

A portrait of a woman with long brown hair, wearing a white top with a blue and black patterned design. She is looking directly at the camera with a slight smile. The background is blurred, showing some architectural elements.

Zonika® Codes

An Energy-Book & Activations to
Empower, Enlighten and Embrace Life

Channeled by Kathrine Krake
December 11th-18th 2022
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Preface · 2025

This Energy Book was received and transmitted
in December 2022 — a period, my guides called
“The Grand Opening”.

It carries the frequency of the conscious field that trained me in
resonance, surrendered creation, and soul-led mastery.

At the time, Zonika had been forming for two years into
an energy healing modality, a framework for universal creation,
a programme for mastery of self, and my business model.

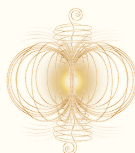
Soon after these transmissions, Zonika dissolved into essence
— and now lives in me,
not as a structure, but as foundational frequency to emit.

These transmissions remain as a gift from that time:
A crystallised invitation to deepen into your own field,
your own tone, your own spiral of becoming.

I now work through Leading by Frequency,
but I offer Zonika here freely — because the essence is fully alive
and wants to reach those who resonate,
meeting them exactly where they are.

If Zonika speaks to you, receive.
Allow the codes to move through you,
and let what's true in you arise.

— Kathrine



Intention

May these transmissions enrich your life.

They carry codes from deep within our Earth,
from other realms and dimensions,
and from the Heart of Humanity.

They invite us to open and heal.

A message from my guides:

"When your story is tying you in a knot
that can't be untied, you are stuck.

So much power is in that knot, and
when it is released, the power is released.


The knot is holding your Soul in an iron fist.

Like the rigid structures are holding the
entire planet and people in an iron fist.

Your Soul Power is your creative power.
The one that is needed to unleash the breath of the world.

It's time to release the knot.
It's time to release the world.
It's time to connect and create with your Soul Power.

Transformation is safe and necessary.
Reborn in heart, body and mind.
Now is the time."



I wish for our world that
more people would feel safe
to become more
of their magical Self

With love and smiles,
Kathrine



When ZONIKA enters you

When ZONIKA enters your system, everything is changed on very subtle levels.

Every aspect of your being receives an upgrade that you can choose to use or not to use.

When ZONIKA **aligns** your system – consisting of your body, your mind, your soul, things fall into place although you may not see it right away.

When ZONIKA enters your system, your **voice** is lit up to speak out loud – through you, your actions, your dreams and visions, your contribution to our world.

When ZONIKA **leaves** your system, you should think that everything would collapse. It won't. Because ZONIKA doesn't leave your system the way you think it leaves. It leaves through expanding. So it **expands** to people around you, places around you, animals, all living beings.

So when ZONIKA '**runs**' through your system, would be a better way of saying it, it enters and it leaves. It runs through you and it's a **constant stream**.

When ZONIKA runs through your system, it spreads like ripples in the water.

ZONIKA leaves an imprint in you. A code of the United feminine and masculine. Of total balance – and you will seek balance automatically.

When you **invoke** ZONIKA, those codes are activated and carry you, lead your way. And that is how it should be: leading your way – **your way**.

The doing and the being become one. The thinking and the feeling support each other. The love and the lover hold you firm, upright, open. Your choices, your actions align with your heart, your purpose, your Soul, Spirit and the world.

ZONIKA is not the answer to everything in life. You need other tools too.

The tools you have, the things you have learned, the experience of life that you carry will enhance with ZONIKA in you. They will get an **upgrade** too, because they are part of you. And when you get an upgrade, they get an upgrade. You will be able to use them in a different way than you used to do. Combine them differently, more efficiently and leave the ones that no longer serve you.

Your mind will expand and serve you, too. **Your Master Mind**. The one who knows, the one who sees, the one who is in every dimension of you.

Your Master Mind will **guide you from a future dimension of yourself**, aligned with your Soul, your Soul's purpose, your power – in presence.

Inviting ZONIKA energy in

Now, feel your back and bend your head. Chin towards your chest.
Sit as straight and comfortable as you can.

Let your eyes roll up as if you wanted to look out through your hairline.
Your eyes are closed, and you sit still for a while.

And now, begin making circles with your eyes – clockwise as if you were drilling through your skull. Opening, widening the area around your forehead and hairline and the top of your head.

Slowly, you lift up your head. Continue the circling with your eyes.
Breathe slowly, and when your head is upright, you make circles the other way –counterclockwise. A little bit faster than the first ones.

You let go of the eyes and **let them look straight ahead.**
Still with your eyelids closed.

And you feel, notice, inside of you what happens in your head.
Maybe a motion, maybe you experience a vortex of some sort going all the way down through your body. It's like a tornado, and you are in the center. Absolutely still. Breathing.

The funnel is open. If you wish, then invite ZONIKA energy in.
Simply by saying "I invite ZONIKA energy to enter my system".
"I invite ZONIKA energy to enter my system".

With your head, your nose, you let your nose draw counterclockwise circles very small ones to help the energy into your system.

And with very small motions, you start now twisting your head from side to side. Not all the way. Little movements. They become bigger and bigger, wider and wider. Like a radar. Getting further and further out.

You can imagine how waves of energy spread from your head wider and wider and wider. Further and further out.

And you look to the left, twist your head, twist your spine – hold for a few seconds. Inhale and exhale, and twist the other way, to the right. Inhale and exhale, and come back to the center.

Place your fingertips together, lift them up in front of your face. Let the thumbs touch your chin, and index fingers touch your forehead. The being and the doing become one.


Slowly you pull them apart across your face. Very slowly, very gently, like opening the door, and your head is coming out. Opening the space around you. **Stretch out your arms** to the sides, palms facing forward, and lower them. Let them rest in your lap. **Breathe: 'Welcome'.**

From the base of your spine, you may visualize a wave going up like a sinus wave or sinus curve going all the way up. From the base of your spine, all the way up through the top of your head. Holding you straight, holding you firm.

Now, open your eyes and look. You can look all around you, although you're facing forward. You can look behind you without turning your head. You can look above, you can look below. In every direction is your awareness.

Feel your heart. What does it see?
What actions does it want you to take today or as soon as possible?

When the ZONIKA energy enters your system,
you are changed on subtle levels
that will unfold bit by bit, step by step.
This one was the first.

A woman with long brown hair is looking upwards with a hopeful expression. The background is a bright, slightly blurred outdoor setting. A semi-transparent yellow banner is at the bottom, containing text and a logo.

I grow beyond belief
I love without limits
I trust what I cannot see
I am Zonika
and this is what I do



The Name

The name Zonika is a family name, a familiar name, soul family name. A family of souls with big names. Names to be owned, names to be lived, names to be known and honored. Not because those names are something special and more than other names. No. But they are big names, they hold greatness, a legacy of good, of transformation, change and human kindness.

ZO-NI-KA... A name is a sound, a frequency, that carries a legacy, an identification, a story. Your name carries all that. Are you aware of that name, you carry? Breathe it in – your name. Feel what happens in your body, when you breathe your name. You may get a bit confused, because you may have had many names. But the one you carry right now, or the one that comes to mind... Which one resonates the most with who you are, what you do, and where you want to go?

Zonika is a name of family, a familiar name, a soul family name. Now feel the energy of that soul family name. You start with the sound, the sound of the zzzz, the sound of the Z. Say it:

Zzzzz... Feel the sound. Zzzz... Let your body straighten up. The Z is the Zone, the Zero, the Zenith. The dot in the middle of the circle. That dot is a Z. You are there. Zzzz... The zone.

Your body centers around that dot, that center in you, the Z sound zzzz. The Z. And expands, expands expands out in all your cells. Your spine aligns and becomes that dot in the middle of the circle. Let that spine now wave a little bit from side to side and back and forth. Feel how your body wants to move. The wave. The wave takes you to the O.

Oooo. Say the sound: O. O. The Ocean, the Oxygen, the Omnipresence of energy everywhere. The oxygen in you that brings life. The oxygen in the ocean that brings life. Life is omnipresent. Life Force. Life Energy. Life to be lived, centered in the dot in the circle, anchored in the dot in the circle – going all the way down to Mother Earth.

It's human life the O. Oxygen, Ocean, Omnipresence. And in the ocean is also omnipresence of life in different life forms. The plant life, the sea life, the fish, the seals, the whales and sharks. That life, let the waves of that life too move your body, move the energy, and let the body water in you flow. Not only the oxygen flows, but also the water in you flows and bridges the emotions and the mental part of you and the body.

And takes you to the N.

Nnnnn... What happens in your body, when you say N – the sound of the N? It takes you to Neutral, the Now, the Number, and the Name. Put your arms to the side, your chest to the side, you twist a little bit, turn a little bit, move your heart. The N, is in your heart. The neutral heart that contains all your emotions and all your thoughts. That holds them safe.

Zzzz Ooo Nnnn... zon, zon.

The number is a frequency. The frequency in your heart, the frequency of your soul, the frequencies that are within your emotions and your thoughts, the brain frequency.

Nnnn... The neutral. Neutrality's holding you safe, holding you calm. No matter what comes, no matter what happens, no matter who you are in this very moment, you will be kept safe.

What happens when you say liiii?

liiii... Ignition. Intention. Intuition. Identity. Integrity. liiii contains a lot. Your consciousness contains everything. It is a big container. liii straightens you up. The intention and your intuition work together, help each other. Integrity is not negotiable. Feel integrity in you. How does your face react? How does your body react, when you are in integrity with you and your soul? And with your master mind?

Have a look down at the dot in the center of the circle. The energy moving as waves in the ocean. The oxygen. The ever present, omnipresent, energy. The number you carry, the name you carry, and the neutral you in the now, in integrity. Intuitive and with crystal clear intentions.

K K K. The K. The Kick. The kick you need from Kyma and the Kernel. Kyma is a wave, kernel is the very center of the atom. The atom is both a wave and a sound. The atom, the seed in you, has its own frequency, its own sound that it vibrates in all of your being.

It's that kick that puts you in integrity with yourself and in neutrality that calls out your name gives life to you, those around you, holds you in your zone, in the Zenith casting no shadow anywhere, and is infinite like the zero. Zero is everything and nothing at the same time and infinitum. So that kick which is a wave, a frequency wave and a sound comes from your soul from the A.

The All, the Alignment, the Attunement. What happens... ZO-NI- Ka.

Aaaa... The Aaa comes from above and comes from below at the same time – right in the bull's eye, which is the K. Aaa sends out this frequency in all your being from the center of the bullseye, the K (and the Z that are same and separate). Separate because the K spreads out, it expands into your body like ripples in the water. ZO-NI-KA.

Now you go sound by sound. ZZZOOO what happens?
ZOOOOO. ZO ZO ZO. NI NI NI NI NI NI NI NI NI. KA KA KA. ZO NI KA.

The name of the soul family, the familiar soul, the familiar name, is in your being, in your presence, if you let it. If you let it vibrate. The all, the Authenticity, the Attunement align your whole being from the inside out. Resonates, creates resonance all around you.

Now answer these questions:

Can I grow beyond belief?

Can I love without limits?

Can I trust what I cannot see?

If I am Zonika, this is what I do.

Am I?

[Light Language]

Inhale and exhale. Take out your journal and answer this:

What would it mean to you to grow beyond belief?

What does it mean to you to love without limits?

And what would it be like if you trusted what you cannot see?

Integrity. Notice from now on when you are in integrity with yourself, your soul, and your purpose. And when you do not act in integrity with that.


Are there any areas in your life right now, where you are not in integrity?

Write them down and decide if this should continue, or when you will do something about it. And is there anything you know you can do right away, or in a very short amount of time very soon, write that down too, and commit to doing so.

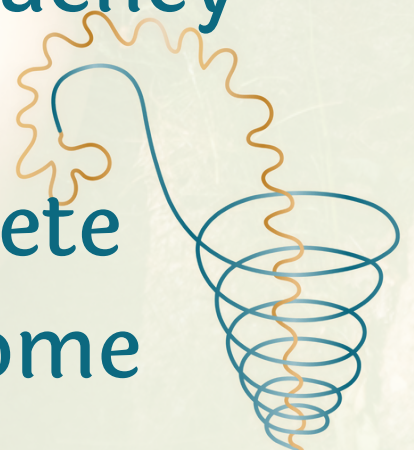
ZO-NI-KA. The familiar name. The Soul Family name.

Look up, look straight ahead, open your eyes.

What do you see?

A woman with brown hair tied back, wearing a dark blue dress with a vibrant floral pattern in red, yellow, and white. She is standing in a lush green forest, singing with her mouth open and eyes closed. Her right hand is raised with fingers spread, and her left hand is resting on her hip. The background is filled with dense foliage and tree branches.

Your Soul's Tune,
your tone, your frequency
Vibrate it, and
you will be complete
and completely home



The Spiral

So, you are the dot within the circle, within the sphere. Infinitely spinning around yourself, spiraling like everything else around you, in the universe and in your daily life here on earth as a human being. [Light Language]

And this sphere that you are, imagine that you are on kind of a road in the vastness of the universe. It's like a track in front of you. And you start rolling down, spinning down this track. Slowly, steadily. It's not at all dangerous. You're just going down and down and down and down and down. As if it were a roller coaster without the big ups and downs. Just gliding, sliding carefully all the way down. Going down into a funnel.

You have a look up and see how far down you have gone now. You can see the spiral above you, that is creating this funnel. And all of a sudden you are there. At the very bottom of this big, big spiral. The spiraling funnel. You place your hand on your belly button, the navel, and feel the navel contacting, connecting to the center of the palm of your hand. [Hold it there for a little while].

Slowly you take away your hand, move it away from your belly, and a little thread from your belly button goes out from your navel and creates like a sinus curve. You lift up your hand. Let your palm face forward, and let this thread find its way up, all the way up through the center of this funnel, the spiral. You let go of it, and it's just hanging there loose. Waving in the wind, just hanging, not doing anything, not connected to anything. Soon we will connect it to where it should be connected.

You could see it as your as the umbilical cord from when you were born. Disconnected. But it is not that, exactly. This is an energetic cord, an energetic thread from your body going up. It's golden, and it senses everything.

From down here in this funnel, from the bottom, being a little sphere and a baby at the same time, you can't do much. Just be, and be held, and be taken care of. But you have a task, and the disconnection has made you forget everything about it.

Now imagine that you go into this sinus curve. Into this golden thread from your navel, and follow it. You go up through it all the way up through the funnel. All the way up. Up, up, up up. Waving up. And this golden thread grows and grows and grows and grows and grows. It's still looking. And all of a sudden, it sees another golden thread coming from somewhere out there in the space, out there in the vastness. It catches it, and reconnects.

That other part helps you go all the way. Now you are connected, now you have a gateway, you can go further in your golden thread. And you come all the way up to where you started as a little sphere going down the spiral. And up here from the very beginning of the track that you just took down, you see everything.

The sphere is down there. Right now you are up here. And you see the connection between the spirally track, the sphere and the golden thread. This is your contract, and reconnecting this golden thread with its origin reminds you of who you are, why you're here, and what you came to do.

Now make a sound, any sound that you connect with this golden thread.

How does your golden thread sound like? Is it a humming? Is it a song?

What is it? Is it silence? No.

Find your tune, your Soul's tune because that is what reconnects you with your origin out there in the universe, among the stars. [Light Language]

When you start saying or singing your souls tune, the voice of your soul, lots of other little spheres come to the track and start spiraling down too. It's not that those are different Souls, no, they're just fragments of your Soul coming home, coming back to the track, coming back to the spiral and spiraling down, all the way down.

And you follow one of them – one little missing piece of your Soul – and you come all the way down, all the way down, all the way down to the big sphere at the very bottom and become one with that big sphere. And inside this big sphere, the dot within the circle within the sphere, the center of the center of the center, infinitely, centered, the fragments of you start to come together. More are coming, and you become more and more you. More and more whole. Complete. Clear.

It's not that you have been broken, you have never been broken, because these parts can never leave you completely. They will always be there but they have been out of reach. Now you can reach them in your human life.

And how does that feel?

What missing pieces are coming home?

What fragments are coming home?

Do you know why they were split apart?

You don't have to know, but maybe you do know. Just invite them back home.

The track is there, the connection is there. Due to the golden thread, your tone, your tune, your Soul frequency. That is the K and the A in ZONIKA. KA that is the kick and the click, the kyma the wave, and the kernel, the seed the frequency. The attunement, the alignment. The authenticity. All of you – home.

So, human soul, human soul, human soul. That's what you are. That's who you are.
Now the question is:

Why did you come to Earth?

Do you know?

Do you feel safe here, in your body, in your human shell?

The human home. Home is AUM on Earth. AUM is Home in the universe.
Home is AUM on Earth.

Hooooome.

Hum that with me. Hum that with you.

Home. Home. Home. Home.

Invite home all of you. Every little fragment, every little aspect, that may have been out of reach for way too long. Fragments that you may have given away in situations and circumstances without your knowing. They have always been connected to you, now they are with you, and more will come. Subtle layers will gather and complete you. Bring you home.

When you're ready you inhale, and you exhale, and you move your body a little bit. Open your eyes. When you're ready listen to the sounds, feel your body. Be here now.

And now that you are home, how does that feel?


What can that bring you?

How can you make the most of it with no effort but being home in you?

[Light Lanugage]

Remember your own Soul's Tune, your tone, your frequency. Vibrate it, and you will be complete – and completely home.

Thank you.



Becoming You
is becoming Time
Presence is key.

Building in presence as you
will always be on time.



The Time

The Concept of Time. On the beach is time. The ocean waves. The ocean is time. Tide going in and out. Waves of time and timing. Flow of time. The concept of time is you. You are time. Becoming you is becoming time.

On the beach is time also in the form of shells. Shells that have grown in time. When you create with time, you create with you. You create with everything there is. But how do you create with time? By being present. Presence in every moment dissolves time. Eternity translates into human time, when you are present.

Now sit absolutely still as this dot in the center of the circle, the dot within the sphere. Timeless are you. Endless are you. Present are you.

Remember the spiral from last time you listened? Have a look at it. It is time too. The track is time too. You are time. When you look closely at the tracks of your spiral, it can actually have little cracks. Have a look, very closely.

Are there any cracks on your timeline? You are at the very bottom of your spiral, and now you begin moving up, following the track. Feel how it feels. Is it stable or shaky?

Stop for a moment and have a look out. Out into the vastness. Out there are other little spirals. They are parts of your track. They are time too. They are other timelines. They are possibilities, potentials, choices. Choices that you have made at some point that has made those cracks in your timeline, in your track.

Because those choices were not in line with who you are as a Soul.

What you can do now, is call those pieces of your track, call them back. Yes, you made the choice at some point, but you can undo the energetic effect and repair your timeline. Repair your track, so that it won't be as bumpy going up. [Light Language]

Just like the snail builds its house while moving very slowly, you too when you move slowly build your track. Yes, you saw it when you came down sliding down it, but you also construct it. That is creating with time.

How does your track feel now? Stronger? More solid? And if you look ahead, look up, look at your track when it starts rebuilding and repairing...

What happens, what do you see?

Everything moves in spirals. Time too.

On the beach is time, time waves, tides. Timing is inside you. If you try to build something that has no timing now, that is out of time or ahead of time, it will feel a bit rougher. Though you may feel quite good being ahead of time in your visions and in your ideas. But you may not understand why the rest of the world don't follow along. Don't see what you see. You see, timing is key. Presence is key. Building in presence as you will always be on time.

Lift up your hand and move it in little spirals in front of you. The palm is facing forward. You are creating now a spiral, a portal of time. You stop the motion and get ready to stick your hand into that portal. Into another dimension, another time, parallel to this. Slowly you reach out and let your hand go through that portal. Open your hand, so you can touch the palm of the hand of the one you meet. This is another dimension of you. In another time and space, but still you. And this one has a very very strong timeline, a strong track with no cracks.

What has this person done differently than you?
It is you, remember. Let the information run through the palms of your hands... and you may have some advice too for this other dimension of you.

You see, time is all there is, and time is always now. And there are other dimensions of you at this very moment in time, and not at all in this very moment in time. And so, you can reach out, get information about how you can become more of you. How you can become more present in you, with you, and in time.

Thank this other dimension of you for the information you exchanged. Slowly draw back your own arm, and this portal will close. Feel now your body. Look at your timeline, your track, how it builds, rebuilds, or how it looks. Is there any difference? There may not be any difference.

Slowly from where you are on this track, you are lifted up. The track is not a funnel anymore, it becomes flat. So, you are lifted up, lifted up, up, up to the same level as the origin. And you leave the track and fly up above it. Up above the spiral and have a look down.

Is there anywhere that it needs some more reparation?
Is there any part of this track, this spiral, that calls on you?
Maybe because it lights up and pulls you there. In any case, now go down to that space in time that calls on you. Land with both your feet. Have a look around you.

What do you see? Why is this particular spot calling for you? When is it? Is it in the past, is it in the future, is it at the moment?
Notice every detail.

And then, what you received from the parallel dimension of you, add that to this particular moment of your track, of your time track, your timeline.

Watch what happens.

Three options, three possibilities, three potentials will open. Three roads to take. One choice will move you up. One will take you straight ahead. One will take you down. Either one is good. It depends on what you want.

What does your free will say here? Which is the better option? Which one is best for your track? Because all the choices are still in alignment with you and your Soul.

This is a matter of speed. Do you want to go fast, steady or slow? What is good for you?

And if this is in the past, then choose the better option although you may have chosen differently back then. If this is in the future, remember the choice that you will be making and see if there are any similar choices that you could make today or soon.

The concept of time is becoming you, and becoming time, become one with time. You have a time friend. The one who knows everything about timing and is a part of you. So, work together, and you will always be in time, on time. Timeless, present, now.

On the beach is the concept of time. Visit the beach. Visit the waves. Talk to the waves. Remember, the ocean is part of Zonika, the omnipresence of energy, the energy flow, the flow of your liquids in your body.

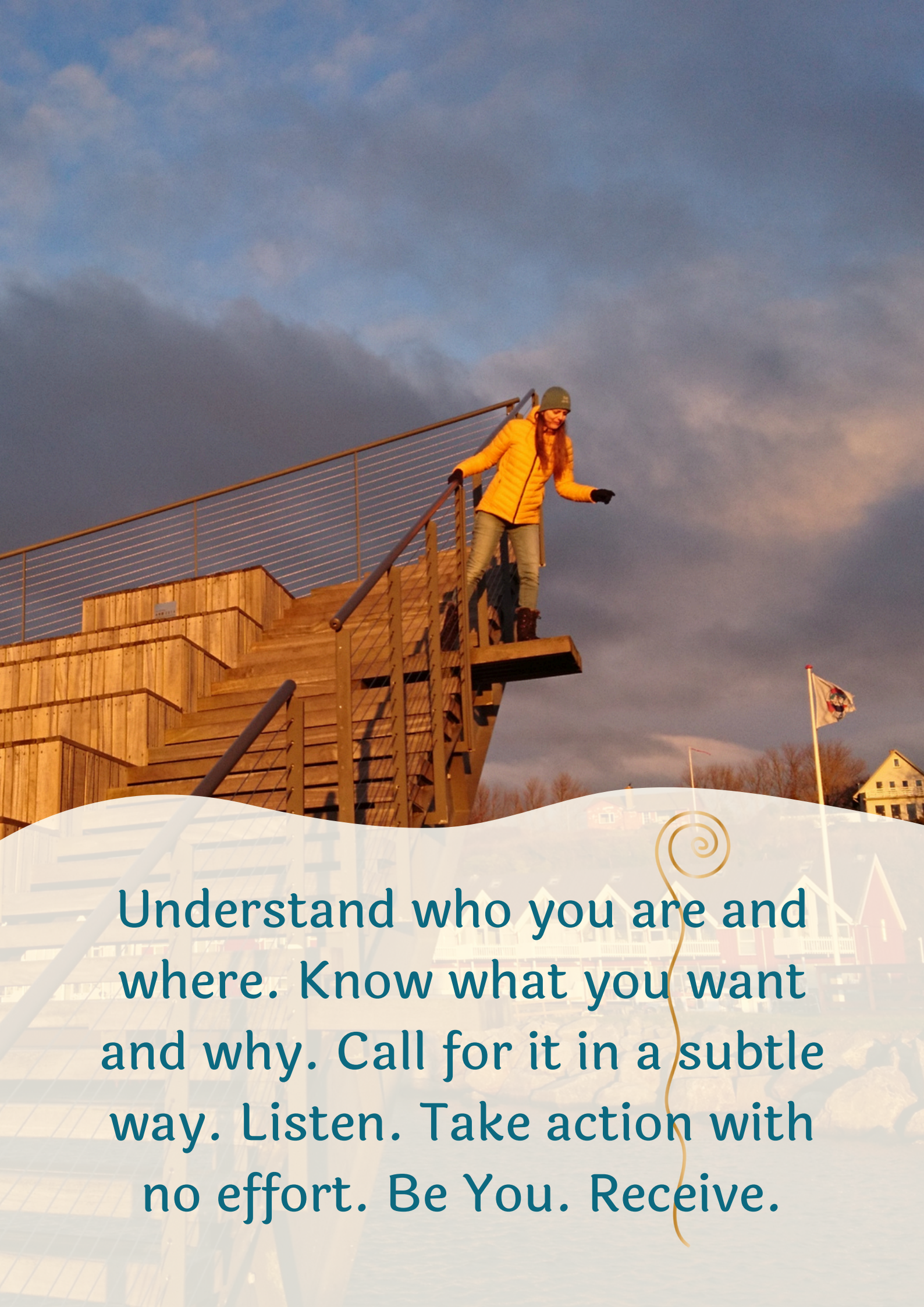
Your body also has a timing. Listen to that timing in your body.
When does it need rest?
When does it want to surf the waves?
When does it want to swim?

The Concept of Time is within reach, because it's right here right now in you.
[Light Language]

Feel your heart.
Your heart is always connected to time in a much better way than your head.

Make head and heart work together. So that the timing of your heart, well, the information from your heart can work together with the timing of this human world with agendas and calendars and scheduling. And make sure that you are present all the time.

You can move your body and return to the now.



Understand who you are and where. Know what you want and why. Call for it in a subtle way. Listen. Take action with no effort. Be You. Receive.

The Leap

[Light Language]

Becoming you is remembering. When you remember, you can receive too. You are able to leap too. Leap in time. Concept of time and creating in time and leaping in time, taking leaps, is one and the same. But slightly different, nevertheless. Leaping in time is when you move really fast. When you jump timeline. When you jump on your track.

Jumping on your track can be quite tough, quite hard, it can be a giant leap. It takes a lot of courage to leap – a lot of courage to leap. The consequences can be big, and you don't really know what the consequences might be. And then you hold back and you don't take those leaps. Because you think that a leap is a big, big, big, big, big thing. And it is, if you jump. If you just try to jump but you're not aligned with who you are and your soul, then you can fall too.

Imagine that you are standing on your track in the spiral, and a bit further up, maybe one or two levels up the spiral across from you. You want to go there. You want to be in that space. You want to create, to be there where everything that you want is already present. So you try to either run up the track, bumping into one thing, another thing, another thing, and you struggle, and you fight, and you keep on.

Because you want to get there, and your mind is set to get there. No matter the cost: your health, your family, your relations, your joy. No, that's not the way to do it. You can go there, but in a calm way.

You are standing, where you're standing on your track. And you have noticed this point in time on your track. A dimension of you is standing there lighting up. Lighting up, and you light up, you do match. But how come? How can you match? Haha, you reach out into the center of the spiral. Because there is the sinus curve, your Soul's tune.

Remember that? Look at it, it's like a rope. Now try and reach it, just slowly, reach out with your hand and grab a hold of it, and feel your body. What happens?

What happens in your body, when you touch your Soul's tune? When you align with it? Just grab a good hold of this thread, your Soul's tune, your sinus curve, the line of remembrance. And let go of your feet. If you're sitting, you can lift them off the floor and just let yourself be pulled, slowly, lifted up, up the spiral. Up to the next level.

The other dimension of you the one that lit up – are you a match? Are you really a match, yet? Is there any difference in the color – in the light that you emit, and the light that radiates from this dimension of you?

Imagine there is a difference. You are not a match. Yet. Then let yourself lower back, come back to your position, place your feet on the track. Let go of the thread.

Okay, so you were not a match yet. But you know you can get there. If you match. So, what to do? You need to become you. You need to be you.

From this place on the track, this position you are, you need to understand who you are, and where you are. At this very moment in time, in your reality, in your consciousness, in your own evolution, your own knowing of who you are.

That's the first step of the ZONIKA process. Understand who you are and where you are. What are your financial circumstances? What are your relationships? Your family? What is your level of pleasure in life and joy and fun? Freedom? What do you need to adjust to match that dimension of you, where you want to go?

You see, you create your future right now but you need information from the future. Not dragging it down but opening, opening from the now, to the future and receive information. So you can match it already in this moment. Your past has carried you and moved you to the position on your track, where you are now and that's fine.

What parts of that will you take with you, and what should you let go of? What might hold you stuck right there on the track?

And another question is: What is it exactly that you want? And why? Why do you want, what you want? And do you really know what you want? Like, really know what you want? What will that bring you? Why is it important? You need to feel that. And what is the feeling that this, that you want to obtain, what is this feeling that you will have from it? That you think you will have? And the goal that you're setting, is it exactly that, which will bring you this feeling? Or is it a feeling that you can create already? Because that feeling will match your future, the other dimension of you. So that's the second step.

There are seven steps in the ZONIKA process of becoming you. The third one is, when you know exactly what you want and why, then you call for it in a subtle way. And what does that mean? It means that you radiate it. You ask for it very specifically, but not too specific either. Because then you can limit yourself too. You start creating it and vibrating it, to be able to match it, you hold the vision, you let go of all the how's, you will get there. But you hold the vision of what you want. Because you know. You just know that this is what you want, and why it's a benefit to you, and to other people around you and the planet. Because you are a person who doesn't think of only yourself, but everything that you do, will expand and spread to everything around you. Everything around you and everyone. In one way or another. Remember the ripple effect.

That is why the why is so important. And calling for it in a subtle way has a huge, huge effect on the energy, because the energy goes first. The energy goes first.

So now you stand on this track and you know exactly what you want and why, and you send it out. The wish.

And then you listen. That's the fourth step. You listen, listen very carefully. What steps do you need to take? What signs are there around you? Do you read them? Do you get the messages? How do your guides communicate with you? How do you receive messages?

Maybe you have heard that it should be like this and this and that. No, your task is to learn to listen. How do You receive? How do You listen within? Where is your clarity? Your Claire. Your clairvoyance, your clairsentience, the clair smell... You can smell it, you can taste it, you can hear it, you can feel it. Your clarity. So you listen.

And then you take action. But remember, you don't run up the track bumping into a lot of other dimensions of yourself. No, no, no, no, no. You don't run up the track, because it's uphill, it's uphill, it's uphill. Remember that. You don't run, you don't struggle, and you don't make choices that are not in alignment with your Soul. Because then your track will become even more bumpy. No, you take action with no effort. That's why you listen deep. So you know that the actions that you take are in alignment with all of you.

So first, you understand who you are and where you are. You know what you want and why, then you call for it in a subtle way. And you listen. And then you take action with no effort. When you do that, you become you. That's the sixth step.

And the seventh is receiving. Because when you are you, when you are YOU, you are your purpose, you are present, and you are your power. Aligned with your Soul, your human soul. Remember you are a human soul. And being you, becoming you, opens the door for you to receive. Receive. Remember why you are here. What is your contribution.

And your free will helps you determine how you do that, how you live that. Your free will together with your story, your life experiences, all the skills that you have gathered in your life, you remember how you can use them, and how you can let go of those that do not serve you anymore. And then you receive.

Now, imagine that you are you, you have reached this level. You are living as you. More of You. More of the one you are, the one you were born to be. Just, now in an adult version. Content, conscious, confident. And then from this point on your track, you look at the sinus curve, you look at the thread, you look at your Soul's tune. You may even sing it, say it, say the sound of your soul to tune, and your reach out, grab hold of it.

You look at that dimension of you a couple of levels up. And you let go of your feet. And let yourself be lifted up. And now you look at that dimension, the dimension of you.

Is there any difference now? In color, in shape, in form, in light, in energy. Are you a match now? Maybe you're not a total match yet. But have a look around. Have a look a bit further down. Maybe a couple of steps to the left when you go down or whatever way your spiral is turning.

Is there another dimension that matches? It could be even further up. So that what you have created from your now is actually matching another dimension even further up your track that you had never thought of. So where will this thread take you? Where do you match? And when you reach that point, or the dimension of you that is closest... There is one that you do match. You don't have to go all the way back. You're always moving upwards. Then you're taken to this place. And you step into that and merge with that dimension of you. Let go of the cord and look around. What is it now that you see?

You see, taking leaps doesn't have to be a process of surprises, of risks, and big, big, big changes that will change your life in dramatic ways. No. When you plan to leap, you program yourself, you prepare yourself to leap. And when you match, and you don't really know when you match, but all of a sudden, you are there. And how does that feel? Becoming you is becoming time, because then you can leap in time.

Now, it's time to come back to where you are. Receive the information you need, then you grab hold of the cord of the Soul's tune. Lift off your feet and let yourself come back to where you are in this very present moment in human time. Let go and be here. This is your starting point.

So, who are you? Where are you? What is it that you want, and why? And how can you call for it, listen, and take action, so you become you and receive? [Light Language]

The light codes dissolve time, so everything becomes present, everything becomes within reach. You'll remember and you know exactly what to do. Listen within. Listen to your heart, your body and let your mind support you – not control you. It's never the 'how'.

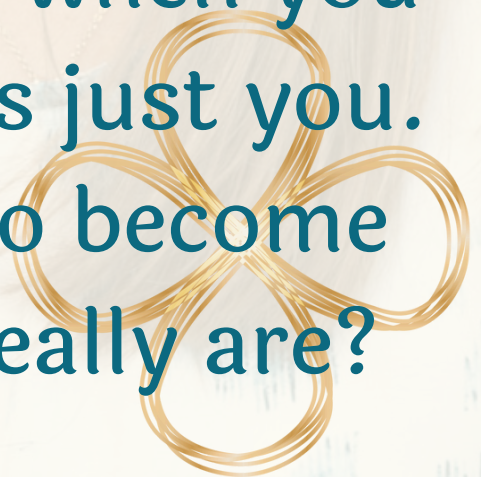
You will get there. Be present. Become you. And take action with no effort on the way.

Thank you.

Slowly move your body, breathe and listen to the sounds within you and around you. And write down any information that you got, any insights that you got, ideas that came to you, and maybe you even found out what you want and why...



Purpose is a grand word.
It's a big word. But when you
narrow it down, it is just you.
What can you do to become
more of who you really are?



The Purpose

The purpose is a big word. It can feel intimidating somehow. What is your purpose? What is my purpose? Purpose, purposeful, purpose-led. If you have no purpose, are you then anyone? Have you found your purpose?

It can be stressful, yet it is not that mystical. It is not that grand as you tend to make it. Yes, it is special, and it is unique to you. But your purpose will never be greater than anyone else's purpose, and their purpose will never be greater than yours.

You can't compare purpose to purpose, and you shouldn't. In essence, your purpose is to live as a human being. That's it. Aligned with your soul. Ah, and that's the tricky part. Your purpose is to love, express love, expand love, feel love, receive love. And love takes many forms. Freedom is love too. Peace is love. Joy is love. Being is love, and being in love is love. You see, purpose seems as a big word, a big thing.

Actually, your purpose is to find you and become you. Because when you are you, you live your purpose because then you understand everything that you do. And you do it with love. Out of love. You create from love. Creation is a love act, an act of love. So becoming you, creating with time, which is you too, remember, you live your purpose.

We could end the transmission here and that was it. And you could go ahead and live in love. Try your best, and then you would live your purpose, and that is absolutely possible. But you have a unique way of expressing this love and spreading this love, being you as you. Like everybody else has their own unique way of being them and expressing their love. And you can choose to dive deeper into that, or not. There may be or rather, there are themes throughout your life that are linked together. You can connect the dots and see that story.

What story is there between the dots, connecting the dots? The themes of your life. They will tell you, how you contribute, how you live your purpose.

Now, have a look again, at this spiral of yours with the sinus curve, your Soul's tune, the thread, the golden thread. The one that you can hold on to and be supported from. The one that connects your Soul with its origin. The one that helps you remember why you are here, apart from being you and being love.

Your voice carries this purpose, and your voice is in this thread. Your voice wants to be heard in your unique way. Not just as someone shouting out something, and nobody listens. No, your voice wants to be heard and felt.

You see sound creates. Sound is a creator of reality. Yes, you can create things with your hands too. But it has a voice. Whatever you create, either with your mind or your hands, in collaboration with other people, whatever you create, carries a voice. Your voice. And when something carries a voice, it carries a soul, because the soul is imprinted in your voice. And any thought that you may have had, any idea, all these considerations in the process of creating something, is in that final product, in that final creation, in that final contribution. And final is not like final, final. It's just, let's say, tangible. It will also keep evolving while you evolve. So nothing is ever really final.

Energy changes all the time. And you have a main purpose, and you have many ways of acting out that purpose. So, maybe you have been doing something for many years, and now you feel like doing something different. Maybe you have not followed, really, what your Soul has been calling you to do.

Maybe that is what is calling you now. Insisting more. So, when you look at that spiral and look at that chord, that Soul's tune, and remember where you are on this spiral, where you are situated, and you start looking back...

What are the stories that you carry?

What is the story that you want to create? The story you want to tell?

You remember the legacy of your name? That legacy you already carry.

What is the legacy you want to leave behind?

That is in your purpose and in your way of sharing that purpose of yours. In your work, in your family life, in your relationships, in anything you are and do.

Your story has a purpose. It has a presence, it creates a presence. And it releases a power. Your voice creates that story, whether or not you tell it to anyone. Because you feel it, and you know it.

So, what is the theme of your story and your stories?

What are the purposes of the different stories, you carry in your life?

Stories that you may consider good or bad.

They all carry a purpose. The purpose of bringing you home in you.

You spiral. Through Time. You spiral through life. You spiral in your mind, spin around. Weightless, waveless, timeless. Pure light are you. Shine that light of yours. That is your purpose. You decide in what way you would love that light to shine. With whom that light should shine. For whom.

Again grab hold of this golden thread of yours and make your voice be heard just by you to start with. Make your sound. Listen to the tune of your Soul speaking, singing in whatever way it needs and wants to express right now. Listen to that sound that you make. What does it tell you? What message is in that sound?

When you were an embryo in the womb of your mother, on the same date as your heart began to beat, your inner ear started to develop. It is a spiral too. Inside the womb of your mother, on the 22nd day of your earthly life, just beginning, you could still not hear the external sounds. All you felt, sensed by then was this weightless, waveless, timeless floating in water. The warmth, the beat of your heart, and the deep unheard frequencies of the universe. Your connection to all there is.

And that connection carries a message of love. Unconditional love. The more you become you, the more you become that love. And the easier it will be for you to express that in everything that you are, in everything that you do, using all the skills, all the tools, that are relevant for you to carry out that love, that consciousness, the higher consciousness, and expand that.


That is your contribution to this world, and yes, purpose is a grand word. It's a big word. But when you narrow it down, it is just you.

Sound creates reality, makes shapes and forms. Sound is frequency with a wave and a number, an intention. Just like the atom, and you consist of millions and millions and millions of atoms. All connected. All just a tiny little part of the big, big big universe. And you are important. Just as important as everybody else.

So the question now is: What can you do to become more of who you really are?

Now, move your body a little bit. Stretch, stretch and breathe. Listen. Listen to the sounds within and around you. Maybe even stomp your feet a little bit into the ground, so that you know that you are right here and right now.

And when you're ready, remember to write down any insight, any information that you just got. Feel your heart, it knows.

A woman with dark, wet hair is smiling broadly at the camera. She is wearing a light green tank top and a necklace with a heart pendant. She is standing on a rocky, coastal area with a clear blue sky in the background. The bottom half of the image features a semi-transparent white overlay containing text and a decorative graphic.

Mastery is living fully as you.
Your well being and your Soul
help you master your vision,
mission, radiance and impact
in life and business.



The Mastery

Mastery of what exactly? Of energy? Of life? Of self? Of money? Of relationships? What kind of mastery? Well, mastery is all of that and more.

Again, it may sound like a big mouthful but really it's a matter of mastering life the way you live it. In alignment with your soul, the purpose you have, which is love, and then you master your life in order to live your purpose, spread that love in the way you do. Mastery is living fully as you.

Mastery is also mastering your work, your business, if you have a business, or the way you work, what you work with as an employee. Or maybe you do not work, but you have a function in life, in a way that you contribute to the higher good of other people and to the well being of other people and the well being of yourself. So consider all that your business – minding your business – mastering your business.

Often, when you want to master something, you focus totally on that thing that you want to master. Let's say you want to master economy. Then you focus everything you can on mastering economy. But maybe you don't really succeed. And why is that?

You see, mastering – and mastery – has to do with everything in your life. So sometimes, if you want to master economy, what you need to work on may be something completely different than that. Yes, you can learn the numbers, you can learn how to do things, but maybe it's a totally different area of your life that you need to master in order to master the economy. So you see, mastery is many things. And when focusing on mastering one thing, you skip the others. Everything is connected. Remember you are everything and everyone.

Mastery is going from misery through mystery to mastery. From misery through mystery to mastery. Maybe you're not in misery right now. And maybe you are. Maybe you are in the phase of the mystery. The mystery where everything is a mist, and a riddle, and little pieces of clues that you need to figure out how they connect. That's the mystery part. And sometimes that mystery part can lead you into misery because you don't get it. But often, you will get through that mystery and you will get to the mastery.

If you have a puzzle, a jigsaw puzzle in front of you, a square one... Where would you start to build? The corners, the edges, or some part of the center, some part of different colors? What would you do?

Look at how you would do it. Don't think it but look at how would you do it.

And if the puzzle was a circle... How would you resolve that?
Building from the center and out? Or from the rim and in? Or from both ends, from the center and the edge all around?

You are such a puzzle. Yet a sphere. And you know already by now that you have a center, you have a kernel. And you create a wave, you are a wave in your energy. That wave is going back and forth from the center and to the edge, and from the edge and back again and creates more ripples, more waves that interact.

Imagine that as a sphere. Energy moving in and out, in and out, and in and out. Even sending threads out, energy out from the outer ring outwards. And when energy from the surroundings meet the surface of your sphere, that energy will either enter or bounce back.

When your puzzle as a sphere is incomplete, when there are holes in the surface of your sphere that surrounds your body – remember the Z, the Zone, it's like the atom just very big – when that surface is not solid, is not strong, anything can enter your system. That's why you called back those pieces of you when you were on the track, not only for the track but for the sphere. And all the little spheres came and rolled down and became one with the big sphere, remember?

Your sphere is like protection around you. But it's more like a filter. Protection... if you think of protection, it can often be felt like fear or be based on fear. But a filter is just neutral and filters off, filters away what should not enter your system. So think of your sphere, and especially the surface of your sphere, as a filtering system allowing what needs to come through your system to pass through, run through it. Emotions for example and impulses from the outer world, from other people. But don't let them settle in your system, they need to move through. You can do that because it's a natural and neutral filter, the N. You remember ZO-NI-KA. The emotions and the thoughts.

Mastery has to do with mastering that energy. Mastering your field. So that it becomes this filtering mechanism and also becomes clear. Transparent, so that you can see in every direction. Above, below, to the sides, up and down, diagonally, in any direction. A sphere is 720 degrees. The surface. A circle is 360, you know that, you can look all the way around. But you just make that into a sphere and then you have 720 degrees of transparency and filtering.

The vision and the radiance. Mastering your vision, your mission, your radiance and your impact in life and business – that is mastery. And what is basic for all that, is the way you live. Your well being in every aspect of your life. So, let's have a look at those aspects.

First, let a smile light up your face. Let it come from within and notice if it comes easily or not that easily.

Imagine clarity as a sphere. Around that is the sphere of self-care. And around that is the sphere of joy. And around that is the sphere of abundance.

What holds them together is a tiny little sphere in the very center of them all. Your Soul. Your purpose in life, the power of your Soul, and the presence you have in every aspect of your life. To make this sphere spin, your Soul's tune will help you and the connection to your master mind.

Let the sphere in the middle, in the center stay, and let the other spheres roll out to a corner each. Make sure they don't roll away. So, you cast a little connection – a thread from your Soul – from the center sphere and to the others.

One to clarity, one to self-care, one to abundance and one to joy. Then you start rising, you start making the center sphere into a column, a pillar of light that rises up and extends down too. Your Soul axis.

Your Soul axis masters all areas of your life, because your Soul knows all the time and guides you all the time. It sees through your eyes on your life, and your life has a free will to it. Without a free will, without choices, you would not learn anything. You would not grow, you would not make the mistakes that you need to make in order to grow and know and learn.

Your free will is the one that takes you off track, or on track. And remember, connected with your Soul, infused by your Soul, you will always be on track.

If you now let go of this center line, the pillar of your soul axis – the purpose and presence and power of your soul – if you take that away and cut the lines to the other four spheres – what will happen then?

The spheres will just roll around, disconnected. They will roll apart. Some may roll closer to each other. Look at how they roll in your situation.

Mastery is holding that connection to your Soul. So that all the different spheres in your life don't roll apart but are kept together, held together and become this filtering source and force and mechanism in your system.

It helps you with transparency so you can look out, radiate, see what you need to do and not do. With the help from the mastery with your Soul, you can learn to master every aspect of your life.

You carry that mastery within. It's in your soul. Your soul is connected to a greater Mastery. The question is if you will let that in? If you are ready to really master your life, your Self and what you would call your 'business'.

Now, imagine that you are holding this big sphere with all the smaller spheres inside it. You are holding your own sphere around you. You can lift up your arms and imagine or feel that you are inside this sphere, in the very center.

And now, you make it spin counterclockwise using your hands.
So on 3-2-1: You make your hands move your sphere, so it spins counterclockwise.

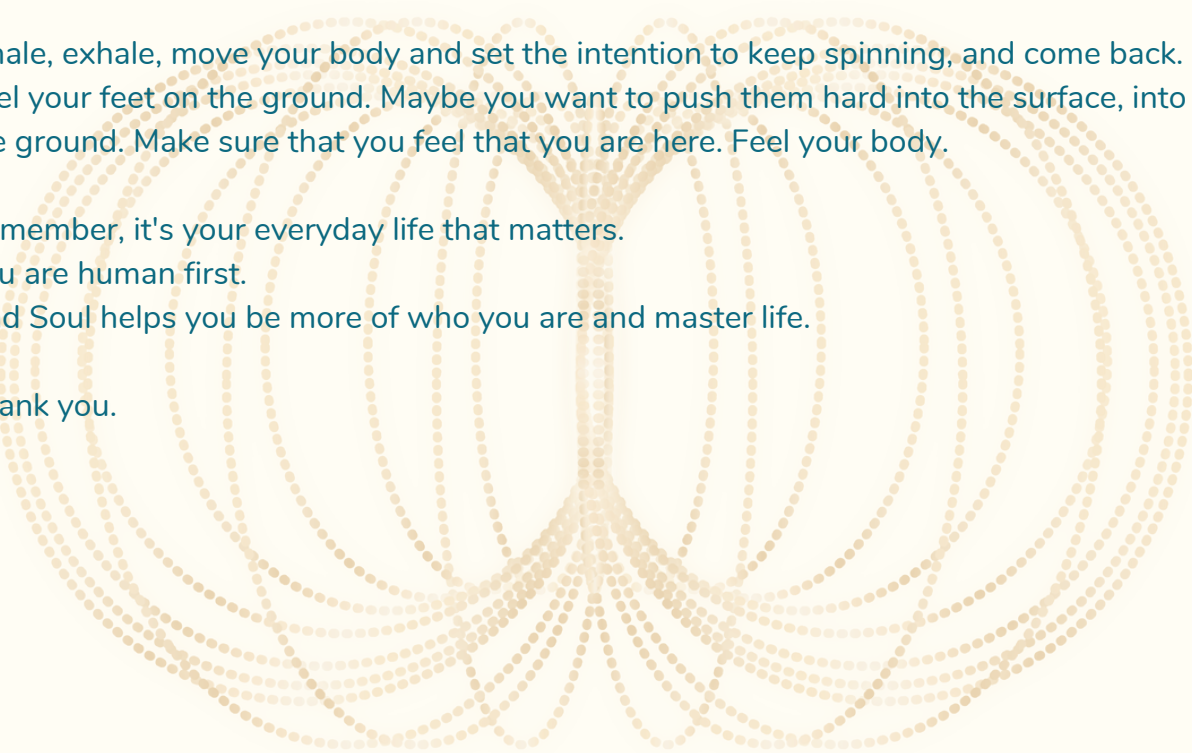
From the top of your head and the bottom of your feet you let yourself connect to the sky and the earth, and that big field.

Remember, you are spiraling all the time, spinning all the time, like everything else in the universe. You are one tiny part of a very, very, very big thing, and you are important, and it's important that you spin too, consciously.

Inhale, exhale, move your body and set the intention to keep spinning, and come back. Feel your feet on the ground. Maybe you want to push them hard into the surface, into the ground. Make sure that you feel that you are here. Feel your body.

Remember, it's your everyday life that matters.
You are human first.
And Soul helps you be more of who you are and master life.

Thank you.





The New is You creating your
future in the now.
Remembering the future.
Committing fully to the new
you and let the world open up.

The New

The new life. The new you. The new story is actually not that new. It is a familiar you, a familiar life, and a familiar story. Remember that becoming you is remembering you. Remembering why you are here, what you came for. So, the new is remembering the future. That may sound really, really weird, and not at all weird. Remembering the future.

Yes, in human time – the human way of thinking time and being time, in time, experiencing time as something linear, and the way the world is built with clocks and calendars, and planning, and the yesterday and the tomorrow, next year and last year – then the new will always be in the future.

So, remembering the future can trigger the mind a bit. But remember, your mind should not control this, your mind should support this, because your Soul knows your body knows.

And the master mind, which is omnipresent, contains it all and thus knows it all. Remember that a couple of steps back, you were on your track preparing for a leap in time. That leap is a remembrance from the future.

So, the new – that is ahead of you, above you, if you use the image of the spiral, the funnel – what do you remember from that, the new?

Ideas for your future are potential, possibilities. And you need to spot that potential in order to make it real. And that potential – yes, you see it in this moment and think of it as something new in the future, but actually you're just tapping into something that you remember already that is out there – it already exists, that new.

So let's play a game and open to that new.

You look into the vastness, the dark, and there are some lights there, like little stars, some shining lights. One of them is brighter than others. That's an image. A new image from the future. And you are reminded of that now. Remember, time is now. Always. All times are now.

So, you at look that star, at that brightness, and you reach out. Hold up your hand, palm facing forward, and you hold it over that spot. That bright shining light in the vastness. And with the center of your hand you start remembering. You start receiving information from that new.

What are you seeing? What are you perceiving? What are you hearing?

Use all your senses. Maybe it tastes of something, smells of something, feels like something. Slowly you pull away your hand. Let the information settle in your heart. Feel your heart expand. And then you lift up the other hand, because there is another shining star, a shining light in the vastness. It's not as shining, but you know exactly which of those lights that you see, that you should exchange information with.

So you hold your hand over that light, however dim it may be. And now, the light you just received and settled in your heart goes out your arm and your hand and feeds this other light, the light that you are exchanging with now. Make it brighter, make it stronger.

And if you have a look, notice that the shining light that you tapped into a few minutes before is still as shiny. And it is as if there is a line from that light through your body and out into this new light. Look how that light grows bigger and brighter, stronger.

What is in that light? What new is there?
What information can you get from this?
Is there a year, or a month, a situation, a celebration even?

Slowly, you pull back your hand. Look at those two shining lights. How one was feeding the other making the other stronger. And now, the last light begins shining and sending energy to the first light. So you have made a circuit between two potentials and yourself, through your heart. Feel that circuit, that exchange of energy, connecting the dots. The dots of light, the dots of potential, possibility, options, opportunities, choices and dreams, dreams and choices. Living the life of your dreams or living the dream of your life.

What's the difference? Is there a difference?
What is the life that you dream of living?
What choices do you need to make to make that happen?

With no effort, remember, but by being you and taking action when needed. Not fighting your way through, but doing the work that is needed to be done. Dreams and choices, choices and dreams. The potential and reality. How will they merge?

Straighten up, roll your shoulders. Move your head a little bit, let the energy from your heart move up, up to the top of your head and place your feet firmly on the ground. Root yourself also from the tailbone, so, you have three points: your feet and the tailbone rooted. That is stability. Only two, then you tend to fall. Use the three. And if you are a person with only one leg, then use the energy of your missing leg to root. Always three points. Like when you climb, rock climbing. You always need three points to stay balanced. And you see now, you make also three points from your heart and to the two potentials in the vastness. So, your heart is now rooted in those potentials, and through the spine. It is routed down into Earth and up through the spine to the top of your head.

Now you send out the signal. The signal of the dream of your life, the life of your dreams.

What is it you want to create?

How do you want to live?

What does it need to take? What do you need?

What do you need and what do you want?

You could discuss, if you should ask for what you need and not for what you want, or for what you want and not for what you need. You will always get what you need.

Ask for what you want. Because what you want may look different, when you get it.

You will get what you need. But sometimes you don't know what you need, but you know what you want and why.

Why is it important that you get that?

To sustain yourself and your family it's important. Remember the cup? You need to fill up your own cup before sharing with others, before serving others. You need to fill up.

Yes, you could say that it's self selfish. But if you are not filled up, what you spread is lack. If you are not filled up, what you spread with your energy is lack. This doesn't mean that you need to be a millionaire or billionaire. No.

Enough so that you are satisfied, so that your basic needs are met, so that you can do what you are here to do, without having to struggle.

That's the signal you send out now. And see, you are collaborating with the Potential already. The future energy, the energy of the future. The future now. The future now is the new.

What life are you creating?

What story are you writing?

We are playing a game, and we are not at all playing a game. This is a serious game.

How does it feel in your body when you receive the signal?

When you receive this life?

Look at all the details of the life that you're living. The things that you want to be settled.

It's not that those things will bring you a fulfillment from within.

You cannot – you can not – solve internal lack with external actions.

That's why you need to fill up your cup first. Make sure your energy is good. Create the energy of joy and abundance, taking care of yourself and being clear. Your thoughts.

Because then you know exactly what you want, to keep doing what you are doing, and you put your attention firmly on that target.

Firmly rooted in Earth and Sky...

What is essential that you receive, to keep on doing what you do?

To take on the task that you had been given?

To live your purpose the way that you do best?

That only you can do, because of your talents, your skills, your knowledge, your experience your expertise.

And in exchange, what will you do?

What responsibility is on your shoulders?

Firmly rooted in the Earth and the Sky through your heart and your spine:

What is the signal, what is the message that you send out, and how willing are you to then adjust yourself to match that what you're asking for?

Do the inner work and the outer work?

The new is you committing to you, fully.

And then the world will open in ways you may not have dreamt of.

Now, give yourself some time to write down everything that you have just sensed, seen, and sent. And you write it as if you lived it this very moment.

The New is you creating your future in the now.

So write it, as if it were right now.

Thank you and enjoy, enjoy, enjoy.



Celebrate the rewards in every
little step and setback,
on your way to do only what
only you can do:
You & Your Life



The Reward

The big celebration of life. The reward. The reward is worth celebrating. Even the little rewards. Little rewards add up into big rewards and big celebrations. And little rewards are important to celebrate on the way towards the bigger reward.

You see, it's not a big reward that is actually the final goal. No. It's all the little rewards along the way.

Do you remember we talked about a steep learning curve? Imagine a steep learning curve with no rewards on the way. How fun would that be? No. Do you remember we talked about joy? A steep learning curve with no rewards along the way... How fun and joyful would that be? No.

The reward is a celebration of life as it is. With everything it implies. Yes, it can be very hard to celebrate when you are not in the mood, and when everything is going wrong in your opinion. And you may go through very, very tough times. But even in those moments, even in those periods of very, very dense darkness, there is always light. And light will always find you.

Remember the vastness you saw yesterday, or whenever you heard the step before this? The vastness with the light. The lights like stars everywhere, and you could tap into some of them.

Sometimes in the darkness, it's very, very, very hard to spot the light – but it is there, and it will find you. And it's that little light that will give you the reward. It is spotting that little light that is the reward. So, the reward is a continuous celebration of any progress, any light that you meet at any time of the day. Let's break it down...

So you have set the intention to live a certain way. You have set the intention to obtain a certain goal, a certain income, a certain type of relationships, family life. You want to go there and there and there and experience this and that and everything. That's all fine.

The intention is important. It's that tapping into the potential and holding the intention, and then on the way, celebrate every little step you take to get a little bit closer. Celebrate the patience you have on the way. The patience with yourself and the patience with other people. The patience with time and timing.

Remember, being you is being time, and everything has its timing. You cannot figure out on your own, how you will get to that goal of yours.

You are planning a leap. You're planning a miracle of some sort, big or small.
So celebrate that patience, the centeredness in you, the calm in you.

And celebrate also when you all of a sudden feel worried, fearful, doubtful. Because it tells you that you are on the edge. You are pushing yourself, and behind that worry or doubt and fear there is a message for you.

So, when you lead yourself, feel these things. Talk with that feeling, and talk with that situation from another perspective. Then the answer that will come out of it is worth celebrating. Because it shows you the next step. Maybe something that you should let go of, or maybe it's an action that you should take in a different way.

And then another thing is that you have set this intention, and you're holding it. You're not holding it only with your mind, you're holding it with your whole body and experiencing it as if it were now. Remember? You're writing your story. Remembering from the future. Remembering what is worth celebrating.

So, the way you hold the intention is actually every day to celebrate it. Celebrate it, feel that celebration inside of you. That's a reward. And every little step you take and the little setbacks, because you learn something. When you have this perspective on life, you will see changes for the better – not only for you, but also for the people around you.

And why? Because you will be here, held by yourself, by the energy and the frequency that you vibrate. You will be committed, and you will be joyful. Remember, joy creates the abundance. You will look after yourself, and you will always be clear on what to do.

So, the reward is every single day adding up to that even bigger moment, when you realize that the leap that you were planning to take, you are there. It's actually happening. You can see it reflected in the outer world. You have celebrated all along, inside of you, the little steps on the way, and now you are there. You can see it around you.

That celebration will not make you want something more, something different, once you get there. Because that's the trap. It's wanting something, manifesting it, then you get it, and then you want something else. Then you will always be in this kind of lack.

Celebrating the little rewards every day, that you are here, you are alive, you are breathing, you are loving, you are smiling from deep within, and in that way you can tackle what ever challenge you may face.

You can do this. You. Can. Do. This. So, this learning curve with no rewards – nobody else is giving you that reward – you have to give it to yourself. Gift it to yourself. Make a commitment to celebrating every day, various times a day.

How can you celebrate in the morning?

What can you celebrate at lunchtime?

How can you celebrate something in the afternoon and in the evening and before going to bed?

You have every moment of your waking hours to celebrate something.

And you know what happens in your brain when you celebrate?

It's happy it lights up, and it keeps you out of stress.

Yes, you may argue it's an addiction. You could argue that. Being high on life. But really, is that bad? It's not an addiction with 'downs', you know, with cold turkeys and stuff. No. This is you working on your well being and committing to you. Committing to your well being. And then you make better choices. Because you have clarity of mind.

Something happens to your mind when you are in lack, if you feel scarcity. It impacts your ability to make better decisions. So the reward, the rewards will also help that steep learning curve to flatten a bit.

There are many ways of celebrating. It's not that you should celebrate with a lot of outer stimuli. No, it's an inner celebration, a celebration of gratitude. Gratitude for everything that you have, everything that you are, everything that you do.

Now feel your heart. If you like, you can place your hands on your heart, but you don't have to. Feel your heart. You know the heart that is rooted firmly into the ground, into earth and the sky. Your heart that is rooted and connected to every cell in your body.

What does your heart want you to celebrate?

What are the rewards that your heart tells you, that you have already received and that you are receiving every day?

Feel and call to mind those rewards. Feel them in your body. Notice what happens with you. What happens in your body, what happens in your feelings, in your face? Just stay there for a while.

And now you take those rewards and wrap them up like a present, and you take that present and put it aside for a while.

Go back and feel your heart. Some of the struggle that you have been through, some of the challenges that you have faced – and you have faced many challenges and a lot of struggle in your life. You've dealt with it. You haven't given up.

When you ask your heart, what are the rewards that those challenges and that struggle has given you?

You went through this for a reason, and maybe you are in one right now.
Feel those rewards, and feel the gratitude.
Without those rewards, how would you feel?
What would the difference be?

Now you take those rewards and wrap them up in a beautiful present and put it aside.

Come back into your heart, and remember now from the future the rewards that are awaiting you. The things you will be celebrating at a later stage. Those are the big rewards. Big because they add up everything else.

You feel those big rewards, the life that you want to live, the dreams you have being realized, the choices you make along the way.

And you wrap them up in a gift.

Then, next to it, you take the present from the now and the present from the past and place together with this present from the future.

Oh, how much you have, that you can celebrate this very moment!
And look around at all the things that you have not yet received, not even asked for, not even seen yet. They're there waiting you, waiting for you to discover them.

Mind could go now and say: "Isn't it a little bit too much!", or someone else would say: "Hm! It's quite selfish, egoistic, greedy, pretentious."

And then you feel your heart – what happens?

Can you stay in your heart and feel the gratitude although your mind and other people might have a different opinion?

Remember, the mind that is criticizing is just a shadow of the past that has another reward for you. You have just not unwrapped it yet. And so are the voices from other people also containing rewards.

So, what would happen if you looked at life like this. From your heart, firmly grounded through your feet and your tailbone, and firmly connected to the sky, the potential, your soul, and your mastermind and all the rest.

How good can life be when you are there in your heart?

Centered, present, living the life of your dreams. The dream of your life. Living your purpose with power and presence. Aligned with your soul and your everyday life in every aspect of it, in deep connection to yourself, to others, and the world.

How shiny, how transparent would your sphere around you be?
How big would it be?
How much light will you be able to let shine through?

You are already there. Now, commit to it and make the best of it. To the higher good of not only yourself but to the people, the planet, animals – everything around you.

To the higher good of all. In your unique way, doing only what only you can do – as you.

Only you can be you.
Remember?
You.

And now, go and celebrate.

Celebrate life, celebrate every reward, celebrate you.

You are a magnificent being.
You are important right here and right now.
You are loved, and you are held, and you love and you hold, too.

Cheers!

Thank you for reading

To go deeper, listen to the original transmissions
at kathrinekrake.com

– and come along behind the scenes as I there
share the story, insights, challenges, and
initiations from the journey of creating, living,
and ultimately releasing Zonika.

This is the path that taught me to
lead by frequency.

Questions or reflections?

I'd love to hear about your experience.
Email me at connect@kathrinekrake.com

