

“DIAMOND ANGELS” REIKI



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Channeled by Sophia Fragou, January 2016

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“DIAMOND ANGELS” REIKI manual

HISTORY OF THE “DIAMOND ANGELS ” REIKI



I , Sophia, received , "The **DIAMOND ANGELS REIKI**" after “asking” for a New Reiki Healing system, while meditating on the “extended” ability **HOW TO SEE ANGELS !!!**

My attraction and devotion since last spring-summer 2015, and Healing work-connection with ATLANTIS {as TIFAR-High Priestess} & LEMURIA {Facilitator}, the receiving of LEMURIA ~Codex, and ATLANTIAN CRYSTAL ANGELS, plus THE ATLANTIAN GAIA TRILOGY, various REIKI & DRAGONS systems and attunements {in all systems, as Master Teacher},

while study and received attunements 5-18 levels of my USUI REIKI GRAND MASTER, work with Qi Gong energy, ALL have had as “A result” a strong transformation- shift in ALL my Being.

“I was told to prepare this energy system of balancing and healing, and pass it on to others, to first heal themselves and then at others, with the “easiest and fastest” Healing Method ,while the huge Cosmic Shift & human Ascension process on Space-ship EARTH , to heal “GAIA”, Mother Earth. So here I AM! ~ Sofia~ “ ~ Σ Ο Φ Ι Α ~

Diamond Angels Reiki, is a simple REIKI-system, adjusted to the New Times on our planet { where people have INTERCONTACT as ONE and via internet} and is mostly done by pure “intent”, meditation, visualization, which can be used with endless fantasy & imagination, but ... **ONLY, for the Highest Good of ALL !**

ABOUT THE “SYSTEM”:

The : “**DIAMOND ANGELS**” REIKI is an energy healing system, which will be “pre-activated” only by pure “intention” while reading the manual, and “feeling”, visualizing “**THE DIAMOND ANGELS**” !!!

SO, IT IS PREPARED from Me!, for the “reader” recipient! There are two attunements and work as ONE!

- **The first is for full conscious contact with Angels.** This attunement is designed to bring the energies and qualities of Angels into your life/being. . It also leads to full conscious communication with the Angels.
- **The second is the full DIAMOND and Crystals “empowerment”.** Herewith, after “receiving” Your attunement, even crystals can be attuned in only 30 seconds!

YOU’ll feel the strength of the penetrating energy, from Begin on !

What for many years was “secret”, was, that Dr. Mikao Usui “re-attuned” his scholars more than often, **with just looking in their eyes!!!** Once is enough, {one attunement} but every time You “re-attune” yourselves if you wish in this energy healing system, the energy and hidden knowledge increases. **Don’t be surprised by the revelations!**

NO, coincidence, That, “Diamond Angels Reiki”, has “found” You !

“DIAMOND ANGELS” REIKI

“Diamond Angels” Reiki offers a wide range of spiritual services to complement traditional Western medicine, in a more “quick” and simple Energy Healing Method, which helps “faster & immediately” { the NEW EARTH, NEW TIMES, COSMIC SHIFT, Development of Light-Crystalline-Energy, CRYSTALLINE-LIGHT-BODY, HOMO LUMINOUS}, Transformation, Transmutation,...} energy –healing –vibrations , penetrating Body-Mind – Soul, while the “simple” INTENSION-connection with The Higher Self & Source, SPIRIT, GOD’s LOVE-ENERGY, UNIVERSE, creates immediately “miracles”!!! ALL IS ALL!

BELIEVE, ... HAVE FAITH TO GOD and the Universal Miracles!!!

GOD, REIKI {universal life force}, ANGELS & CRYSTALS, ATLANTIS & LEMURIA, ATLANTIAN CRYSTAL ANGELS !!!these Divine Combinations as ONE, are here with their Power of Love & Light, to “serve” and help US ALL unconditionally ,with Their Divine GIFTS !

“ DIAMOND ANGELS REIKI”



ABOUT REIKI

Reiki is a wonderful healing energy that we can all use in our daily lives. Not only can it help us heal from different ailments and causes, it can also help us to remove blockages that prevent our progress on our life path. Today there are many different systems of Reiki energy available and the beauty of it is that we can use different types of energy to interact with each other to obtain specific results. If you prefer to use the traditional Usui Reiki Healing System then you can do that too. Once you start to work with the different system you will become addicted to how the different energies feel and influence you!

Reiki!!!...The healing-energy which stems from the Eastern philosophy that all energy comes from God, the Creator. Energy flows where it is intended; this is the underlying principle in all forms of Reiki. It can be sent to people, animals, crystals and plants... ! All living things that need an energy boost, emotional, spiritual or physical healing can benefit from this alternative modality. It is

meant to work in conjunction with traditional Western medicine. REIKI IS LOVE!

BE REIKI, BE LOVE

POTENTIAL HEALTH BENEFITS OF REIKI HEALING TREATMENTS

When the flow of the "Life Force Energy" is disrupted, weakened or blocked, emotional or health problems tend to occur. Imbalances can be caused from many situations occurring in our lives, such as: emotional or physical trauma, injury, negative thoughts and feelings, including fear, worry, doubt, anger, anxiety, negative self-talk, toxicity, nutritional depletion, destructive lifestyle and relationships, neglect of self and lack of love for oneself or others, from emotions that are not expressed in a healthy way...

Reiki is excellent for healing any physical, mental, emotional and spiritual issues of any kind and it gives wonderful results.

Some Of The Reiki Healing Health Benefits:

- ✚ Creates deep relaxation and aids the body to release stress and tension,
- ✚ It accelerates the body's self-healing abilities,
- ✚ Aids better sleep,
- ✚ Reduces blood pressure
- ✚ Can help with acute (injuries) and chronic problems (asthma, eczema, headaches, etc.) and aides the breaking of addictions,
- ✚ Helps relieve pain,
- ✚ Removes energy blockages, adjusts the energy flow of the endocrine system bringing the body into balance and harmony,
- ✚ Assists the body in cleaning itself from toxins,
- ✚ Reduces some of the side effects of drugs and helps the body to recover from drug therapy after surgery and chemotherapy,
- ✚ Supports the immune system,
- ✚ Increases vitality and postpones the aging process,
- ✚ Raises the vibrational frequency of the body,
- ✚ Helps spiritual growth and emotional clearing

When we are relaxed, stress-free, we are able to restore our natural ability to heal, first ourselves, and then, the others!!!

ANGELS

Angels are extensions of God's love. They are written about in the teachings of every major religion in the world. As they are non denominational and omnipresent, they offer help and guidance to anyone who asks for their assistance. By connecting to the Angels of God, we receive loving guidance and support.



How do Angels help us?

Some say we each have our own angel with us all the time that watches over us from birth. Angels also come in and out of our lives all the time but most of us are unaware of their presence. Different names of the many angels are present and each one can help us on both an emotional level and spiritual level. By connecting with their energy you can learn to heal yourself and others. Often angels appear either unobserved or observed in times of great crisis. They have often been seen by many people at their time of departure from their earthly body, both by themselves and medical staff. You may hear someone calling your name and when you look there is no one there, you can be sure they are just trying to let you know they are nearby. Angels come in many forms, both human, supernatural, animals, visions of light etc...

Do you need faith to work with Angels?.....

“NO!! “THEY” BELIEVE IN YOU!!!

ANGELS ARE ALWAYS WITH YOU!!! “THEY” SEE OVER YOU, “THEY” PROTECT YOU!!!

To believe in something is to give your thoughts an energy and as Angels heal on this vibrational energy then without doubt your power of belief will help you when you are “tuning in”, however there are many people who have

reported that they have no belief whatsoever but have been convinced they have been helped or guided by some supernatural power that they don't necessarily understand but yet have been convinced enough afterwards to open up their minds to other possibilities for us in to define these subtle energies. For most people will say they have had a feeling or a sense, or just a knowing.

DIAMOND CRYSTAL



Alternate Names & Spellings for Diamond: King of Crystals, King of Gems, Stone of Invulnerability, Stone of Invincibility, Stone of Innocence, Diamand, Stone of Truth, Diamant.

Crystal Meanings, Metaphysical & Healing Lore of Diamond

Keywords: Strength, Clarity, Truth

Diamond is made of carbon and is the hardest natural mineral. It is a stone that grows in the mantle of the Earth and is pushed up rapidly toward the surface. If it is not pushed up rapidly enough, the carbon dissipates.

- Diamond is a stone that is used to bring [energies of longevity, balance, clarity, intensity, success, and abundance](#).
 - It also brings [eternity, purity, and high frequency energy](#).
 - It also is a stone [of amplification, including thoughts, strengths, and weaknesses](#).
 - It gives one who wears or carries it [courage and hope](#). And indeed, it is [a symbol of invincibility](#), due to it being the hardest stone.
 - [Enhance strength in emotional, spiritual, and physical realms](#)
- ❖ **Diamond is said to be a Cosmic Dragon, “The Cosmic Dragon”, Who protects The Divine Energy.**

Spiritual and Psychic Properties: Diamonds are said by some to be the best for metaphysical use. They are high vibration stones that radiate Light energy and bring Light consciousness. [They increase energy in all endeavors and link to Divine energy](#). It is one stone that can [connect to spiritual realms](#).

With the connection to spiritual realms, they are even said to help move one along through soul evolution.

- They can help align with Higher Mind and connect to one's personal path. Diamond is a stone of spiritual, physical, and psychic sight.
- It is used to see the unknown, reach visionary states in meditation, and see the best course of action. Clairvoyance, remote viewing, seeing how to manifest desires are other ways.
- They are also good for telepathic communication.

Diamond is a crystal of protection: It is used for all general protection and some specific types. It brings energy of protection from evil spirits, fire, snakes, and danger. It can also clear negative energy from an area, person, or other item. Black diamonds in particular relate to The Void which everything comes from, making it an excellent stone for abundance and prosperity magic. It also is said to be helpful to accept and integrate the shadow side.

Mental and Emotional Properties: Diamond is a powerful love stone. It bonds relationships and enhances love. It generates longevity and honesty of relationships, and engenders trust between two partners. It increases harmony, not only in romantic relationships, but in all areas.

This stone enhances mental clarity and increases concentration. It is used to decrease pride, and increase imagination. Diamond energy is used to amplify thoughts and bring purity of thought. It also increases memory for details. It improves and introduces honor and commitment to individual efforts, relationships, and to one's life path. It reduces confusion and hesitation regarding the path in life. This commitment in turn increases spirituality as one goes along one's path. Diamond increases one's ability to learn from life lessons.

- ❖ Diamond helps overcome fear, which engenders trust in life, spirituality, and circumstances. **It brings courage and hope. It helps to over come the "dark night of the soul".**

NOW, YOU HAVE THE “ANALYTICAL COMBINATION” OF THE ENERGY POWERS of:

“THE DIAMOND ANGELS REIKI”

Healing properties and Use:

- ✚ **ROOMS:** Let the Diamond Angels make their cleansing and let the diamond rotate in the room, environment, areas, to clear and absorb negativity ... and ... penetrate ALL WHAT IS with Healing Light.
- ✚ **ANIMALS, PLANTS, WATER , CRYSTALS etc,** whatever you can imagine. “Play” and BE grateful for the Diamond Angels healing Love & Power! BLESS everything! HEAL everything.
- ✚ **PAIN!!!! ... BODY & PSYCHE: {physical or emotional !!! }:** There are diseases bonded with physical pain, in which , even the time of action of medicaments, the effect wears off, and the aches are unbearable! Real torment!!!

After praying and asking for help and healing from Your **DIAMOND ANGELS**, Please, SEE, FEEL ... IMAGINE, How They will “put” a **DIAMOND CRYSTAL**, “onto” or “into “ the painful “point” or area, where the healing is needed!!! ,...

- OR!!!!... They “hand over” You a **DIAMOND CRYSTAL**, which you “put” yourselves into or onto the needed “PAIN”!!! I FEEL VERY BLESSED, to receive “these instructions”, for my own aches, which are “energetically connected” and there is no “earthly cure”!!!
- THEN!!! When the DIAMONT “rotates”, begins the “healing process” and when the “appropriate healing time is “complete”, IT will “end” from alone!!!
- REPEAT THE HEALING PROCESSES, as often needed!!! YES!!! IT works WONDERS! THANK YOU! BLESSED BE!

KARMA, KARMA-CLEARING: The DIAMOND ANGELS Reiki has NO bounds! NO time, NO space!, Nor limits!

CLEAR your life, body, psyche, soul & spirit, ONCE for ALL! YOU can’t change the Past, but you can “heal” your past and LET IT GO! Heal your NOW and the FUTURE “goes along with” OUR present SEEDS!!!

USE: of KARMA-clearing:

- Imagine A VAST DIAMOND CRYSTAL!
- “Go inside”!
- DWELL in this healing energy,

- ... and SEE,"FEEL" ... IMAGINE {Your Power, is Your IMAGINATION} the Healing, Cleansing process and Protection of Your Diamond Angels!
- DO NOTHING, ONLY, .. Just surrender to the Great Power, SOURCE!!! ... BLESSED BE!!!
- THEN!!! When the DIAMONT "rotates", ... begins the "healing process" and when the "appropriate healing time is "complete", IT will "end" from alone!!!
- REPEAT THE HEALING PROCESSES, as often needed!!! **YES!!! IT works WONDERS! THANK YOU! BLESSED BE!**

*Make USE, whenever & on whatever you can AS
LIGHTWORKER/ LIGHTWORKERS! THANK YOU*

SYMBOLS:

- 1.**SYMBOL:** *PLEASE, first simple visualize, as like your fantasy "plays" a DIAMOND ANGEL! { IF, the color changes, embrace the color which you receive, because every color has it's healing vibrations and energies and IS what you need for your healing}



“DIAMOND ANGELS”!!! , ASK FOR THEIR HELP & HEALING!!!

2. SYMBOL: a *DIAMOND Crystal* !



Using the symbols

When working on someone else or yourself, you can use the symbols by visualization or intent or by actually visualizing them on your hands and placing your hands on the recipients shoulder, or the healing area where it's most needed! REIKI energy is so "intelligent", she flows where the healing takes place!! Therefore, PLEASE "stop thinking", let simple the energy "flows".

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Prepare by asking for help from your guides etc, and from the **DIAMOND ANGELS**.

Then use the appropriate symbol , to help you send healing or to balance and cleanse etc. **Either hands on or distantly.**

Activation:

- ✚ 3 times the Mantra: “**DIAMOND ANGELS**”
- ✚ “**DIAMOND ANGELS**” is the trigger word that will activate the energies. {Think it, say aloud or silent 3 times}
- ✚ *When the time is ripe for You, You’ll “SEE”, that the Diamond or the Diamond Angel, begins to rotate.*
- ✚ **DWELL** in this rotation and their healing “DIAMOND ANGELS”-energy.
- ✚ Approximately, the healing energy is for the first 10-20 minutes very intense.
- ✚ **The Healing Key** is your IMAGINATION !!!

NEVER FORGET!!!

To “activate” and begin or end a healing session ! **WITH:**

-At first, begin always with GASSHO {prayer position of hands on your heart chakra}, **PLEASE, ASK** ... {your guides, helpers, higher connections, the Source, etc}!!!..**Archangel METATRON** to assist in the healing process.

-...after the healing session, personal or for others, or whatever the case , say a GRATEFUL “**THANK YOU**” ... {close with GASSHO}

ANGELS, are Your Helpers, co-workers, but NEVER your “servants” !!!

Now when healing at a distance say:

❖ **"I AM NOW HEALING (person's name) WITH “DIAMOND ANGELS REIKI” !!! SO MOTE IT BE !!! THANK YOU!!!**

The energy will begin flowing out of your hands, intension, imagination. The healing is complete when you feel the energy “stop”. Then there is an imagery. This imagery is important. This imagery is important. **I'll say it again, this imagery is important.**

Imagine that you see the person within the aura of the **DIAMOND ANGELS** energy. Imagine that this energy is healing their mind, body, and soul. Know

that this is what IS happening and know that this is what happened to you when I attuned you to this system.

- Once this visualization is achieved, the energy shall flow until it is stopped. *Understand that YOU ARE SENDING MORE THAN JUST YOUR ENERGY. The visualization was an evocation of the GOD FORCE ENERGY, REIKI and the DIAMOND ANGELS !!*

ATTUNEMENT

Prepare the room in which you will be receiving the Attunement by dimming the lights or you can have candles burning (please take care when using candles and have them in appropriate holders).

You can play soft relaxing music (no Vocals) this can help in the relaxation process. If you wish, you can hold in your hand one of your favorite crystals.

❖ HOW TO RECEIVE:

To receive the [Diamond Angels Reiki attunement](#), first get in a comfortable position: upright in a chair with your feet on the ground and hands in prayer position in front of your Heart Chakra, or in yoga pose or you can also lay down on the bed if this is more comfortable for you and close your eyes. Visualize through your crown chakra that you are ready to receive this attunement. *You can also ask your guides and Archangel Metatron to assist in the attunement process.*

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Take 3 long deep breathes, then simple state:

- ❖ "I am now ready to receive the “Diamond Angels Reiki” attunement that is waiting for me in the Universal Energies, prepared & sent from Sofia Fragou. Thank you. SO MOTE IT BE.”

This will activate the attunement and this will then start to bring this into your energy fields through your crown chakra. The “Diamond Angels” Reiki, attunement takes ca 20-30 minutes to complete. All you need is to relax and enjoy the Attunement!

- ✚ I've set the intention that all who ask to receive attunements from me receive them perfectly and instantly the moment they call them in regardless if the attunement is prepared in the past, present or future and regardless of who the recipient is, regardless of their location or their time zone.
- ✚ I also set the intention that the “Diamond Angels Reiki” Attunement can be received as many times as each recipient wishes to “ask” for it.
- ✚ Please remember to drink water, ground yourself and rest following the attunement.

Once you have been attuned to this new energy format, make sure to work with this to see how this new energy "feels" within your energy fields.

USE: To activate the energy format, simply use your intention to do this by stating "DIAMOND ANGELS {REIKI} On" and the reverse to turn this off "DIAMOND ANGELS {REIKI} Off".

You can simply have this run through your energy fields or you can use this through your palm chakras well if you are using this for a healing format for a specific issue. You can also ask your guides and Archangel Metatron to assist in the healing process.

❖ HOW TO PASS:

ONLY a MASTER can give and “pass on” the attunement to others, with the MASTER-Symbol - connection of any Energy HEALING System, because ALL ENERGIES ARE BLESSED & PROTECTED FROM THE SAME “SOURCE”!!! ... THERE IN “ONLY ONE ENERGY!!! GOD’S LOVE!!!

- **FOR MASTERS of every system:** It is very simple to pass on the Diamond Angels Reiki attunement. CONNECTION with the MASTER Symbol, connection with the “DIAMOND ANGELS”...
- ...ask your Higher Self for the attunements I & II., as **ONE!!**
- You can only do this if You are attuned in this Healing System!!!
- You can attune several people at the same time.
- **LET TIME PASS BY**, before you give this attunement!!!....BECOME “ONE” with THIS ENERGY!!!

Example of the attunement:

- ✚ Take a position that makes you comfort and relaxed, but always keep straight your spinal column, ... but I'll suggest you to sit on a meditation pose. Close your eyes, deep and slow breath.
- ✚ HANDS ON {real time} or DINSTANT ATTUNEMENT!!! { personally, I LOVE and prefer CHI-BALL attunements}
- ATTUNEMENT: Draw the MASTER-Symbol and CKR on the head of the Initiated person, 7th Chakra.
- ✚ put your hands on his/her shoulders{say mentally}

Say mentally: “Diamond Angels Reiki sent to ... { mention your student’s name or names}. THANK YOU!!! SO MOTE IT BE !!!

Let the “energy flow”,..... as long you feel it !!

Imagine: The DIAMOND ANGELS REIKI, flows through the Aura, Body and Chakras, going through the center of Mother Earth and the Energy flows upward through the whole Body, Heart, and “flows” out of the hands. PRAY and give BLESSINGS to the person/persons!

❖ CLOSE with MASTER symbol, CKR and RAKU

❖ Do a short meditation approximately 5 minutes.

NOTE: You can use any various attunement methods to pass this attunement to others. ONLY FOR MASTERS WITH THE MASTER-SYMBOL!!!

**FOR “EVERYONE”, INAUGURATED { ATTUNED }
IN “DIAMOND ANGELS REIKI” ! :**

- ❖ **EVERYTHING** You hold in your hands with pure heart , simple think, imagine the energy as golden white light through your hands, “penetrates” the object.
- ❖ **Attuning objects:** Crystals, water, trees and other objects can be “opened” and attuned to the DIAMOND ANGELS REIKI, and ... it only needs “attuning” once.

Example of attunement:

(to your higher self)

“I ask that this (object) may be attuned as a *DIAMOND ANGELS “channel”* .

After approximately 30 seconds the process is complete.

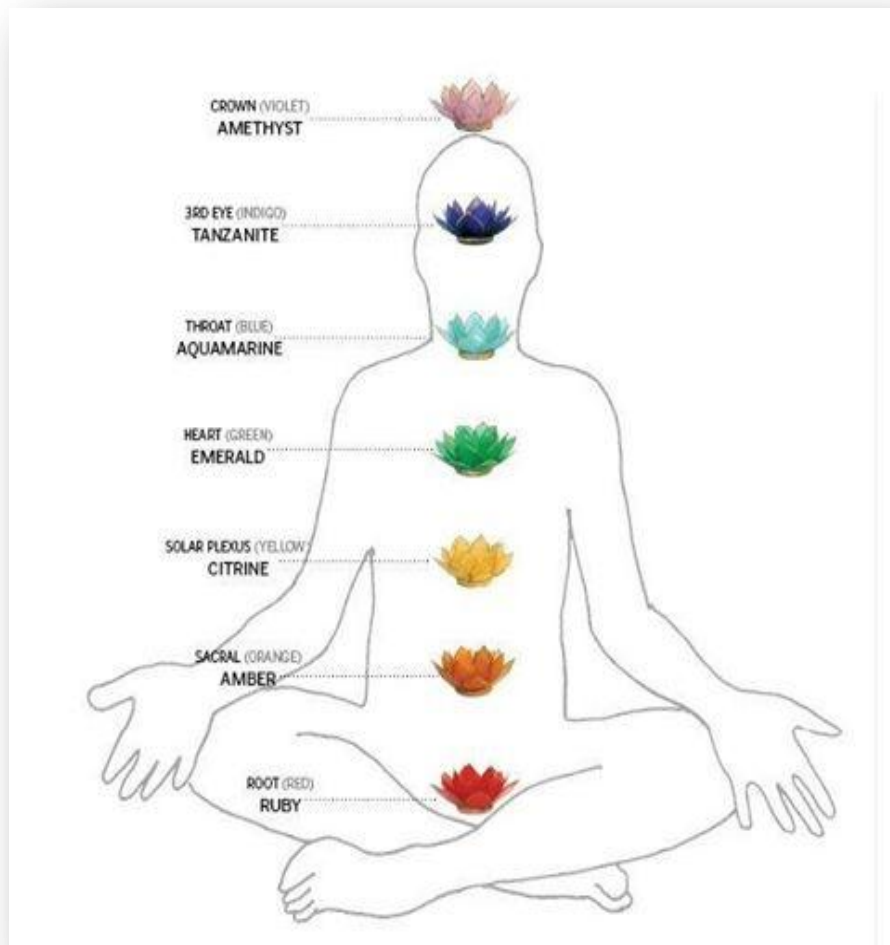
○ **YOU ARE A LIGHT PILLAR! ... AN “INSTRUMENT” OF GOD!
BLESSED BE! NAMASTE’**

THE 21 DAYS SELF-HEALING

*As a REIKI healing system, the **DIAMOND ANGELS REIKI**, {after receiving your self-attunement}, you must perform the traditional “21-days self-treatment.” The body-clearing process increase, “rise” enormous! Every chakra needs 3 days to clear,{ 7 chakras ,three times of 3 days= 21 days} integrate and balance the new vibrational energies , and release the old energy-blockades & frequencies.

✚ Drink plenty of water, be disciplined with your **daily Self-Treatment**, eat simple natural foods, relax more! ENJOY the New You!

❖ **Meditate with the imagined symbols.**



*Take a pleasant position for You! If it's: lay down, or the yoga-pose, or whatever you prefer, put your hands-on, or imagine, beginning from the root chakra {first chakra}, between 1-3 minutes. Follow sequentially, with each chakra, until the third eye chakra { 6th.chakra}!

On the crown chakra {7th chakra}, visualize, please, how the energy surrounds your whole body and flows through, forming a huge "shining Diamond"!!! ... Dwell, in this energy!!! SEE yourself protected and surrounded with "rainbow-diamond colors"!!! **FEEL SAFE & PROTECTED !!!**



I FEEL VERY BLESSED for this HONORABLE channeled DIVINE GIFT!
I FEEL VERY BLESSED, TO “SHARE “ **THE DIAMOND ANGELS”**
REIKI with YOU!
BE ETERNALLY BLESSED!
~ Σ Ο Φ Ι Α ~

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Additional Information

I am offering these new forms to the world to be able to share with those who have an interest in learning, as well as those who have a hard time, working on channeling, or are not as far along in their own spiritual pathway but wish to grow and learn. Please respect this healing system as it has been channeled in to use and treat it with dignity in which it is presented to the world.

There are no pre-requisite for the attunement into this system, but of course basic knowledge of energy work is beneficial, of course.

- The DIAMONT ANGELS Reiki-System should remain in the “appropriate price category”!

- All rights reserved by Sophia Fragou. This includes translations into other

languages, all names, symbols, text and attunement process.



I hope you have all enjoyed the new healing that is being provided with this form and remember to share this with everyone around the planet so we can all enjoy the healing possibilities and raise the vibration level together. If you have any questions, comments, feedback, etc. please feel free to contact me directly at my website or email shown below.

- 🌈 “Receive” & “Pass on”, THIS HEALING SYSTEM, with Respect!
- 🌈 IT IS protected from “Above & Below”! GOD’s Protection!
- 🌈 USE IT “WISE”!
- 🌈 USE & “SHARE” FOR THE HIGHEST GOOD OF ALL !

BLESSED BE! SOPHIA FRAGOU
NAMASTE’

AS ABOVE, SO BELOW! AS INSIDE, SO OUTSIDE!
~ Σ Ο Φ Ι Α ~

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I do not diagnose conditions, prescribe medication or interfere with a doctor's treatment.

If you are currently taking medication prescribed by your doctor, do not stop taking it without his/her's advice.

If you have any concerns regarding your medical condition please speak with your doctor first.

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I do not accept responsibility if you choose to treat yourself using any information from my website or training manuals.

I accept no responsibility for any loss or damages caused as a direct or indirect result of the use or misuse of any information contained on this website or through attunements.

- Attunements will only be given to persons aged over 18 years.

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**Sophia Fragou:** REIKI GMT, RMT, Certified Metaphysical Practitioner {WMA}, Spiritual Metaphysical Teacher, ATLANTIAN GMT, LEMURIAN SEED CRYSTAL GMT, passionate with DRAGONITES {DRAGON & Shamanic Reiki Systems}, Sacred Circle Facilitator, Crystal MT, Numerologist, Certified NLP-Practitioner & Life Coaching {AUNLP} and Master Teacher in a diversity of multiple alternative modalities...

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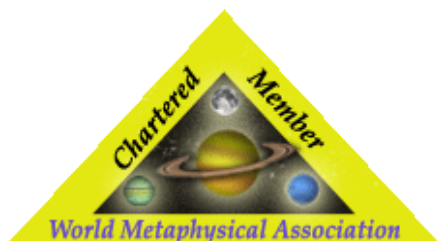
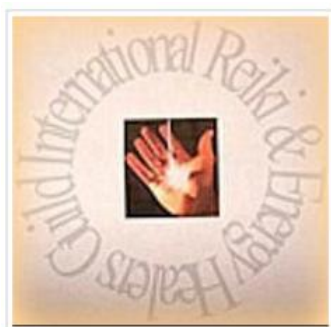
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