
- A general understanding of the connection between thoughts, emotions and health is present
- The service-to-self and ego-based reality still dominates, yet service-to-others shows up
- Energy vampires start becoming aware of their behavior and emotional entanglements
- A drive for self-healing emerges and creates growth in consciousness

ASCENSION CONSCIOUSNESS SCALE



450 - 550

- 5th Dimension (5D) / 4th Density awareness through thinking, acting, being is ignited
- More awareness around creating freedom in life and options for this open up
- Deeper self-love and love of life are experienced, increasing one's already high Love Quotient
- Love & Knowledge based Spirituality more so than embodied wisdom
- The drive for self-healing is intensified and creates a growth in consciousness
- Spirituality in life and connection with the Spirit Realms and Mother Gaia grows
- A level of Mastery or status in areas of life is attained, leading to identity attachment & spiritual ego
- Divine Union, Masculine (Doing) & Feminine (Being) Energy balance, becomes of interest

550 - 600

- The 550 threshold is a strong barrier to break through called 'The Guru Complex'
- To break through from 550 to 600, it takes a deep willingness & commitment to your Spirit, while letting go of 3D attachments: money, reputation, success, identity to an extent
- Many or most spiritual teachers & even very humble people dedicated to spiritual practice get stuck at 550, as a very deep level of trust and surrender is necessary for a true "breaking" through to the 600 level
- A deeper interest in freedom in all areas of life becomes apparent, coming to a place in the heart where the need for freedom from expectations of the external world is the only option moving forward
- Physical, mental and emotional healing is a primary focus and becomes a must
- Spirituality in life and a connection with the Spirit Realms, Mother Gaia and nature grows further
- A deeper level of Divine Union, Masculine & Feminine Energy Balance, becomes a focus
- Energetic Management (holding, managing and claiming their energetic space), including clearing & protection, becomes a focus
- Higher Communication abilities open up more strongly, even if already present
- Death of certain attachments in 3D; new beginnings, a whole new world opens up at the 600 level
- If the Soul does not listen to the messages from their Presence there may be many challenges to assist them to "break" free of the ego's fears, including disease, financial struggle, upheaval in relationships
- Many leaps of faith are necessary to trust the journey of letting go

ASCENSION CONSCIOUSNESS SCALE



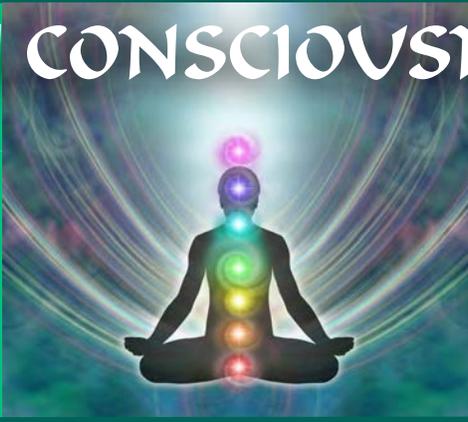
600 - 700

- Freedom in all areas of life is a primary objective, including stepping away from 9-to-5 jobs
- Detachment from the money, success, sex and slavery of the 3D matrix is sought
- A more permanent split between 3rd Density (3D) and 4th Density (5D) is created through clear choices, a deeper unplugging from 3D
- Choices to detach from certain family members and friends are made based on frequency resonance
- Awareness of Pranic Nourishment and stronger interest in a vegetarian-vegan-raw food lifestyle
- Holistic Natural Living, including living in nature, homeschooling children, eco-living
- A drive for simplification creates waves of decluttering and detachment in many areas of life, including a clarification of true wants and needs for genuine fulfillment & joy
- A high level of Divine Union, Masculine & Feminine Energy balance, becomes a focus
- Higher level Energetic Management, including clearing & protection, becomes a focus
- Very high willingness to change and to learn new ways of being are necessary and vital to shift through this consciousness bandwidth
- Higher Communication abilities open up more powerfully than already present
- The need to serve Humanity & the Earth deepens
- More Light Quotient (Universal Truth) grounds to balance with an already compassionate heart, lessening martyrdom/self-sacrifice for others and maintaining clean energetic boundaries

700 - 900

- Reaching the 700 level is a gateway threshold for Ascension to 4th Density*
- A strongly 5th Dimension / 4th Density oriented life is created and lived everyday
- Pranic Nourishment becomes an option and a vegetarian-vegan lifestyle is the norm
- Choices to detach from family & friends based on frequency resonance to focus on the Presence Path
- Holistic Natural Living, including living in natural eco settings, becomes the preferred option
- Deeper and more intense waves of decluttering and detachment, fears of lack & loss are released
- Socializing becomes less frequent and only frequency resonant events are sought out
- Holistic Life is primarily Mission-based and service-to-others becomes most fulfilling & deeply guided
- A higher and higher level of Divine Union is achieved in one's expressions and creations
- High level Energetic Management, including clearing & protection, is necessary
- Higher Communication abilities become more powerful and more of them open up
- Lucid states of Awareness and Consciousness as Time & Space and Space & Time start overlapping; including experiencing multiple timelines, timeline & future potentialities and feeling through the illusions of the Earth 'bubble' projections and reality
- The Initiation necessary to complete in this phase is trusting Light (Truth) & having a deep faith that they are fully supported with all their True Needs met, no matter how it appears
- Choices are made with full commitment to serve, listening to the Guidance from their Presence/Spirit
- A Soul/Spirit-Infused Personality (ego), working together in harmony, surrender, trust and faith
- High levels of mental, emotional and physical health
- Synchronicity, harmony, joy, peace, grace and bliss are experienced deeply and often

ASCENSION CONSCIOUSNESS SCALE



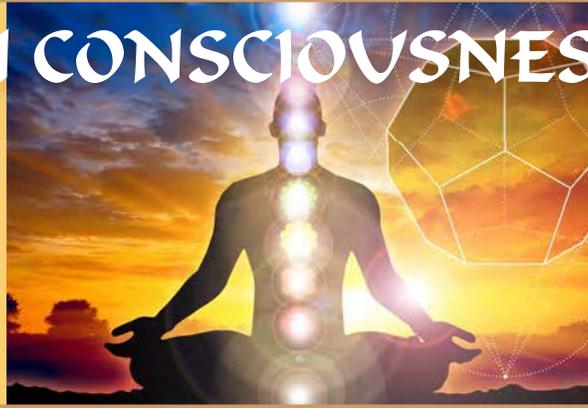
900 - 1000

- Alignment with Highest Potential Timeline as guided by Spirit, a deep excitement for life
- Many deep Blessings are experienced on a daily basis, including natural manifestation
- Living an Enlightened and Ascended Life fully guided and embodied by Spirit/God Presence
- Full Pranic Nourishment becomes an option, with the remembering that all can be received from Spirit and via Cosmic Energy
- Deep, full continual connection to Spirit and bringing one's Mission into manifestation
- Life is lead simply in Service, with all True Needs always being met
- Socializing becomes less frequent and time is spent with frequency resonant Souls; the primary focus is embodying Presence in service as it brings the highest joy and fulfillment
- Life is Mission-based and is all about being the vessel for Spirit-guided creations
- Divine Union is the natural state of being within Self and within relationship
- Mastery of the state of BEing, embracing the powerful Feminine Presence
- Mastery level Energetic Management, including clearing & protection, is key
- Higher Communication abilities, powerfully anchored in this realm and ever-expanding
- Leaders and Teachers of the New 4th Density Earth

To receive your level of Ascension Consciousness, arrange an Ascension Consciousness Reading with Opheana & Sikaal (PDF via email):
www.OpheanaSikaal.com/ascension-consciousness-reading/

*Remembering that nobody knows what may or may not occur in regards to the exact timing of Ascension and what Ascension scenarios may or may not play out, the Guidance and testing is strong that the 700 level on the Ascension Consciousness Scale is a significant milestone in the Ascension Process and the primary threshold gateway to 4th Density Ascension/Graduation. Opheana & Sikaal feel it is not relevant to become attached to this number, rather to see it as a guideline for the Soul's Ascension Process.

ASCENSION CONSCIOUSNESS READING



About Sikaal & Opheana Sheehan

Sikaal Sheehan is a gifted Spiritual Life Coach and a Teacher of Universal Consciousness. He has trained in energy healing, energy management, spiritual healing and universal consciousness modalities for the last 20 years. Since 2006 he has trained extensively with the Ascended Masters and the Family of Light, furthering and developing his path and growing with and through his initiations. During these last years, Sikaal has reconnected to and fully grounded his gifts of clairaudience, clairsentience and clairvoyance and has developed his abilities as a multidimensional Seer and channel.

Opheana Sheehan is highly skilled in a vast array of modalities. Opheana has powerful Universal Peace Keys to help others feel safe and be more of their full selves. Since 18, she has worked as and invested in herself via: Chiropractic Assistant, Doula (birth worker), KaHuna and Lomi Lomi Massage, Kinesiology, Transformational Kinesiology, Bowen Therapy, Art Therapy and EFT (Emotional Freedom Techniques). Opheana holds a deep mastery as a multidimensional Seer and channel and she has also reconnected to and grounded her gifts of clairaudience, clairsentience and clairvoyance.

As well as in many areas of their daily personal and professional lives, Opheana and Sikaal have used their energy management knowledge in four home births of their children, including the last birth of twins.

Divine Heart was founded by Opheana and Sikaal in 2010. The Divine Light Academy was founded in 2020. The Divine Light Teachings are a very core part of the teachings Sikaal and Opheana bring within their missions.

Contact Details for more information, bookings and enquiries

Opheana & Sikaal

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