EXAMPLE

Soul: Indigo Whiler
Date: 9 February 2019
Ascension Consciousness Level:

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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>General Willingness:</td>
<td>97%</td>
</tr>
<tr>
<td>Willingness Current Initiation:</td>
<td>75%</td>
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</tbody>
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Next Growth & Initiations:

- First of all, you have reached and surpassed 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 General Willingness is high. As you raise in frequency, your General Willingness & your Willingness to move through your Current Initiation will increase as well.
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 lead to this Ascension Consciousness Level Reading. This reading gives a 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 Ascension Consciousness Level, their General Willingness to align with, learn from and change & let go in accordance with the Guidance from their Spirit, next to the Willingness to move through their Current Initiation.

In your Ascension Consciousness Level 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.

- **Your General Willingness**: Your willingness for your personality to align with your Spirit’s Guidance, learn from and change & let go in accordance with your Spirit’s Guidance. This element is measured up to 100%.

- **Your Current Main Initiation Willingness**: Your willingness to move through your Current Main Initiation. This element is measured up to 100%.
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 God Presences has lead 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
**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
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 assess your own Ascension Consciousness level you can use intuition, muscle testing or arrange for an Ascension Consciousness Reading with Opheana & Sikaal (PDF via email): www.divineheart.com.au/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 Heart teachings are a very core part of the teachings Sikaal and Opheana bring within their missions.

Contact Details for more information, bookings and enquiries
If you are interested in Spiritual Life Coaching sessions or one or more of the courses offered by Divine Heart, you can contact us at:

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