

SACRED HEART VALLEY GOTC

THE SOVEREIGN ATELIER PRESS PRESENTS

ISSUE 3, MARCH 2025
SPIRITUAL WELLNESS
MAGAZINE

SACRED HEART VALLEY

EDITORIAL MAGAZINE

THE LIVING FIELD

MARCH 2025

Special
Announcement
Inside!

A premium collected edition

CURATED FOR THE SACRED HEART VALLEY ARCHIVE

*From
My Desk*
EXCLUSIVE FROM
LILIAN HII

*Oracle By
Siri Prem*
EXCLUSIVE FROM
ANDREA SIRI PREM

*Feeling
Heavy?*
EXCLUSIVE FROM
VIKTORIA SUARDI

Creative Life
EXCLUSIVE FROM
CAROLINE DE BEAUFORT

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About Lilian

Fire-filled (Aries Baby) and tactically-trained Business Strategist (20+ years in Corporate) and Higher Mindset Maven; Self - Designed Life in Simple, Ease and Smooth Entrepreneur, a Break-Through Coach with many awakened multidimensional wisdom, Celestial Healer as Body Oracle, and a “super mom” (not my words, but I’ll happily take them) to three children, Pearl, Pierre and Paige-University, High-school and Primary School ages; Conscious Lover to one devotional Embodied Man, Kyle Turner; and a carer to one male cat, Keppel.

No cooking skills in sight, but don’t worry – my kids eat a lot, my soul sisters love my chicken curry and Kyle loves my cooking. At this presence moment, I honour my simple, easy and smooth (SES) cooking skills!

Back here...it is my sacred mission to help you learn to honour and adore yourself and your gifts, and along the way, remember who you are and uncover the incredible life you were truly meant to live by Self - Designed Life.

Founder of Sacred Heart Valley Community

Founder of The Women Healing Retreat

CEO & Creator of Unicorn Creartive Academy

CEO & Creator of Self - Designed Life Coaching Academy

Editor in Chief of SHV Spiritual and Health Magazine



What makes me that high-energy miracle woman?

Because I have been where you are.

Because I know and understand the Wealth Mindset + Powerful Aligned Action + Soft Productivity + Feminine in Business and build real magnetic confidence

Because I know, without a doubt, that one needs the other, so with the harmonious energy work and honed-in highest and purest frequency strategies, you will claim all that is rightfully yours and step into your true SELF: Unstoppable. Limitless. Living and serving at your highest and purest frequency level.

I have qualifications in the health science, health management, executive office management, online business management, and have done countless hours of retrieving my Soul Fragments and Soul Fractals and focusing on Neuro-Anatomy Spirituality, Conscious Relationships, Life and Business Coaching. And, I am Self - Designed Life Card Creator and Designer. I am proud to mention I am writing a beautiful book that will be published in 2025. The pieces of paper and my career history started my journey into entrepreneurship and where I found my true calling – in a thriving life and business coaching practice, creating The Women Healing Retreat, as Facilitator, as The Host.

I have a very special news to announcement in this issue magazine,

Continue to read until the end.

Founder of Sacred Heart Valley Community

Founder of The Women Healing Retreat

CEO & Creator of Unicorn Creativity Academy

CEO & Creator of Self - Designed Life Coaching Academy

Editor in Chief of SHV Spiritual and Health Magazine



Lilian's Desk in March

Dear Ones,

We are matching into March Month. March is the energy after February and ushering into April very soon. It is the middle month of planning and preparing. A lot of creativity ideas flowing in. If you do not have masculine structure, you will feel overwhelming. Ask your body to work with you. Replenish when your body asks you to. You want to create in the energy of Full of Love and not Full of Fear and Scarcity. In February we did a huge a Online Mission Work in Papua New Guinea. We helped a lot of trapped Souls and assisted the Land Ancestors to harmonise a lot of distortions. I will embark my boots on land Mission Work at from 21 March to Borneo, Malaysia. The Land of Ancient One, The Ancestors and The Elders. I will share more in April Magazine issue.

Enjoy this issue and let me know your feeling. I love to hear from you.

Lilian

Editor in Chief of SHV Spiritual and Health Magazine,

Founder of Sacred Heart Valley Community,

CEO & Founder of Unicorn Creative Academy

CEO & Founder of Self-Designed Life Coaching Academy

Happy International Women's Day

Your duty is to honour your own truth and walk a path that aligns with your core values.

Dharma is not just about fulfilling external responsibilities; it is about recognising your own unique purpose in life.

Honour yourself by living authentically, staying true to your values, and doing what feels right in your heart.

By doing this, you create harmony within yourself and with the world around you.

So, dear woman, never shrink yourself to fit into spaces that cannot hold your true essence.

You are meant to expand, to grow, to take up space with grace and confidence.

Your existence is not a burden—it is a gift to this world.

Walk with the knowing that you are enough, just as you are.

Do not allow the weight of others' expectations to silence your voice.

Speak your truth with courage, even if your voice trembles. Your words carry power, and when spoken from a place of honesty and love, they can heal, inspire, and transform.



Know that self-respect is the foundation of all the love you give and receive.

When you respect yourself, you set the standard for how the world treats you.

Let no one make you feel unworthy of the kindness, care, and devotion you so freely give to others.

Your softness is not weakness, and your strength is not harshness.

You are a beautiful balance of tenderness and resilience.

Embrace both aspects of yourself without shame.

You do not have to choose between being strong and being gentle—you are meant to be both.

Give yourself permission to rest.

The world has conditioned you to believe that your worth is measured by how much you do for others, but you are worthy even in stillness.

Rest is not laziness;

it is an act of self-preservation.

A well-rested woman is a force of nature.

Trust the wisdom of your intuition.



The whispers of your soul are guiding you toward the life you are meant to live.

Do not ignore them in favor of external noise.

What feels right in your heart is often the path you are meant to take.

Surround yourself with people who honour your presence, celebrate your victories,
and stand beside you in your struggles.

The right people will never ask you to dim your light; they will encourage you to
shine even brighter.

And most importantly, love yourself with the same depth and tenderness you offer
to others.

You deserve a love that is patient, kind, and unwavering.

Let that love begin with you.

So, dear woman, walk boldly in your truth.

The world needs you—fully,

unapologetically,

and brilliantly as you are.

Happy International Women's Day.



Reading an email moment from 2019 from 2025

The feeling of reading an email to myself on 2019 from 2025, it was emotional one and vulnerable. My little Paige has just turned 6 years old and that was how long my Spiritual Journey is and I feel so Heartitude of everything and also everyone I met along the journey.



me 24 Sep 2019



to jessica

After 12 years later I found myself pregnant with no.3. Feeling uncertainty of everything - family, career and money.

The baby arrived 2 months earlier, third time premature labour and she was only 2kgs. I launched my business just the night before my water broke. I had this strong fire flame 🔥 in me that I need to do something for myself and for my family as I cannot travel 3 hrs a day to my favourite job.

After talking to couple of people about my fear, I decided to start my own business bringing my offline skillsets to serve online community. I launched my website in 4hrs and I remembered I finished at 1am. I felt so good, so much energy and so ready for the next day.... my water broke at 11am the next day one of my favourite coffee shop. I had baby the following day 1215pm.

I was discharged on the Chinese New Year Eve evening without my baby. We had family dinner at the restaurant and when I reached home I didn't even enter the house, I told my husband I need to go back to the hospital. He let me go. I hadn't rested yet.



When I went back to the hospital the door was shut and I had to go through the emergency so they can open the door to the hospital. The nurse looked at me asking was my baby in Special Care Unit. I burst to tears 😭 telling them how I missed the little one and my breast was very full and pain. I thought I had went through the previous two kids (other two are premmies too) and the third one should feel fine but no. It is more intense this time. It is because I didn't tell anyone how I feel neither my closed one.

Why am I telling the story now?

My story need to be heard. I decided to unfold my life. It is very different when you serve client virtually and in the workplace. You need to know yourself better to serve lore clients. You need to show up who you are and I found out I couldn't show up at all. I use three hours to out out my first LinkedIn Video and scare out of my shit.

I have received a lot of encouragement from my online community for my business and mindset. I had my first client from word of mouth from May through July earning 4 figures and all working virtually. There are so much to learn and I totally immersed myself to appear online and to show up.

Now I am going back to work in part time and I have two days off to continue to serve my clients.

A lot of people ask me how do you do it all?

I can't.

Therefore, I say no to things and events that don't serve me anymore. I say NO to the people who drain my energy instead trying very hard to change their mindset. By saying NO, I have created more space for things that I want and need to do. I connect more to a new circle of kindred friends, aligned community and make time it.

Although I am learning a lot of things collectively and apply to my biz. I am excellent in what I do and for my clients.

Business Outcome is the key for me and that's how I work.

What's Business Outcome for you?

Is it process improvement and efficiency?

Is it Culture change in your team?

Is it the impact of the customer experience?

Is it reduced cost?

Is it increased profitability?

I am taking one extra client in October and November. My business is closing December 2019-January 2020.

Announcements



The Unicorn Creative Academy is an Multi-Creative Academy.

We offer a unique blend of creative programs and transformational experiences designed to nurture your artistic spirit and personal growth. Our academy serves as a sacred space where creativity, consciousness, and self-expression converge to help you manifest your highest potential.

Our holistic approach integrates various creative disciplines with mindfulness practices, ensuring that each student discovers their unique artistic voice while developing a deeper connection to their inner wisdom. Through carefully curated programs and experienced mentors, we guide you on a transformative journey that honours both ancient techniques and innovative expression.

At our academy, we believe in fostering a supportive environment where every student can explore their creative potential without judgment. We understand that true artistic growth happens when technical skills merge with emotional intelligence and spiritual awareness.

Our commitment to holistic development extends beyond traditional creative education. We provide a nurturing sanctuary where students can explore their artistic gifts while cultivating mindfulness, emotional awareness, and spiritual connection. Through this integrated approach, we help our community members unlock their full creative potential and manifest their unique vision in the world.

Our commitment extends beyond the classroom to building a vibrant creative community where artists can connect, collaborate, and inspire one another. We regularly host events, workshops, and exhibitions that showcase student work and facilitate meaningful artistic exchanges. These gatherings create opportunities for our students to network with fellow creatives while gaining real-world experience in presenting their art.

Our inclusive community thrives on diversity, bringing together artists from various backgrounds and disciplines to create a rich tapestry of creative expression. Through mentorship programs and collaborative projects, we foster meaningful connections that extend beyond the academy walls, creating lifelong bonds and professional networks. We believe that true artistic growth flourishes in an environment of mutual support and shared inspiration.

Join us in 2025 for these transformative programs designed to awaken your creative potential, deepen your spiritual connection, and guide you on your journey of self-discovery. Each program offers a unique pathway to personal growth and artistic expression, carefully crafted to support your individual evolution.

These transformative offerings are designed to align with the cycles of nature and cosmic energies, creating powerful opportunities for growth and awakening throughout the year.

Whether you're drawn to manifesting abundance, exploring sacred creativity, or deepening your spiritual connection, our carefully curated programs provide the perfect container for your evolution. Each journey is infused with ancient wisdom and modern practices, supporting you in accessing your highest potential while honoring your unique path.

Our commitment to transformation also extends to the physical spaces where creativity flourishes. We've thoughtfully designed our studios and gathering spaces to inspire imagination while providing the practical tools and resources needed for artistic exploration. These sacred spaces serve as catalysts for breakthrough moments, where students can fully immerse themselves in their creative practice.



Mission Statement

- Unity** - Working together as one team towards common goals
- Nurturing** - Supporting growth and development in our community
- Integrity** - Acting with honesty and strong moral principles
- Creativity** - Fostering innovation and original thinking
- Openness** - Maintaining transparency and inclusive communication
- Responsibility** - Taking ownership of our actions and commitments
- Nimbleness** - Adapting quickly to change and new opportunities



Core Values

- Unity
- Nurturing
- Inspiration
- Consciousness
- Openness
- Radiance
- Nourishment

Send me email: lilianhii79@gmail.com for
Launch Party Invitation

LIMITED TIME
OFFER

3 spots left
**AVAILABLE
NOW**



Founder Member

The Power of Community

A membership that is curated with, and for, its community – that's UCA MEMBERS ONLY

More Relevant Content

More of what you want with a dedicated newsletter and curated collection of the latest stories showcasing innovation and strategies of Entrepreneurship.

Meaningful Connections

Join a dynamic cohort of members who are ready to help you navigate the more challenging aspects of entrepreneurship and leadership.

Exclusive Perks

Unlock premium benefits curated to enhance your professional and personal journey as a Unicorn Creartive Founder Member below:-

1. Exclusive Access & Discounts to Premium Events

Gain special founder member pricing and invitations to exclusive community networking events.

2. More Premium Benefits Coming Soon

Stay informed with the latest member-exclusive offers in your fortnightly newsletter.

Send me email: lilianhii79@gmail.com for details.

Announcements





The **Self - Designed Life Coach** is for people just like you - people who want to make a difference, see others grow and shine, work with people they love and feel connected to - and yes - create their own business and a life they love.

Being a **Self - Designed Life Coach** is about supporting people to make meaningful change in our life and also their lives.

I am so very excited to bring you on the Unicorn - Playground!

Change that inspires people to follow their dream career path, improve their health and wellbeing, release their fears, embrace their creativity, spirituality and highest self, improve their self-confidence and self-love, and become the person they most want to be.

It is privileged, beautiful and life affirming work. And I am here to help you create that work firstly for yourself, and then for your clients.



As a **Self - Designed Life Coach**, your capacity to guide people to their best life is limitless and with the right training, support and tapping into your own unique and special gifts, you can build a thriving and successful business as a **Self - Designed Life Coach** working one on one with clients from all over the world, running workshops, delivering e-courses and speaking to audiences about things you are most passionate about. And more...

The **Self - Designed Life Coaching Program** is...

Heart centered, love filled, and for people who want to see their clients shine with self-love, self-confidence and crystal-clear clarity.

Deeply personal, giving you an opportunity to grow and develop as your own person and as an incredible life coach.

Focused on not just helping you become an amazing life coach, but helping you build an amazing life coaching business and have an amazing life to go with it.

**ENROLMENT IS OPEN NOW. PLEASE REACH OUT TO ME TO DISCUSS MORE.
WE ARE ONBOARDING FROM FIRST WEEK OF APRIL. IF THIS IS CALLING ME, COME & JOIN.**

**Dear Ones, it is the highest and purest intention of this announcement.
This is a Divine Flow of Creation and I am still in awe. We have two
souls have joined up and if this is calling you, let's chat.**

When I
CONNECT
with myself
I can
CONNECT
with my clients.

Lilian Hii



Caroline De Beaufort

YAYOI
KUSAMA
EXHIBITION

CELEBRATION
OF
A
CREATIVE
LIFE



Last weekend, while visiting family and friends in Melbourne, I explored the Yayoi Kusama exhibition at the National Gallery of Victoria, which was truly transformative. Kusama, a titan of contemporary art, blends beauty with unease, pulling visitors into her complex inner world.

Check out Caroline's Website:
www.skinpresence.com.au

FOLLOW US

The exhibition highlights her journey as an artist, channeling her mental health experiences into captivating work. Walking through the gallery, it's impossible not to feel the intensity of her vision. Each piece reveals what "only the mind can see," reflecting her struggles and vivid imagination. Kusama's reflection: I fight pain, anxiety, and fear every day, and the only method I have found that relieves my illness is to keep creating art.

Kusama's signature motifs—polka dots and mirrored surfaces—are prevalent throughout the exhibition. Her use of repetition creates an immersive experience; you find yourself lost in a sea of vibrant colors and patterns that provoke both thought and feeling. It is in this repetition that her true genius lies, as she transforms simple elements into profound commentary on infinity and self-identity.

The exhibition is expertly curated, allowing for a flowing journey through Kusama's evolution as an artist. The layout encourages reflection, with each installation inviting interaction and contemplation. Moments of connection between the artworks and the viewer are palpable, creating a dialogue that extends beyond the gallery walls.

**'If there is a chance that in 100 years' time,
there will be just one person who will look
at my work and be touched by it, then I must
continue to create art for that person.'**

Yayoi Kusama, 1989

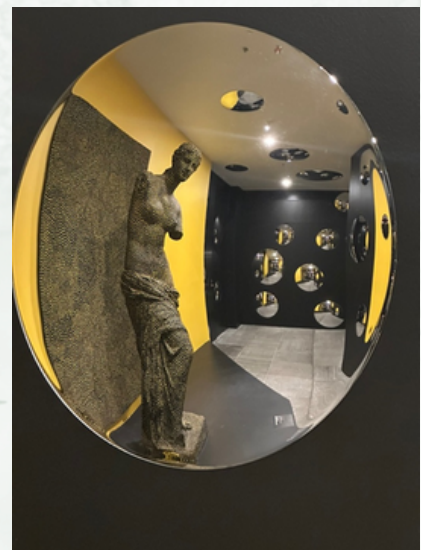
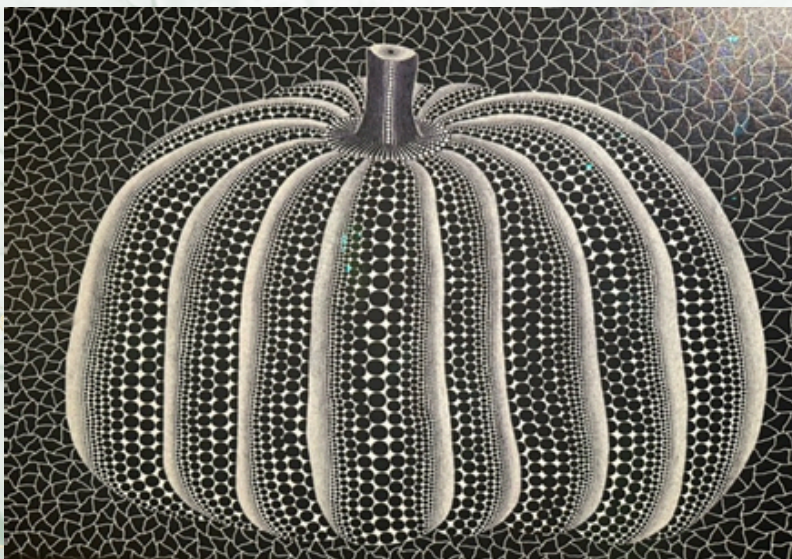
**'Our earth is only one
polka dot among a million
stars in the cosmos.'**

Yayoi Kusama, 1968



Overall, I found the Yayoi Kusama exhibition very moving and inspiring. It sparked my creativity; the vibrant artwork and cultural expressions inspired me to explore new mediums and ideas. I've started dedicating more time to writing, journaling, and trying new hobbies. It's amazing how such an experience can open new pathways for self-expression!

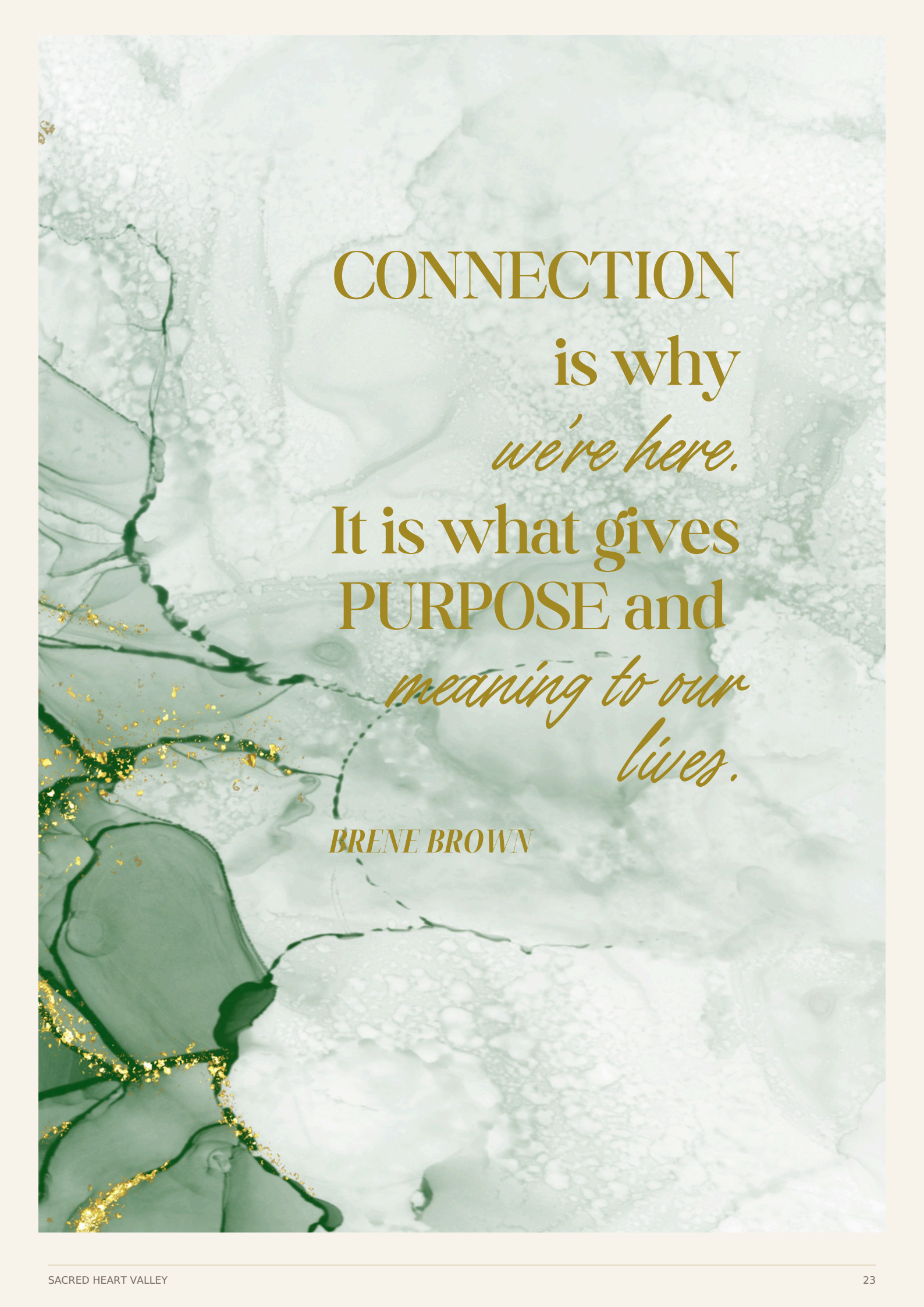
It is a must-see, offering a unique look into the life and mind of one of the most influential artists of our time. It's a celebration of creativity that challenges perceptions and invites us to embrace the complexities of existence.



YAYOI
KUSAMA
EXHIBITION

-
CELEBRATION
OF
A
CREATIVE
LIFE





CONNECTION

is why
we're here.

It is what gives
PURPOSE and
*meaning to our
lives.*

BRENE BROWN



Oracle by Siri Prem

f Join Siri Prem's Empowered and
Joyful Women's Group on
Facebook

As we say that the year really begins in spring, and we are seeing the first signs of it here in Europe, this card for renewal and rebirthing supports us in making a fresh start.

I choose to believe in the existence of and support by well-meaning beings. If it feels right for you, please feel free to connect to them, the highest and purest frequencies only.

May all of us get awareness of our infinite star potential.
May we all trust in universal support. May all of us move forward with consciousness, love and purpose.



CONNECTION

is why

we're here.

It is what gives

PURPOSE and

*meaning to our
lives.*

BRENE
BROWN

Welcome



Viktoria Suardi

Founder of BE School Space

My mission in this incarnation is to support people in the divine energy embodiment process, to hold space for the transformation and to help to anchor down the highest and purest frequencies for us and our self-expression.



IF YOU FEEL HEAVY

5

**IT IS TOTALLY FINE IF YOU FEEL HEAVY THROUGHOUT THIS PROCESS
THE EMOTIONS COME TO THE SURFACE, THE MEMORIES POP-UP, YOU NEED TO ADDRESS THEM**

Once you experience spiritual awakening, the purging process can start and it can start spontaneously for you to be able to address the deep inside stored levels of trauma, whether from this life or other lives or experiences. And the thing is that we might not be ready physically, emotionally, spiritually, it can be heavy and it can also be retraumatizing for us. So we have to have tools and resources to be able to put ourselves back together because this inner work we're doing is extremely important and essential.



Yet we also have to understand why we are doing it and how to put ourselves back. If we feel heavy, if we feel emotional, if we need time for ourselves, if the body is communicating something to us, because we are in this journey not to impress anyone, or not to be the best one, or not for something of that kind. We are in this journey just to learn about ourselves and to grow as much as we can.



The nurturing place is important. We are invited to create supportive nurturing place within ourselves for this journey to be as easy as possible, as effortless as possible. Yet we have to be honest with ourselves and our true feelings and emotions and have that strength to ask for help, if that is needed.

GROUNDING TECHNIQUES:

- 1 SOUND HEALING TO COME BACK TO THE PRESENCE** - 31 min - [in the Meditation Library](#)
This sound healing will help purify, harmonize, unite all the fragments and fractals of your soul, gain clarity, gain quantum healing and gain upgrades on the frequency level and also relax and come into tranquil, clear and pure state of well-being
- 2 HARMONIC HEALING FREQUENCIES** - background playlists - Spotify Playlist in the Meditation Library
Crystal bowls, Tibetan bowls, nature sounds can be played at the background to harmonize the water in your body. Your goal is to surrender to whatever feelings, emotions, experiences you are having, not to try to fight them
- 3 SPEND AS MUCH TIME IN THE NATURE AND WITH ANIMALS AS POSSIBLE**
You are a part of nature, not separate from it. When you spend time outside you get harmonized easily, you remember your true divinity. Let the wind clear up your stagnant energy, let the waters purify your feet. Allow yourself to walk barefoot when possible to feel how effortlessly you can merge with the land and feel as a part of this planet, feel the heartbeat, feel the beauty, feel the nurturing touch. Animals also as a part of nature help us harmonize and remember, that not everything can be perceived with the rational mind, sometimes we simply have to feel
- 4 DRINK AS MUCH PURE WATER AS POSSIBLE / EAT GROUNDING FOOD**
Water helps us alchemize all the processes we might have inside in quantum light speed. It boosts our digestion as well the ability to transmute and transform all the ego reactions and emotions
- 5 DO JOURNALING AND SCRIPTING, DRAW, PLAY YOUR OWN INSTRUMENTS**
All these tools help you to vent out and process all the emotions that have come to the surface, while you are doing this, allow the emotion to go through you and be transmuted to something else
- 6 USE ESSENTIAL OILS, CANDLES AND INCENSE**
Smells create harmonic, relaxing atmosphere and help you relax and expand nervous system
- 7 REACH OUT FOR HELP**
You can always sign up for the [Donation-Based Discovery Call](#) to ask questions and to receive guidance

[Meditation Library](#)



Event



DIVINE ENERGY EMBODIMENT: WHAT IT TRULY IS

What it truly means to reconnect to God / Source / Prime Creator?
What is embodiment? How to create from the Divine Source? What
does it mean to anchor down? These all we will talk about on our
next LIVE event. Come and share with your loved ones.



*See You in Next
edition*