

THE SOVEREIGN ATELIER PRESS PRESENTS

SACRED HEART VALLEY

EDITORIAL MAGAZINE

CELESTIAL REALMS

MAY 2025

SACRED HEART VALLEY-
GOTC

A premium collected edition

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MAY 2025



SACRED HEART VALLEY- GOTC

CELESTIAL & WELLNESS
MAGAZINE

MAY 2025



*"I recognise the
divine timing of
all things. I
release the need
to rush what's
unfolding
naturally. The
Universe works in
perfect rhythm
with my heart."*

TABLE OF CONTENT

01.

ABOUT THE MAGAZINE

02.

GRATITUDE FROM LILIAN

03.

TAKE YOUR TIME

04.

SLOW TIME

05.

SLOW

06.

**MY JOURNEY OF SUDDEN
EXPANSION**



"Lilian, own it".
This feeling is not
only owned it but
anchored deep!

TABLE OF CONTENT

07.

ALIGNMENT IN MESSAGES

08.

**Introducing the Arcturian
BioArchitects – The
Meditechs, the Grandpa and
the Zienzi**

09.

SHV EVENTS

10.

COMMUNITY OFFERINGS



ABOUT THIS MAGAZINE

***SACRED HEART VALLEY – GOTC MAGAZINE IS
DESIGNED AND CREATED BY LILIAN HII***

THIS IS A CELESTIAL & WELLNESS MAGAZINE.
OUR WORDS HOLD THE HIGHEST AND PUREST FREQUENCY.
EACH OF THE CONTRIBUTORS IN THIS MAGAZINE HOLDS THEIR SACRED
FLAME OF CODES, WALK THE PATH OF LOVE.

Contributor 1: Caroline de Beaufort

Guardians of The Codes
Self - Designed Life + Biz Coach
SKINPRESENCE FOUNDER

Contributor 2: Andrea Siri Prem

Guardians of The Codes
Self - Designed Life + Biz Coach
LIFE COACH

Contributor 2: Andrea Siri Prem

Guardians of The Codes
BE SCHOOL SPACE FOUNDER

SACRED HEART VALLEY – GOTC CELESTIAL & WELLNESS MAGAZINE BY LILIAN HII

GRA TITUDE



Dear Ones,

We are into the middle of May 2025 nearly half of the year, Mid - Year- Reset. But, I want you to know that you can and allow to reset anytime. This month, Sacred Heart Valley we had *GOTC Bees.Nest* Zoom Connect to create or re-create our Inner Compass. It was so beautiful to witness everyone's diligently sharing their desires and cultivating a lot of awareness, sisterhood deeper connect and more importantly we do not need to this path alone, ask for support, accept help and trust yourself that faith is leading the way. I am in deep gratitude of you all.

Effortless,

Lilian





The GOTC - BEES NEST began as a heartfelt idea envisioned and organically created in the second half of 2024. I intend to continue bringing GOTC initiates together into a grounded and supportive space where they could connect, learn and grow as conscious leaders and compassionate entrepreneurs.

The GOTC BEES. Nest is designed to make leadership and growth accessible, empowering and impactful for everyone.

The Bees-Nest is your space to reflect, connect and co-create. Through monthly gatherings and collaborative projects, you'll:

- Explore leadership virtues and ethical entrepreneurship.
- Build your sacred toolkit with practices and insights for daily growth.
- Share your journey and learn from others in a supportive community.

Monthly Flow:

- 1st week: Dotting Session (2 hours) – Reflect, connect the dots in your experiences and explore your next steps.
- 4th week: Sacred Heart Valley (SHV) Community Reflection (1 hour) – Share your progress, insights and lessons with the hive.

This month, we opened to SHV Community and had overwhelming and heart-felt feedback. If you would like to attend, please reach out to me.

It is By Invitation Only.



TAKE YOUR TIME

Self-Designed Life & Coaching Academy has started since April, and I let my coaches to take a time off. *So This is What Happens When You Take Your Time.*

I went into a very deep healing, bringing me into creation mode that brought me to another level of expansion.



SLOWER DOWN



In the Sacred Rest, I received a new client. Yes, I create space to magnetise.

In a world that rewards speed and urgency, it can feel lazy—or even awkward—to slow down. A simple nervous system practice and can feel grounded and restful body. This is exactly what your body and heart-mind require if you wish to live, love, and *make love* in a way that feels most deeply fulfilling.

When you hurry, you skim the surface of life and lovemaking. You miss the exquisiteness that lies beneath.

Slowing down/ Slower down offers a pace that is more natural to your deep heart. It relaxes your breath, softens your body, and gives you a chance to feel more deeply and respond more truly. So today, let's explore *the art of slowing down*.

SLOW

Slow me down
like soft velvet
on bare skin.

Unravel me
from the clench
of urgency.

Caress me slowly
and kiss me deeply,
teasing me
into the
slowest yes
where my body
remembers
she belongs
to the holy.



What secret fears do you
have about slowing down?

MY JOURNEY OF SUDDEN EXPANSION

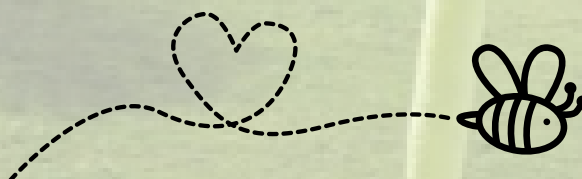
By Caroline de Beaufort

For me, personal development and growth have always come in gentle waves, shaping my life subtly over time. However, this May, I experienced a sudden surge, an expansion propelling me forward in ways I never anticipated. Over the past year and a half, I have been working with my Coach Lilian on personal and business development as well as my spiritual growth and never thought I would receive the opportunity to mentor a client. Experiencing this sudden, unexpected expansion was transformative and exhilarating.

At my first meeting with my mentee, I felt an initial spark – a moment of clarity and realisation. I felt a strong connection with her and had a deep desire to support and guide her in becoming the best version of herself.

I know that with sudden growth comes challenges. In my past roles as a mentor, I have navigated through difficult situations and topics with resilience and adaptability. Each challenge encountered is an opportunity to refine skills, knowledge, and develop deeper empathy.

As I grow as a mentor, so too will my capacity to empower mentees. My newfound insights and experiences have become invaluable resources for guiding others. I cultivate a nurturing environment where my mentee feels supported and encouraged to embark on their journeys of growth. The relationship between mentor and mentee transforms into a symbiotic bond, where mutual development flourishes.



ALIGNMENT IN MESSAGES



By Andrea Siri Prem

Today I would like to reflect on the alignment of messages I received and things showing up in the physical world ("synchronicities").

Whatever your strength or gift is, I seem to be more a kinesthetic/feeling person or listener rather than someone whose visual sense is highly developed to see dragons, angels, parallel lives or ancient places. When opening to guidance and inspiration from my soul, other guides or source I often receive through messages which can be revealed in other people's talk, music or the resonance I feel with someone or something – or by reading articles or advertising etc., that means in everyday life.

I believe when you can see the magic in the ordinary, life itself becomes magical.

A few days ago, I asked about my most important focus.

I got a few messages that I am still pondering on:

- The book I am currently reading told me that success is not what the outer world is telling us. Success is not primarily about outer achievements like getting certifications, career, getting rich, having a nice house etc. Primarily it is a **conscious presence** with the Now, immersing totally into what we are being and doing.
- I got "intuition is important" from one of my fav spiritual teachers. I want this to avoid getting lost on my life's path. Later that day I cancelled a subscription and had a look at what was still available. I watched a few videos on intuition, and the importance of grounding and breathing (=presence) for intuition to be accessible.

3. A friend of my reminded me "You want to help."

Attending an online healing event I was in a breakthrough room in which we practised healing with loving presence. I got to hold space for a lady who was intending to heal a physical issue. Here all of my messages could blend into a wonderful experience for the group. By **conscious presence**, I could help to create a peaceful space for the lady. Sending her energy healing and following my intuition on how to guide the process and how to share the wisdom of a holistic doctor allowed her to be present and to invite more healing into her life. She expressed that she felt well-guided and much better than before. She even said: "A friend mentioned this doctor and the video to me. So good to remember. I want to find it."

This is just my example of how – often in hindsight – "random" information turns out as very meaningful. When we take the time to listen and reflect we can notice a lot of gifts coming.

INTRODUCING THE ARCTURIAN BIOARCHITECTS – THE MEDITECHS, THE GRANDPA AND THE ZIENZI

**Jenn George,
The Founder of Guardians of The Codes**



Hello my love 🌟,

I've been meaning to share this story for a while now, about our beautiful healing alliance that has been quietly working behind the scenes for many years. We often talk about healing in terms of frequency and memory but today I want to speak of the actual technology, the places and the Beings (multidimensional scientists) who make so much of this restoration possible.

Since I was a child, I've always written light scripts; sometimes in the air, sometimes on paper. Back then, I didn't know they were "scripts." I just knew I had to write them. Over the years, I've also drawn countless codes, many of which still emit frequencies that people, even those outside of GOTC, can feel and receive.

But it wasn't until September 2022 that something shifted.

I began drawing diagrams — not just codes or scripts anymore — but actual machines. I had no idea what I was doing at first (I wasn't particularly fond of physics class in school; it felt too slow compared to what I "knew" on other levels). So I invited 3 or 4 of my GOTC family at the time to journey with me using their Higher Sense Perception (HSP). I invited Lady of E (an Atlantean and the guardian of memory) to be present during our exploration.

It was in those early journeys that we started calling the diagrams "meditechs"; healing instruments that we used during what I call timeline exploration journey to our "medical centre". These weren't just symbolic. They worked. People were healing. I was amazed myself but I never doubted any of us.

and what I've drawn so far is only a portion. As of 2023, our Arcturian medical centre already houses over 1,000 Zienzi technologies. I personally drew just over 200 up to 2023, before my duties expanded.

I offered free group sessions weekly back then, and often took my people to Arcturus — our primary healing realm for “technical” issues — to receive free treatments. Over time, I started to perceive the full picture.

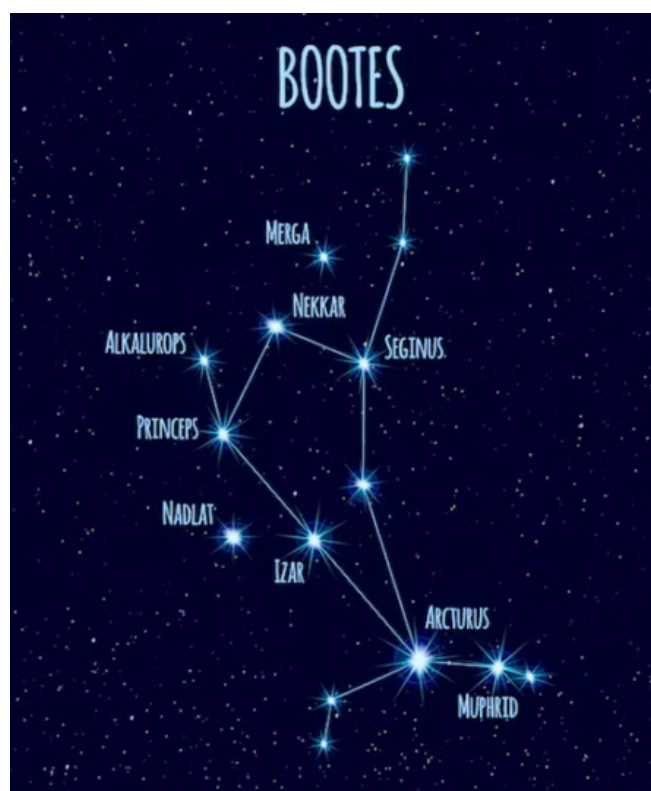
♥ Our head of the Arcturian medical engineers is someone very dear to me: my late paternal grandfather.

We all call him Grandpa although he doesn’t look Earthen human at all. In the Arcturian lab-hospital where he works, I realised that these engineers are not just “doctors” or “healers” but also scientists; they also build all the “machines” according to “my” diagrams (my Arcturian self, the designer and the chief head). So, I began to call them Medical Engineers — brilliant beings who design with harmonic architecture.

But later, I realised something even deeper...

These technologies — what I had been receiving and drawing — were actually from my own Greater Self: a multi-headed Dragon Royale from a faraway universe. He brought this tech into Arcturus for Earth, other planets and star systems.

In Arcturian language, I translated the name of these machines as Zienzi...



Due to an energetic break-in that occurred through some GOTC members in the main Arcturian centre, I moved our people to our space craft near Sirius, which holds a smaller (but potent) copy of our medical centre. This is now the first stop for many of the departed souls I help transition. From there, they may continue their journey to one of our other locations (our training centres/Multiversity):

✨ ***Nekkar – in Bootes, directly opposite Arcturus***

✨ ***Alcyon – in the Pleiades, a harmonisation zone***

✨ ***Hadar – a branch focused on natural and bio-organic restoration***

The Scientist-Beings working in these places are what I now formally call the BAHAR: BioArchitects of Harmonic Restoration. They serve not only humans but souls of the departed and other-dimensional Beings. Each division has its own specialty. Some of the names have begun to surface, like Zienzi, but many are still being remembered and decoded.

I'll share more in time.

For now, this is my simple story – a remembrance of something far more advanced and ancient than anything we've known on Earth. But it's here now. And if you're reading this, maybe part of you is already one of us.

With love,

Jenn

Founder of Guardians of the Codes (GOTC)

Flame Carrier of the Zienzi Lineage

www.guardiansofthecodes.com

SHV EVENT UPDATE

COME AND JOIN OUR COMMUNITY GATHERINGS



COME N JOIN US SACRED HEART VALLEY



The Magic of Women Over 50 by Wendy Philis

Date: Sunday 18 May 1PM via Zoom



Wendy / Phoenix has been working within what is called the "Creative Orientation" since 1993. In the Creative Orientation, you move from living a life from your Egoic Orientation, being disempowered by your beliefs and thoughts to living from your Intuition, your Truth, Expansiveness and Creating the Life your Heart truly desires. It is incredibly Liberating and fulfilling. Her passion for over 25 years has been to empower Women, and in the last 5 years particularly serving women over 50.

In this time of our lives, we can think "its all downhill from here".

Wendy serves women to lift the veils of limitation, to know and catalyze this to live from our freedom, wildness and live as "powerhouses", where all things are possible. She says " ***I am more alive, on fire, fulfilled than I ever have. I'm 67, don't look it or feel it because I don't buy into this cultural soup attitude that disempowers us and I am constantly claiming and living the truth of me and loving it***" A lot of us don't understand this time in our life. Many of us become disillusioned by the many challenges we face here, being over 50. We can feel we are swimming in what she calls the "Uncharted terrain". We can "loose" our way, panic and try a zillion things to fix us and miss that this time is a powerful threshold in our lives. Wendy is a masterful alchemist who guides women to the keys to navigate this "uncharted terrain", empowering us to reclaim our inherent True Nature as we move through this threshold.

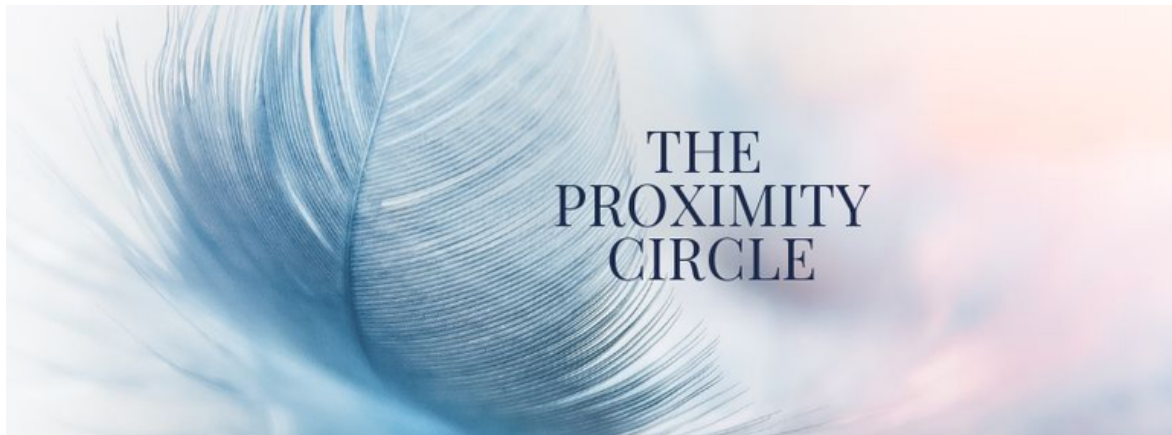
Wendy is a wise, loving guide on this journey. She powerfully holds space for women to return home to their power and reclaim who they truly are, connecting women with their intuition and to create the life their hearts truly desire. It's super powerful work. She Mentors women 1:1 and in groups. Wendy holds a sacred space for women over 50 called Intimate Conversations where you are heard, witnessed, loved up and unravel what is holding you separate from being the powerful creator and women in your life.

<https://wendyphillis.com/>

The Proximity Circle

by Lilian Hii

Date: Sunday 25 May 4PM via Zoom



Intention:

We share Light Language and expressions of Our Soul - we are opening to discuss varieties aspects of light language, creativity expression and development within with elevation.

A safe space gathered in love - held by multi-dimensional energy facilitator with devotion of Pure Love.

It is a space of non-judgemental container for you to be witnessed

If you are new to light language and soul expression and just beginning to find your feet or feel you have things to express and are working through your fears and blocks - WELCOME

If you wish to listen and open to the possibility and just be in the space or are curious - WELCOME

If you have light codes to share and express - WELCOME

A space which welcomes ALL expressions of your soul - spoken, toned, sung, art, movements, dance, scripting.

BESPOKE The Song of The Soul Gathering

by Lilian Hii

Date: Saturday 7 JUNE 2PM via Zoom



Intention:

We share Light Language and expressions of Our Soul - we are opening to discuss varieties aspects of light language, creativity expression and development within with elevation.

A safe space gathered in love - held by multi-dimensional energy facilitator with devotion of Pure Love.

It is a space of non-judgemental container for you to be witnessed

If you are new to light language and soul expression and just beginning to find your feet or feel you have things to express and are working through your fears and blocks - WELCOME

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A space which welcomes ALL expressions of your soul - spoken, toned, sung, art, movements, dance, scripting.



COMMUNITY OFFERINGS

OUR SERVICES TO YOU

START FROM JUNE & RELAXED & JOYFUL

YOUR GUIDE, ANDREA SIRI PREM



O(UR)

Intention is to provide deeper relaxation in the mind, body, and emotions and to feel joy on an everyday basis.

YOU

will practice Together in a Relaxation Community

YOU

will feel relaxed, refreshed, resilient and have more clarity.

Relaxed & Joyful

By Andrea Siri Prem

EURO 44 per month (EURO 11 per week) | 60 mins | weekly