

THE SOVEREIGN ATELIER PRESS PRESENTS

SPIRITUAL WELLNESS MAGAZINE

APRIL 2025

SACRED HEART VALLEY

EDITORIAL MAGAZINE

SELF-DESIGNED LIFE &

AWAKENING

APRIL 2025

Honouring The Root
by Lilian Hii

Returning to Self
by Caroline de Beaufort

Are you struggling with stress?
by Andrea Siri Prem

A premium collected edition

CURATED FOR THE SACRED HEART VALLEY ARCHIVE

GUARDIANS OF THE CODES

SHV-GOTC

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SELF-DESIGNED LIFE & BUSINESS ACADEMY

Launching!

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GUARDIANS OF THE CODES

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02 HAPPY BIRTHDAY!

APRIL is the first month of the Astrological Calendar and HAPPY NEW YEAR TO YOU ALL.

We welcome APRIL and it is my birthday month - Aries Baby with

Radiant Heart Flame

Fierce

Devoted

Effortless stands out in any crowd

Believe in lifting others up

Cherish authentically

A heart of both strong and soft

Nature Leader

Embrace challenge with a smile

Know her worth

Thank you for everyone's Heart - Blessing!

Thank you Kyle for beautiful creation.

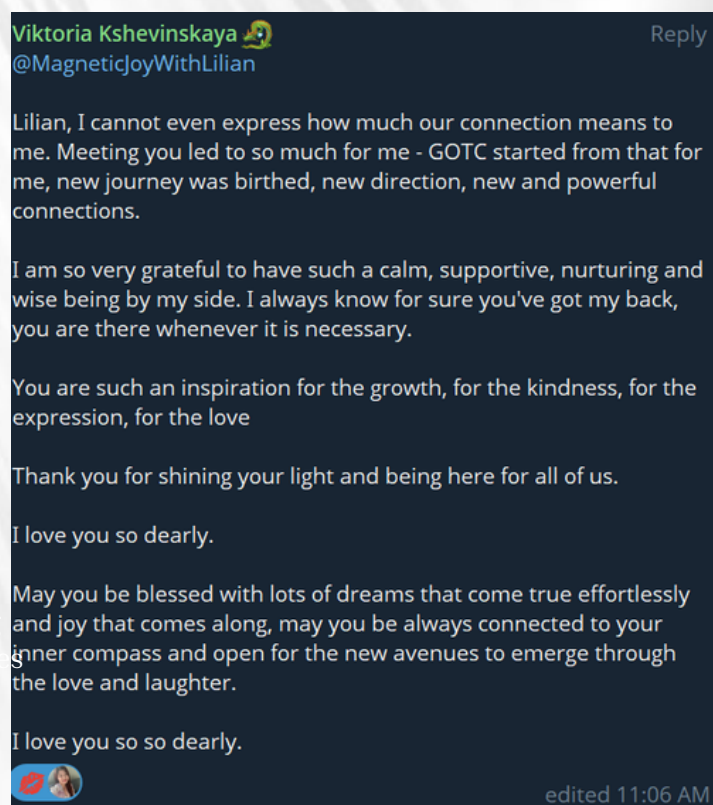
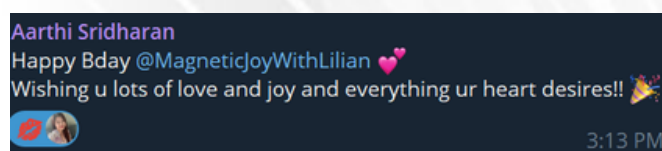
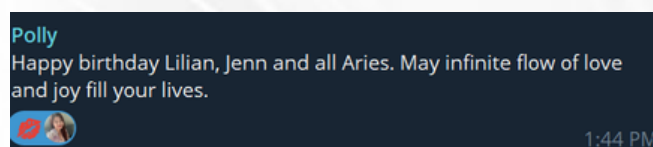
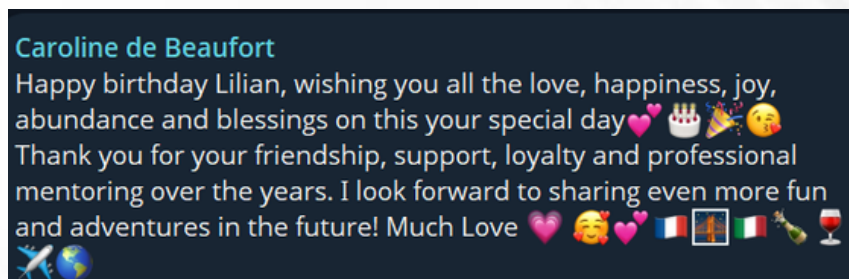
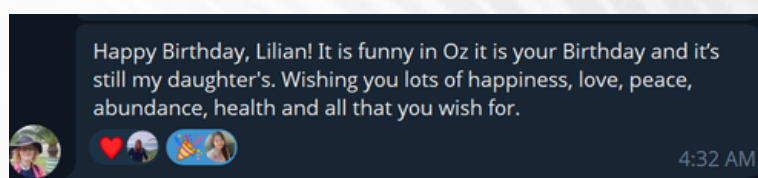
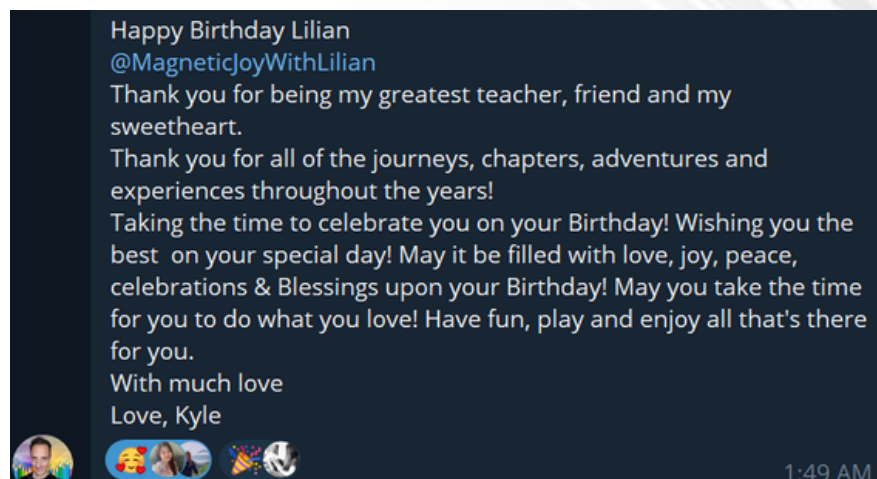


I hand painted this mural as an extension of my heart & love. My love language is through my creative art essences. I create art not to escape, but to heal the hearts of others. I created this mural in honour of Lilian, my sweetheart. Happy Birthday!

@magneticjoy.with.lilian @MagneticJoyWithLilian 🐦🙏💖💖💖💖



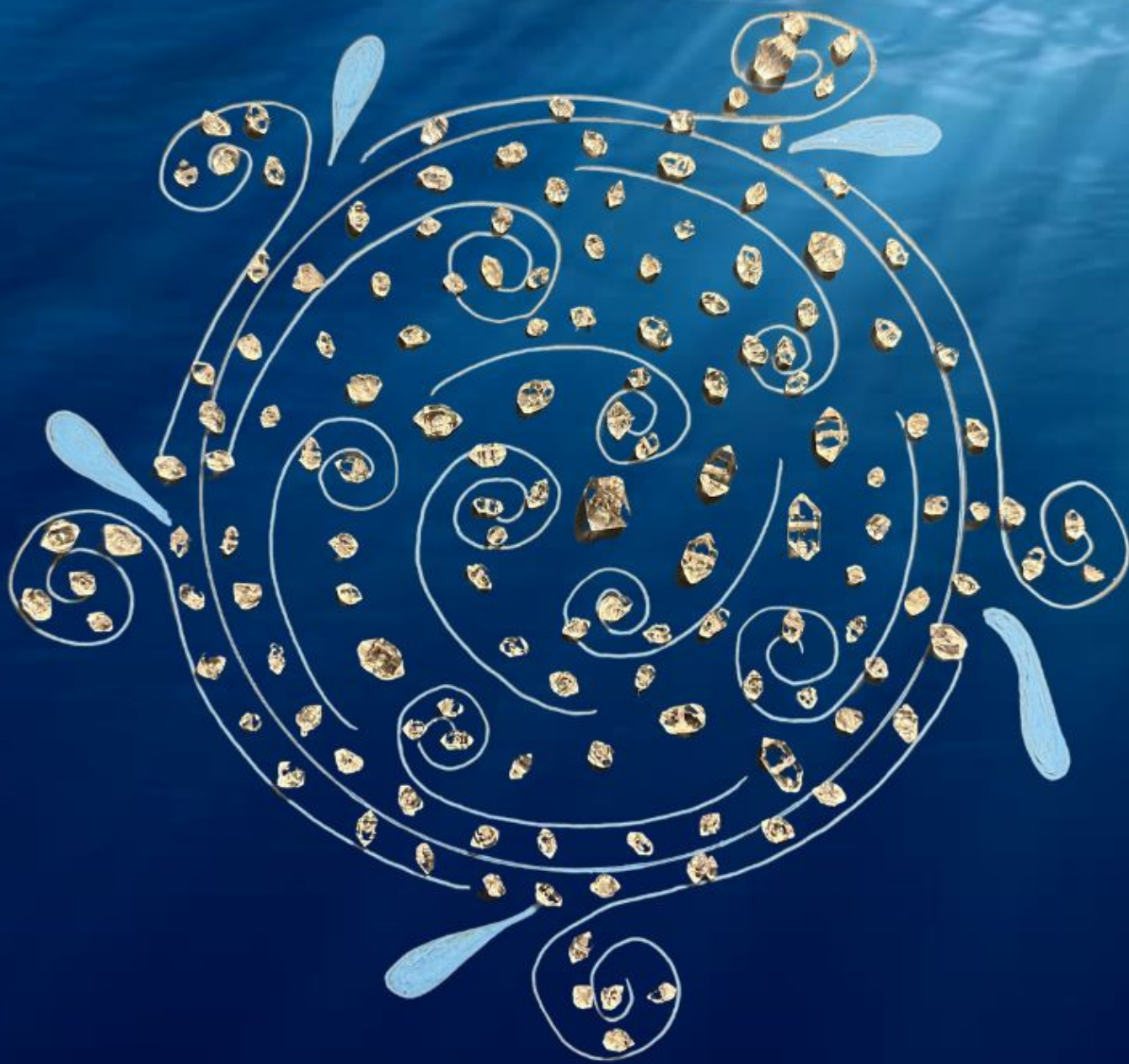
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"Believe in the magic
of the season."

-Lilian Hii

Ottoman Turkish Bath
Sydney NSW Australia



AWAKENING

LILIAN HII

RETURN TO SELF

BY CAROLINE DE BEAUFORT

In today's fast-paced world, it is easy to get overwhelmed by the external noise and drama around us. March was particularly tough for me, as I have been navigating an organisational restructure at work that has been ongoing for two years now. The workplace is filled with stress, uncertainty, and fear, making it challenging to stay positive and focused.

Dealing with the emotional and mental strain of corporate restructuring has been difficult, I found myself absorbing the stress and anxiety of some of my colleagues, which has only added to my struggles. I was so immersed in their issues that I too was experiencing similar symptoms such as depression, anger, anxiety, tiredness and demotivation and in the process, I forgot to check in on myself.

When I reflected at the end of the month, I could not remember a thing, as I was feeling heavy and weighed down by my colleagues' world and their traumas.



However, through resilience and self-care, I managed to overcome these challenges. By staying informed, communicating openly, and practising mindfulness, I gradually found my way back to my true self, a place of calm and confidence.

This journey has taught me the importance of self-awareness, standing back and observing the situation first before jumping in to assist.

I feel the oxygen mask theory used on aeroplanes applies, where passengers are advised to put on their oxygen masks first before assisting others. It emphasises the importance of self-care and prioritising one's well-being before helping others.



ARE YOU STRUGGLING WITH STRESS

BY ANDREA SIRI PREM

Let's play a little game: the next time you feel stress or overwhelm with the gazillions of things to do and to organize - Just STOP!

Like in the game "musical chairs" the music suddenly stops and then life is getting exciting (in the game, it is because everyone is trying to catch a free seat).

When we interrupt our stress patterns and take a nice deep breath, just observing the flow of air into and out of the body, then we can experience an immediate change of energy. We allow calm and peace into our body and mind.

Another very simple thing is rubbing the tips of the thumb and index finger, very gently and slowly. Close your eyes if you like and focus on the physical sensations that you are creating.

Taking a little walk in nature is also always relaxing. Be present, look around. Notice the sounds of the birds, touch a plant, inhale the scents of the flowers. If you can't go outside, look out of the window, into the sky, feel the vastness outside - and inside of yourself.

Are you struggling with stress?

Hurrying from one task to the next?

Never having a few minutes for yourself?
Then, lovely, it is time for a change.

When we are not present in the now and our minds are constantly busy thinking about the past or future, we can't experience life fully and miss out on the joy of life.

Also, many diseases are caused by chronic stress, which almost everyone experiences in our society. The good news here: Whatever the circumstances may be for you at the moment, you are not their victim but have a choice.



The question

What activity would you like to practise today in order to relax and energize yourself?
Stretch, dance, lie down ...?

Fun activities to be a more relaxed and clear-headed human.



"YOU ARE TOO SLOW!"

When we are stressed we can't think as clearly as in a relaxed state of mind. Probably everyone has experienced the effect of stress on their behaviours. Feeling stressed, we sometimes can't find creative solutions or express ourselves in the loving and kind way that we would love to.

Communication can get unfriendly very quickly, with both parties suffering.

Today I could observe this while I was cycling past a class of 1st graders. They were walking in pairs in a long row. Suddenly, a teacher got upset, sped up to two girls and said quite angrily, *"You are too slow!"*

Two ideas came up for me:-

1. The teacher is most likely trying to do her best for the children. If she wasn't stressed she could have made a friendly or funny remark for the girls to walk faster. Then she and the girls would feel good about themselves, too.
2. Reflecting about her day the teacher might not be happy about her behaviour, thinking "I should have been nicer." The girls could also suffer and think to themselves: "I am not good enough." "My teacher doesn't like me." and carry this belief as their truth for many years.

By Andrea Siri Prem

PILLARS OF
ANCESTRAL
WISDOM
HERITAGE

-LILIAN HII
SIBU, SARAWAK, MALAYSIA

HONOURING THE ROOT

BY LILIAN HII

Honouring the Root
Honouring the Ancestors
Honouring the Great Mother
Honouring the Journey of Death & Rebirth
Honouring the life that you have
Honouring all the pain that you get to feel

That...

Awaken the Ego Mind that speaks lovingly to honour the mind
Awaken the Memories in the Body—whispers sweetly through my body, honouring
the sweetness of my life-force that You Remember
Awaken the Window of the Soul, seeing All Things in Equality + Kindness, in Clarity
by Honouring Your Vision

To be so deeply aligned with

Your Mind
Your Body
Your Soul

...that your dreams begin to appear in your vision
...in Clarity
...That I awakened once again

Honouring The Pure Worthiness

Create space for The Relationships

that align with The Values

& nourish The Soul Within You

...That is My Promise to Myself in the highest and purest frequency with deep
reverence.

GUARDIANS OF THE CODES

Awaken • Activate • Harmonise

12



A Multidimensional Journey of Healing, Activation and Mastery

Guardians of the Codes (GOTC) is a space where awakening souls reconnect with their higher harmonic blueprint, activate their celestial codes and align with their soul's mission.

Whether you are seeking healing, activation or mastery, GOTC offers structured pathways, energy transmissions and multidimensional guidance to support your soul evolution.

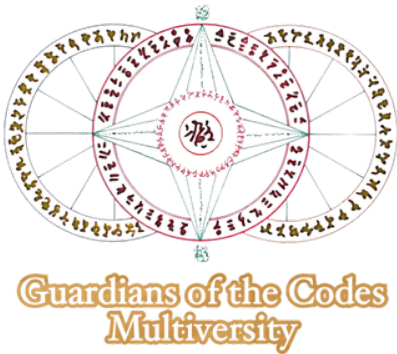
♦ Are you ready to unlock the codes within?

🔗 [\[Explore Our Offerings\]](#)

Start Your Journey with
[Quantum Harmony Blueprint 2025](#)

guardians of the codes multiversity

🌀 EXPLORE GOTC MULTIVERSITY - LEARNING BEYOND LIMITS



**Guardians of the Codes
Multiversity**

At GOTC Multiversity, learning is not about memorisation, it is about experiential activation, frequency integration and embodied mastery.

Our programs guide you through different phases of awakening, integration, and expansion:

- ♦ Foundational Level – Healing & Awakening (Harmonic Awakening, Harmonic Renewal)
- ♦ Intermediate Level – Integration & Expansion (Soul Symphony)
- ♦ Advanced Level – Mastery & Service (Celestial Mastery Journey)
- ♦ Specialised Programs – Focused themes (Timeless Sacred Love, Quantum Harmony Blueprint, The Phoenix & The Dragon and more)

♦ Begin your journey today.

☀️ WHAT IS GOTC?

GOTC is a multidimensional space of learning, activation and healing — designed for those who carry specific soul codes and are called to remember, integrate and evolve.

Through energy harmonisation, celestial healing and frequency-based activations, we guide individuals to:

- ✓ Heal distortions & karmic imbalances
- ✓ Activate dormant DNA & soul codes
- ✓ Expand higher-sense perception
- ✓ Reclaim their soul's original harmonic blueprint

♦ Discover the Path That Resonates With You.

GUARDIANS OF THE CODES

May the flames grow brighter and brighter within us.

May the love shine within and around us.

May each door open the path of abundant joy.

May peace and harmony surround you.

Let us ALL start LIVING by DESIGN in 5D (& beyond) and not by default.

Everything is filled with & encoded in LoVe (9).



Launching!



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!

Transformation 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.



Highest & Purest Frequencies

Eternal Love that in Self-Designed Life + Business Consciousness embodied within a form is referred to as Unity intelligence and is simultaneously recognised as the Inner Light of You as The Creator.



Simple, Easy, Smooth Lifestyle

You're not here to stay stuck in self-employment, trading time for money. You're here to become a Freedom-Filled Entrepreneur, leveraging time and money to build wealth and live a life of freedom. This program is as much about becoming the woman who creates her freedom as it is about building a freedom-filled business.



Your Mentor, Lilian Hii is holding a SACRED UNIVERSAL KEY, and so do you. We are going to work together to unlock the So(ul) Freedom to be uniquely you and to get your business growing sustainably and in harmony with your life.



Timeless Flow

We will work with your mind - body and soul and learn to slow down and works more optimally when we are in a relaxed state and calm atmosphere, because this is the natural state of our core spiritual essence. Energy bodies behave like waters moving in an ocean or river, if we can sense our inner energy when it meets the outer energies, we can navigate the surrounding waters by paying attention to the energy flow. We go with the flow in a state of relaxed fluidity.



Enjoy Relaxed Integration

Traditional programs can be rushed and overwhelming, but we believe in relaxed integration.



Our People-First Philosophy

At Self - Designed Life + Business Coaching, we believe in putting people first. We focus on building compassion and harmonious relationships, fostering real connections, and creating a business that thrives on human interaction and empathy. By prioritising people over processes, we help you grow a business that not only succeeds but also feels deeply fulfilling and aligned with your values.



Family Focused

In Self - Designed Life +Business Coach who wants to keep family as her number one. We believe in success without sacrifice. No one wants to look back and feel like they regret not being there for their kids or loved ones because they focused too much on their business.



Lillian Hui



Kyle Turner

Caroline
de BeaufortAndrea
Siri Prem

PLANETARY LEADERS

It is my privilege to introduce you these beautiful, dedicated, diligent Human-Souls - Kyle Caroline Siri Prem . They have stepped into Self - Designed Life + Business Coaching Academy, where we are empowered to architect the dream lives and create Harmony life and highest intended impact love to serve with LoveLight through their heart.

In Self-Designed Life + Business Coaching Academy, we do not teach theory instead, we facilitate transformation through awakening, remembrance, activations and evolving journey.

The Academy combines cutting-edge business energetics and strategies with deep personal development work, creating a holistic Living Committed In Harmony approach for both practical and profound.

Let's applaud 🙌 to these beautiful ones' journey to an extraordinary beginning here.