

THE SOVEREIGN ATELIER PRESS PRESENTS

SACRED HEART VALLEY

EDITORIAL MAGAZINE

RETURN TO ESSENCE

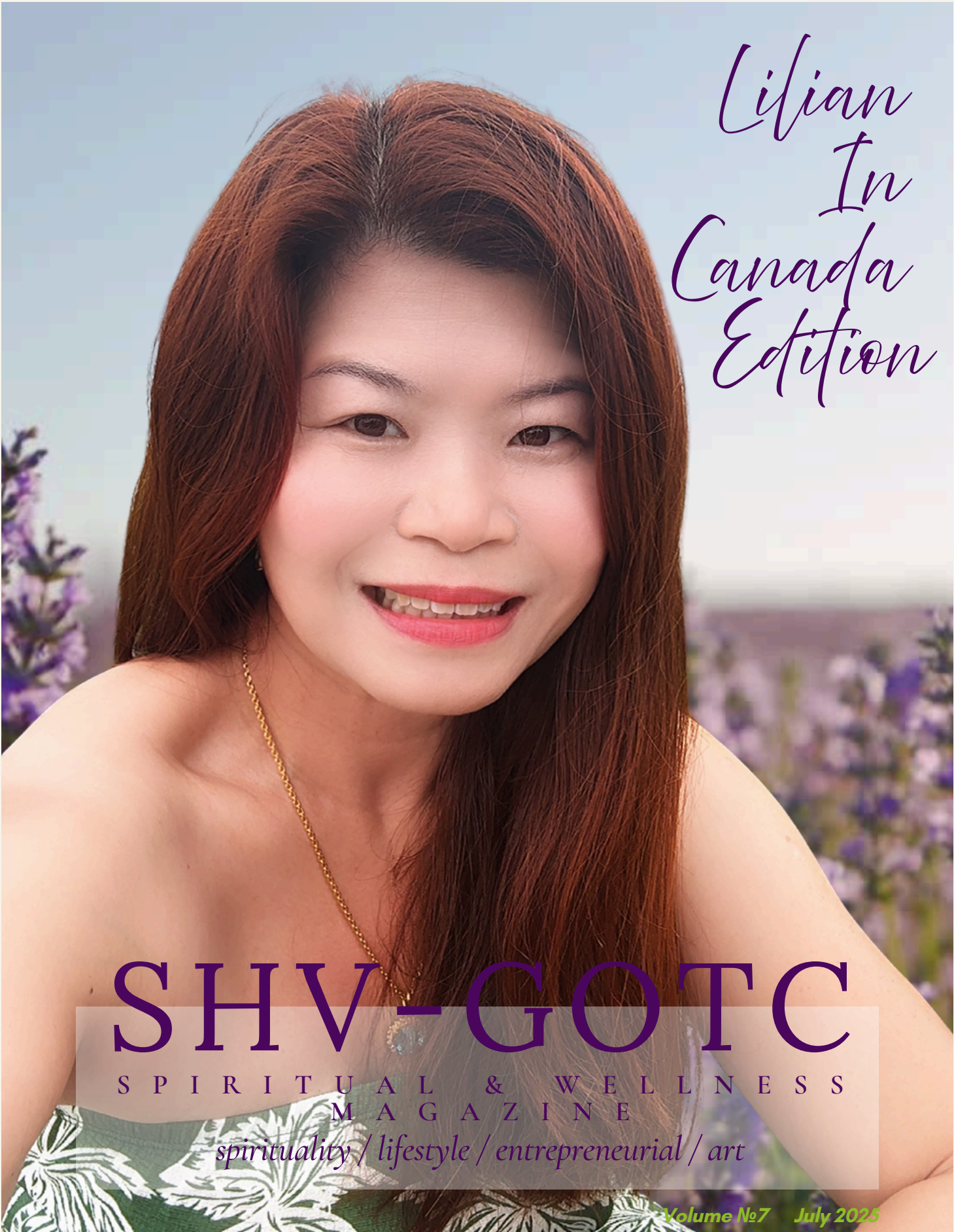
JULY 2025

A premium collected edition

CURATED FOR THE SACRED HEART VALLEY ARCHIVE

spirituality / lifestyle / entrepreneurial / art

Volume №7 July 2025



*Lilian
In
Canada
Edition*

SHV-GOTC

S P I R I T U A L & W E L L N E S S
M A G A Z I N E

spirituality / lifestyle / entrepreneurial / art

Volume №7 July 2025

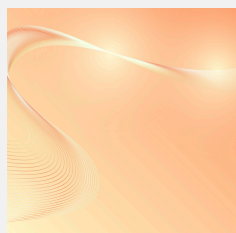
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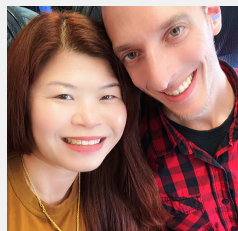
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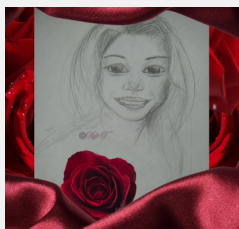
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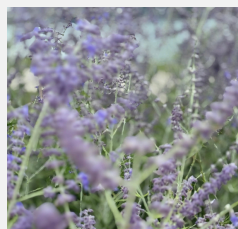
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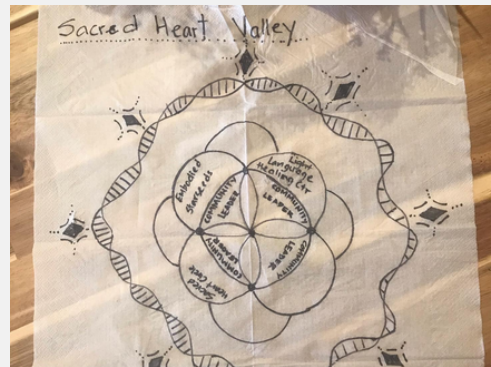
SACRED HEART VALLEY

Opened on 22 February 2022

Founder: Lilian

Frequency: Lemuria and Pure Heart

*SACRED HEART VALLEY - GOTC is a
heart-centered creative community
dedicated to personal transformation
through harmonicity of soul growth and
creative expression.*





Once upon a time, a girl named Lilian discovered the Celestial Light while she was sitting at her mum's front door staircase. She day - dreamt of how she could serve the world and she asked God what she is being called to create and she will follow with faith. She heard a whisper to check her mum's home address on the map and without hesitation, she did it and she saw a Heart shape anchored on the map.

Sacred Heart Valley was birthed since then and received the Light Code and MU Frequency anchored at The Ocean. Without knowing the who, the what and the how, she simply trusted The Whisper in Her Heart.

The first person who stepped into the Sacred Heart Valley was Mr Kyle Turner. We met each other on my Instagram Live when I was inviting new people and new community. He was the only one live with me. After three years, we just celebrated first anniversary in Canada.

Back to SHV Story... (hahahah)

In that moment of connection, Lilian's pure consciousness expanded beyond the physical realm. She found herself bathed in Source Light—pure streams of celestial information flooding through her being. These weren't ordinary light patterns as they are the highest and purest celestial codes of creation, the very building blocks of universal wisdom.

"These are the Source Light Codes," whispered a gentle voice in Symbols, Sound and Light that seemed to emanate from everywhere and nowhere.

"They contain the sacred geometries and frequencies that sustain all life."

A girl who plays Light



Lilian learned that these codes were always available to those who sought them with pure intention. She began a daily practice of sitting in stillness, inviting the Celestial Light to flow through her.

With each session, she became more adept at dancing with these energies—allowing them to move through her body, cleanse her field, celestial healing and elevate her consciousness.

Along the journey, I met my sacred mentor, Jenn George. With her guidance and holding space, I remember my truth, reveal of who I am and I self - led my path with her together. It is my highest honour to be able to walk The Way of Love in the most reverence and sovereign.

As Lilian practice deepened, she noticed profound changes. Her higher perception intuition heightened, her creative expression blossomed, and she developed a natural ability to help others connect with their own inner light.

People were drawn to her radiant presence, often experiencing healing and awakening simply by being in her energy field.

What Lilian came to understand was that she wasn't just working with the light—she was remembering that she is The Light. The Source Codes weren't external forces but reminders of her true nature, of everyone's true nature.

Each day became a sacred experiment in embodying more light, in allowing the divine codes to recalibrate her system to higher frequencies. She discovered that this wasn't just personal healing work but a contribution to the collective field of consciousness that supports all of humanity and Mother Earth herself.

When others asked about her luminous presence, Lilian would smile and say, "I'm simply dancing with the Source Light and listen to the wind. And you can too. The light is within you, waiting to be remembered and expressed."

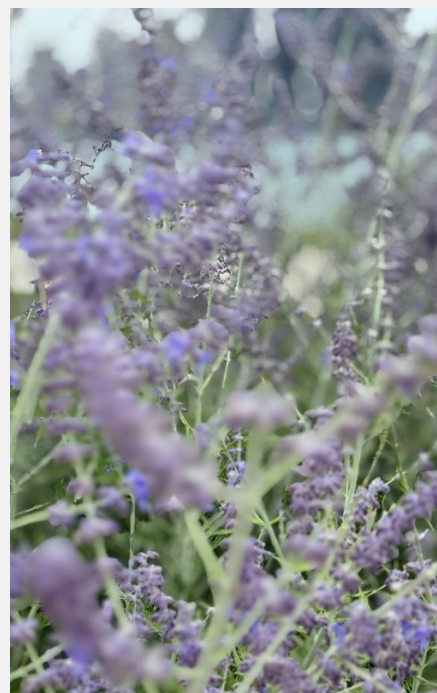
This story reminds us that our daily light work is both deeply personal and profoundly universal. As we connect with our inner light, we naturally become channels for the Source Codes that uplift all of creation.

Each moment of presence is both an experiment in consciousness and an experience of our eternal nature.

In Sacred Heart Valley, we honour this journey of dancing with the Source Light Codes –embracing the mystical, magical, celebrating the remembrance, and supporting each other as we shine our unique expressions of the One Light.

“I DO NOT KNOW HOW YET”

HARMONISE AND REFRAME



Dear One, July has flown quietly. I hope you take time to smell the flowers in the garden. Sitting here typing this and I could feel all of us have some sort of “unsure”.

“I don't know how”

Let's talk a little bit about this....

First, let's reframe “I don't know how” to **“I don't know how yet”**

“I don't know how” often becomes a significant barrier to growth and achievement. This is a stuck, stagnant and more moving forward energy..

This phrase can paralyse us (cancel - clear - delete) into inaction and prevent us from reaching our full potential.

Here are powerful strategies to transform this limiting belief into a pathway for growth:-

It is a time when we come together with loved ones to celebrate, share, and cherish each other's company. Whether it's the twinkling lights, the smell of freshly baked cookies, or the sound of carolers singing in the streets, there is something truly special about this time of year.



1. Reframe "I Don't Know How" as "I Don't Know How YET"

Adding the simple word "yet" transforms a fixed mindset statement into a growth mindset opportunity. This small linguistic shift acknowledges that knowledge is acquirable and that you're at the beginning of a learning journey rather than at a dead end. If you feel you are not in the beginning but you are picking up what you have left or dropped off, remember be compassion to yourself and then action or shift or move anything you need to do to get 1 step forward.

2. Break Down the Unknown into Micro-Questions and re-align to your values.

When facing a large "I don't know how," divide it into smaller, more manageable questions. Instead of "I don't know how to start a business," ask: "What type of business aligns with my values?" "Who would my ideal customers be?" "What initial resources would I need?" Smaller questions create clearer pathways to answers. Whatever your questions are or you are in the season of changing your business. I invite you to re-align to your values. From this space, only truth.

3. Embrace the Beginner's Mindset

Release the expectation that you should already know. A beginner's mindset opens you to curiosity, reduces judgment, and creates space for exploration and discovery. Remember that every expert was once a complete novice.

4. Identify One Small First Step

You don't need to see the entire staircase to take the first step. Identify just one small, low-risk action you can take toward understanding. Small actions create momentum (riding the wave meaning too) and often reveal the next steps that were previously invisible. I have been asked so many, how do you know where you are heading, going, doing, being next. If you keep asking yourself this kind of question, I can GUARANTEE you that you will never moved a step. The magic door will never open by using The Head, unfortunately. It is only will only by simply 1 step and next step will reveal itself. That is why we have two legs right and we walked ahead in SES. It is a very simple philosophy. (Human Language says you do not need to know it where you go, but when when you hear the whispering you step out now.)

harmonise and reframe



5. Leverage the Knowledge Around You

For every "I don't know how," there's someone who does know. Reach out to your mentor/s, communities, or resources that can guide you. The most successful people actively seek guidance rather than struggling alone.

6. Document Your Learning Journey

Keep a dedicated "learning journal" to track questions, discoveries, and progress. This creates a visual record of your growth and helps identify patterns in your learning process. It also transforms abstract progress into concrete evidence of your development. And, this will be your Tablet or Scroll of Blueprint.

7. Create Space for "Not Knowing" Time

Dedicate specific blocks of time solely for exploring your "I don't know how" areas. By doing this, we are creating space to allow this energy to flow. Use creativity to spark, to recharge turn the overwhelming "Not Knowing" integrates learning into your lifestyle. Meaning, when you feel the "Not Knowing", you can refocus something in the joyous energy. Remember, "Not Knowing" energy is the spiraling one.

8. Celebrate Learning Milestones

Acknowledge and reward yourself for each new piece of understanding you gain. Celebration reinforces the positive aspects of stepping into the unknown and builds confidence for tackling future uncertainties.

9. Practice Resilience Through Experimentation

Adopt an experimental mindset where "failures" become valuable data points rather than personal judgments. Set up small experiments to test theories and gather information, with the understanding that each attempt builds your knowledge base, only if you like this way of experimentation, create your own!

10. Use Visualisation to Bridge Knowledge Gaps

Regularly visualise yourself successfully navigating through your current "I don't know how" challenge. Mental rehearsal creates neural pathways that support real-world learning and reduces the emotional resistance to unfamiliar territory. Some of you are using mantra or dreaming method navigate through, do anything that makes it work for you.

harmonise and reframe

THE ART OF LETTING GO

*THE ART OF LETTING GO IS NOT ABOUT ABANDONING WHAT MATTERS, BUT
RATHER CREATING SPACE FOR WHAT TRULY BELONGS IN YOUR LIFE.
DREAMING AND START DOING.*



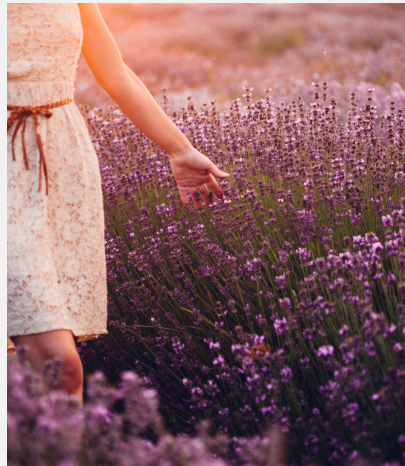
There's something both terrifying and exhilarating about standing at the threshold of change. As someone who has navigated multiple career pivots, relationship transformations, and identity shifts, I've come to appreciate what I call "the sacred bridge" - that space between what was and what will be.

Yesterday, I sat in the park. Alone. I found myself watching the sun slowly dip below the horizon. The day wasn't quite over, yet night hadn't fully arrived. In that liminal moment, I recognised a perfect metaphor for where I am in my own journey right now - neither here nor there, but somehow exactly where I need to be.

CREATING SPACE FOR WHAT TRULY
BELONGS IN YOUR LIFE.
DREAMING AND START DOING.

The Art of Letting Go has been my greatest teacher these past few years. I've been shedding old beliefs about what success should look like, releasing relationships that no longer align with my evolving self, and surrendering control over outcomes I once desperately tried to manage.

What I'm discovering is that there's a profound difference between giving up and letting go. Giving up stems from defeat and hopelessness. Letting go, however, comes from a place of trust and wisdom – recognising that sometimes the tighter we grip, the more we suffer and we become the victim consciousness. (cancel - clear - delete)



Here's what continues to surprise me: the more I practice intentional release, the more abundant my life becomes. It's a beautiful paradox. By creating space through letting go, I make room for what truly belongs in my life to find its way to me.



This doesn't mean the process is easy. Some days, I find myself reaching for old comfort blankets – the familiar stories about who I am and what I'm capable of. The voice that whispers "you should have figured this out by now" or "what will people think if you change direction again?"

Many ancient cities were centers of culture, politics, and commerce, and their influence can still be felt today. Whether you are writing a research paper, a historical novel, or simply reflecting on the past, it is essential to approach ancient cities with respect and humility.

*Creating space for what truly belongs in your life.
dreaming and start doing.*

But I'm learning to meet those voices with compassion rather than judgment. To ask them what they're trying to protect me from, and to thank them for their concern while gently choosing a new narrative by reframing our Human Mind to Universal Mind.

Our identity is deeply tied to the stories we tell ourselves about who we are (and the stories we've been told / given from a young age).



At any moment you can begin to choose differently.

You have the choice.

At any moment you can start to loosen your grip on the old story and begin to step into a new one. One that actually sits well with your heart and your vision for the future.

Resistance is a natural part of this letting go and rewriting process, because, on some level, your current story makes you feel safe; you know what happens here, in this version of your life.

As miserable as it can often be, it's comfortable in its familiarity. It keeps you connected to certain people and ways of life that you know how to interact with. But it's keeping you stuck.

When the painful story arises, allow yourself to feel the hard feelings that come up with it - the sadness, the fear, the anger, the resistance.

What are these feelings telling you you need? Safety? Support? Warmth?



Then quiet your mind and begin to allow yourself feel them without the story; allow the very real sensations to bubble up, meeting yourself with safety while softening the shame and self-judgment. Ride the wave and allow yourself to be compassionately present with them as they crest and then begin to soften.

Observing and understanding your inner world, the existence of your feelings and practice feeling them in your body (**Awareness**). As you begin to release the stored energy, you can begin to change how you see the world by opening your heart to change and possibility (**Willingness**). The old narratives will naturally start to shift when you learn to be safely attuned to yourself (**Alignment**) and harmonising your actions with your authentic self (Knowledge) and taking intentional action from a place of clarity. (**Empowerment**). Last but not least, embracing fresh perspectives and transformative change (**Newness aka rebirth**).

What stories are you learning to let go?

I invite you to soften your self-judgment and become your own safe.

The 6 Keycodes to embrace the In-Between: Finding Peace in Life's Transitions. Awareness, Willingness, Alignment, Knowledge, Empowerment and Newness.

At any moment you can begin to choose differently.

You have the choice.

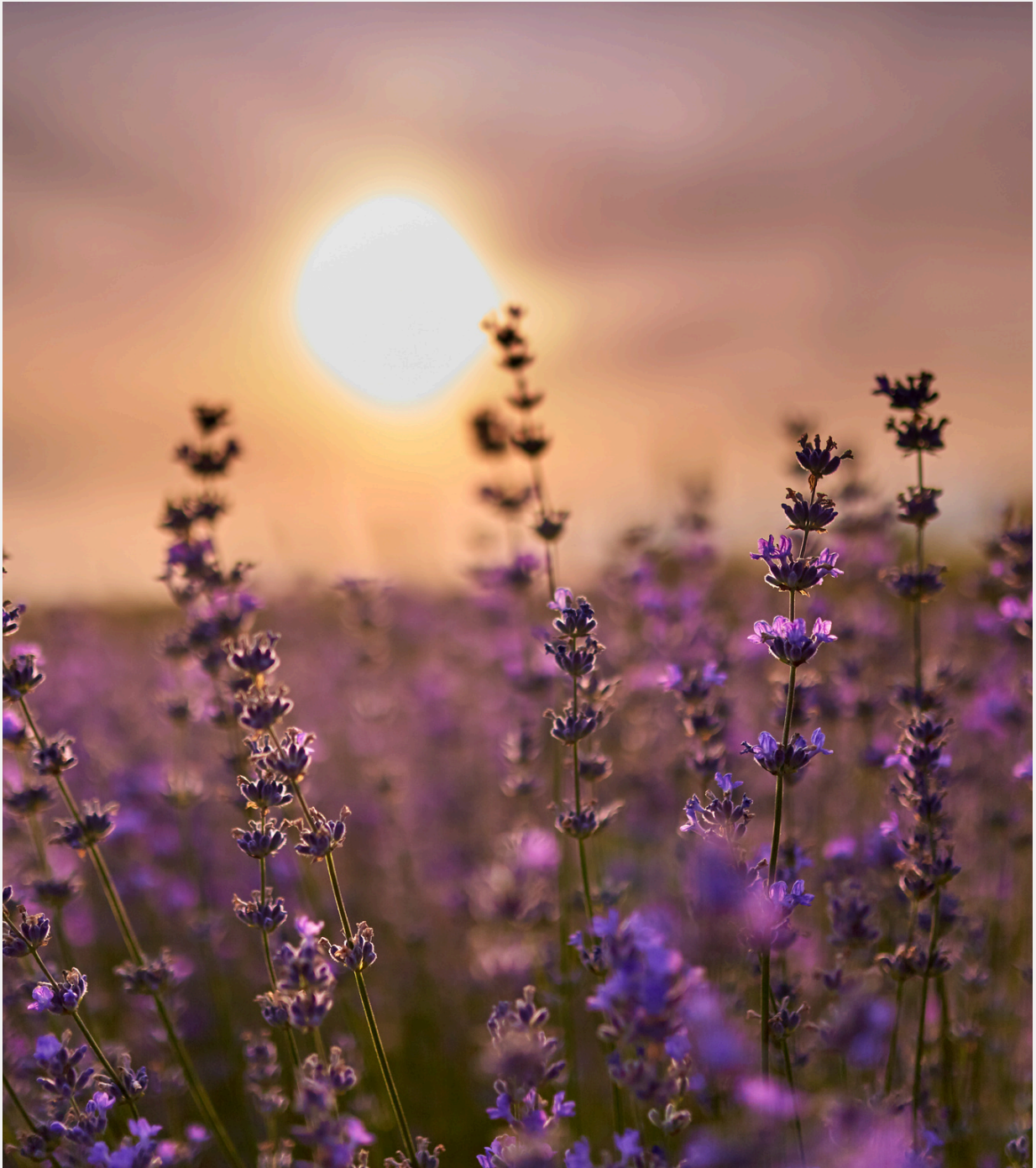
At any moment you can start to loosen your grip on the old story and begin to step into a new one. One that actually sits well with your heart and your vision for the future. These elements guide you through profound self-discovery and transformation, catalysing growth and clarity in every aspect of your life.

Awareness is the first step towards transformation. Without it, we repeat old patterns and wonder why lasting change feels elusive. It invites you to observe your inner landscape with curiosity and compassion, unlocking the courage and tools needed to step into your highest potential. Through each step, you'll cultivate a sense of empowerment, clarity and renewal that supports harmony in all areas of your life.

By embracing these keycodes, you'll gain insight into your patterns and potential, activating the wisdom and courage needed to live intentionally and in alignment with your true self.

The journey of letting go isn't linear.





*What I know for certain is that on the other side of release is a spaciousness I couldn't have imagined –
room to breathe, to create, to become more fully myself.
What are you in the process of letting go?*

LILIAN IN CANADA

HAVE FAITH IN THE ENCHANTMENT OF
THE SEASON.



Welcome to my little corner of harmony **@lilian.in.canada** on Instagram! I have been documenting my Canadian adventure with gratitude and joy. Here you'll find snippets of nature's wonders, cultural explorations, love stories and mindful living in the Great North.

- Passionate about sustainable living and creating spaces that nurture the soul
- Harmonisation of Two Dragon Heart Flame on The Illumination Path.
- Capturing the magic in ordinary moments
- Turning everything to magical
- Celebrating diversity through food, art, and community

I navigate life's beautiful rhythms, finding balance between city energy and nature's tranquility. Every day is an opportunity to create, connect, and cultivate joy.

"Harmony isn't the absence of chaos, but finding peace within it."

La Dolce Vita in Windsor: Finding Italian Treasures Close to Home



Started with a crisp glass of Prosecco that sparkled with the same effervescence as the conversations around us.

CULINARY ART

*A COLLECTION OF REFLECTIONS ON THE SACRED JOURNEY OF LOVE THROUGH
SENSORY OF TASTE*



I shared with Kyle that my Mexican Boss, living in Milan, he has croissant and black coffee each morning. So we bought one and tried!

The Italian croissant experience was nothing short of heavenly! Unlike French versions, these "cornetti" had a distinctly Italian character - slightly sweeter, more tender, and infused with subtle hints of vanilla and citrus zest.

These aren't just breakfast pastries - they're edible poetry that embodies the Italian philosophy of finding extraordinary pleasure in everyday moments.

But the highlight? Artisanal gelato in flavors - pistachio so rich that it whispered secrets of ancient recipes.

Finding these authentic Italian experiences in Windsor reminds me that sometimes the journey is about discovering faraway magic in nearby places. The Italian spirit of savoring life's simple pleasures is alive and well in our Heart!

Transported to Italy without leaving Windsor!
where the authentic aromas and flavors had me dreaming of Tuscany and the Amalfi Coast.

Started with a crisp glass of Prosecco that sparkled with the same effervescence as the conversations around us.

The gentle pop of the cork and the delicate bubbles dancing in my glass brought back memories of sun-drenched Italian piazzas.

I worked in Campari Australia and very familiar with Italian Vibes and dreaming to go to Tuscany and Lake Como!



Italian restaurant: @ortona1864



SACRED CEREMONY AT ELBOW FALLS

I was called to visit a sacred indigenous site - Elbow Falls River (Alberta Highway 66). The land spoke to me in ways that transcend ordinary experience.

In this powerful place, something remarkable happened. As I sent out energetic invitations to soul family to join, a beautiful soul named Siri Prem harmonised with our intentions without prior coordination (She woke up and started to script). She completed the three-way forgiveness ceremony, witnessing the profound energy shift that followed. This synchronicity affirms that when souls are truly called to sacred work, they respond across time and space.

Just living my best life



SACRED WORK COMPLETED



- Create water purification rituals for the river system, sending healing energies to purify the distorted energy in the water and water system within and without.
- Reactivated dormant mountain and land grid systems, gently calling them back to their true frequency essence.
- Released trapped soul energies from the historical Ing's Mine (1900s), where I sensed both physical mining operations and deeper energetic disturbances eg enslavement, victim and victimiser consciousness, manipulation, sexual abuse and human trafficking.
- Perceived newly awakened lands throughout Calgary, where conscious descendants are anchoring themselves to serve Earth's healing mission

- Completed a crystal-enhanced water ceremony, encoding frequencies of peace and harmony throughout the regional grid system
- Observed energy imbalances in the regional collective, particularly noting masculine-feminine disparities affecting family harmonics

Kyle contributed his unique ceremonial gifts as well, and will share his experience when the time is right.

This work represents just one small facet of healing for systems that run ancient and deep. The energies were substantial, but I'm grateful to have been called to this service with consent.

With reverence for the land that holds us all.

Sacred Ceremony at Elbow Falls

FIRST ANNIVERSARY

*A COLLECTION OF REFLECTIONS ON THE SACRED JOURNEY OF LOVE BETWEEN TWIN
HEART FLAME THAT REMEMBER.*



"In the quiet moments between breaths, I find you there—constant as the North Star, gentle as falling snow. Our love doesn't shout; it resonates in peaceful certainty."

"Like maple trees in autumn, our love reveals its most vibrant colors when faced with changing seasons. Every challenge only deepens our roots and brightens our shared beauty."

"Our love is like the northern lights—a rare, magnificent phenomenon that transforms the ordinary into the extraordinary. When we're together, even the darkest nights become canvases for dancing light."

"We are two rivers flowing from different mountains, yet destined to merge into one magnificent current. Our sacred journeys have prepared us for this sacred confluence."

"Our souls recognised each other long before our eyes met—an ancient remembering awakened in modern time. What appears as new love is actually the continuation of something timeless."

"Our love reminds me of Canadian seasons—constantly changing yet perfectly reliable, each phase bringing its own unique beauty to be cherished and celebrated."



OUR PURE *HEARTS*



"In a world of noise and haste, our connection speaks in whispers of profound truth—a quiet revolution of the heart that transforms everything in its path."

"When two souls align with purpose and presence, the universe conspires to support their journey. Our meeting wasn't coincidence but cosmic choreography."

"In the garden of life, we are two rare flowers growing towards the same light—different in form but identical in essence. Our roots intertwine beneath the surface, creating a foundation stronger than either could build alone."

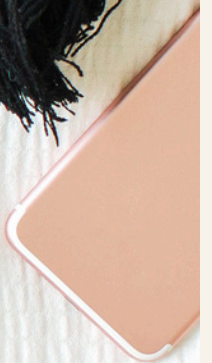
"Like two constellations whose patterns complete each other, we shine individually yet create something more magnificent together. In the vast night sky of existence, we've found our perfect alignment."

"The most beautiful symphonies require different instruments playing in harmony. Our differences don't separate us—they create the rich, complex music of our shared journey."

"In your eyes, I discovered a home I didn't know I was searching for—a sanctuary of understanding where my true self can flourish without explanation."



ENTREPRENEURIAL LIFESTYLE



THE HARMONIOUS ENTREPRENEURIAL LIFESTYLE



So, I never know if this will happen. Entrepreneurial Lifestyle. I get to experience and have The Harmonious Entrepreneurial Lifestyle. And, it is not like this.

THE HARMONIOUS ENTREPRENEURIAL LIFESTYLE



*Well, some morning is like this ... laptop + coffee but then I discovered
lavender earl grey tea!*

LA MAISON HII

THE CONSCIOUS BOUTIQUE MAISON WHERE LEADERSHIP MEETS CONSCIOUS LUXURY



In the midst of travelling in Canada, meeting with Kyle's family the first time, LMH has quietly elegantly emerged its brilliance and magnetise the first corporate client. From the Canada trip, I documented and shared Culinary Artistry Experiences and olfactory-inspired approach to business. It is the most amazing feeling and rewarding experience of all. In the realm where culinary artistry meets conscious leadership, a transformative partnership organically emerged. So, have faith in the enchantment of the season and let it fill you with warmth, hope, and happiness. Let it remind you of the beauty and goodness in the world and inspire you to spread kindness and love wherever you go. Embrace the magic of the season and let it fill your heart with joy.

SURRENDER



SURRENDER

KYLE TURNER

Surrender.... surrendering to a woman is the deepest heart opening & healings that a man can experience.

Allowing your entire being & heart to merge & become one with a woman is the sacred art of getting to know each other on the levels of heart, soul, Spirit and physical connection, expression, softening, opening and togetherness.

We get to know ourselves and herself in this sacred space, where all becomes deeper, enriching, nurturing, nourishing and we flourish together as one.

Give yourself the gift of surrender.

All is there awaiting you. From my heart's expression of love for my sweet love expressing through my art.

I love you Lilian.

LAVENDER LOVE: THE FRAGRANCE OF OUR CONNECTION

HARMONISE AND PEACE CODE



*There's something magical about the way lavender weaves through the tapestry of my relationship with Kyle.
#LavenderLove #AromaticConnections #RelationshipRituals #ScentedMemories #IntentionalPartnership*



The background of the page is a photograph of several lavender sprigs with green leaves and small purple flowers, resting on a white, textured fabric. The sprigs are arranged diagonally from the bottom left towards the top right. The title 'CONNECT WITH US' is centered in a large, purple, serif font.

CONNECT WITH US

Sacred Heart Valley - GOTC Online Magazine invites you to continue the conversation online. Share your reading and reflection experiences, wellness practices, and community discoveries.

Instagram: @lilian.pure.frequency | @lilian.in.canada

Website: coming soon

Email: lamaisonhii@gmail.com

Photography by Lilian Hii | © 2025

Sacred Heart Valley-GOTC