

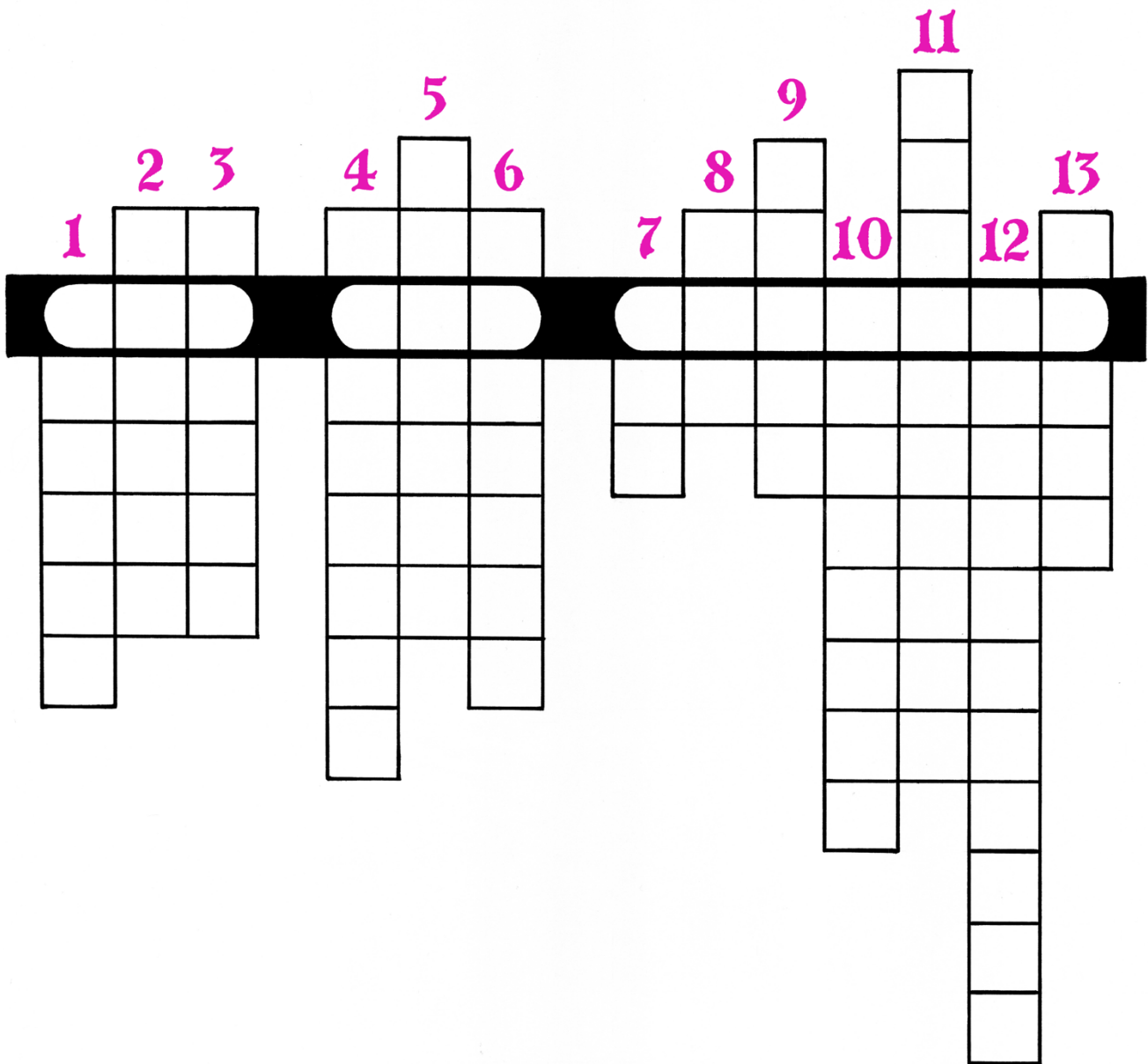
Queen Troll's Enlightenment Activity Pack!

Please note: In order to complete this activity pack properly you will need to print this out single sided.

Queen Troll:
Saffron Eziashi-Dobie
www.queentroll.com
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Test Your Spiritual Knowledge!

Use the hints on the next page to fill in the grid below.
If you get all 13 answers correct, you will reveal the secret message!



Hints:

1. A Hebrew word for God meaning “I am” or “He that is”.
2. The shape of a magnetic field.
3. Run your crystals underwater to cleanse and _____ them.
4. A form of sacred geometry, showing both energy centres and pathways.
5. Once finished with the cycles of birth and death, one enters _____.
6. One of the three lost cities, along with Atlantis and Mu.
7. The proper name for the number that is the golden ratio.
8. The Earth’s energy lines are also known as _____ lines.
9. Your dharma turns into your _____.
10. A chemical known to calcify the pineal gland.
11. The study of numbers and their spiritual meaning.
12. Another word for psychic.
13. Brahman is God’s great consciousness and _____ is our small one.

Find the answers on the final page of this pack!

Build Your Own 4D Map of The Universe!

As well as being beautiful and fun moving kaleidoscopes,
I have created these three origami flexagon designs to help you better
understand sacred geometry, which is the backbone structure
to our and all reality.

There are three distinctly different representations of sacred geometry
and I have created three different versions of this 4D map accordingly.
Although there are different representations, all sacred geometry is truly
the same one single geometric structure.

On the following pages you will find the three designs each accompanied by a
little food for thought on how to use these models to understand how the
sacred geometry forms work in higher dimensions, how they are linked to
each other and how each one links back around into itself.

Be aware that most designs have a specific front and back side.

But first...

How to build the flexagons from flat to 4D:

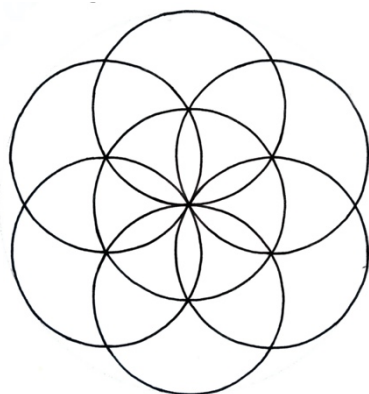
1. Cut along the inside of the black border.
2. Fold in half lengthways and unfold again leaving a crease.
3. Starting with the paper upside down fold both outer edges in to meet at this crease. This should leave you with the grey grid facing upward and the patten on the back.
4. First fold and unfold along all the purple straight lines, leaving a crease at each one. Next fold and unfold along all the blue diagonal lines, followed by all green ones.

NOW YOU'RE READY TO TURN IT FROM FLAT TO 4D!

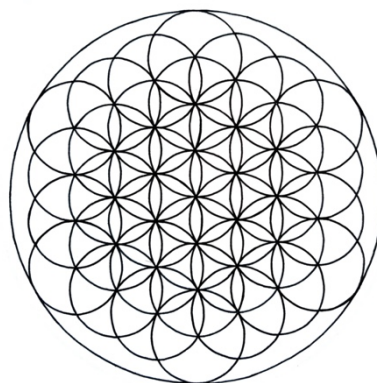
5. You will notice on the pattern side one third is plain (with title). Insert this section all the way inside of the other end forming an open triangle.
6. Push in the three outermost segments around each edge (long shallow triangles).
7. Push in the next three outermost segments in pairs so they all meet in the centre (larger diamond shaped segments).
8. Your 4D map is now complete and you just need to give it a few turns to get it moving properly and smoothly. Rotate a couple of times each way by pushing and pulling on the outer edge (and pushing in the centre if necessary).

P.s If you really struggle with this
you can simply youtube origami flexagon!

The Flower



The Seed of Life



The Flower of Life

Beginner:

The above images are the classic 2-dimensional representations of the flower and the seed of life. The seed of life isolates the core of the sacred geometry structure, having only it's beginning 7 circles depicted. The seed of life pattern can be extended outward infinitely in all directions and once extended becomes the flower. With this 4-dimensional version we can begin to understand how the true form of this sacred geometry structure not only continues infinitely outward, but also continues infinitely by wrapping back around into itself. Much like a mobius strip it continues seamlessly on and on with inside and outside connected as one.

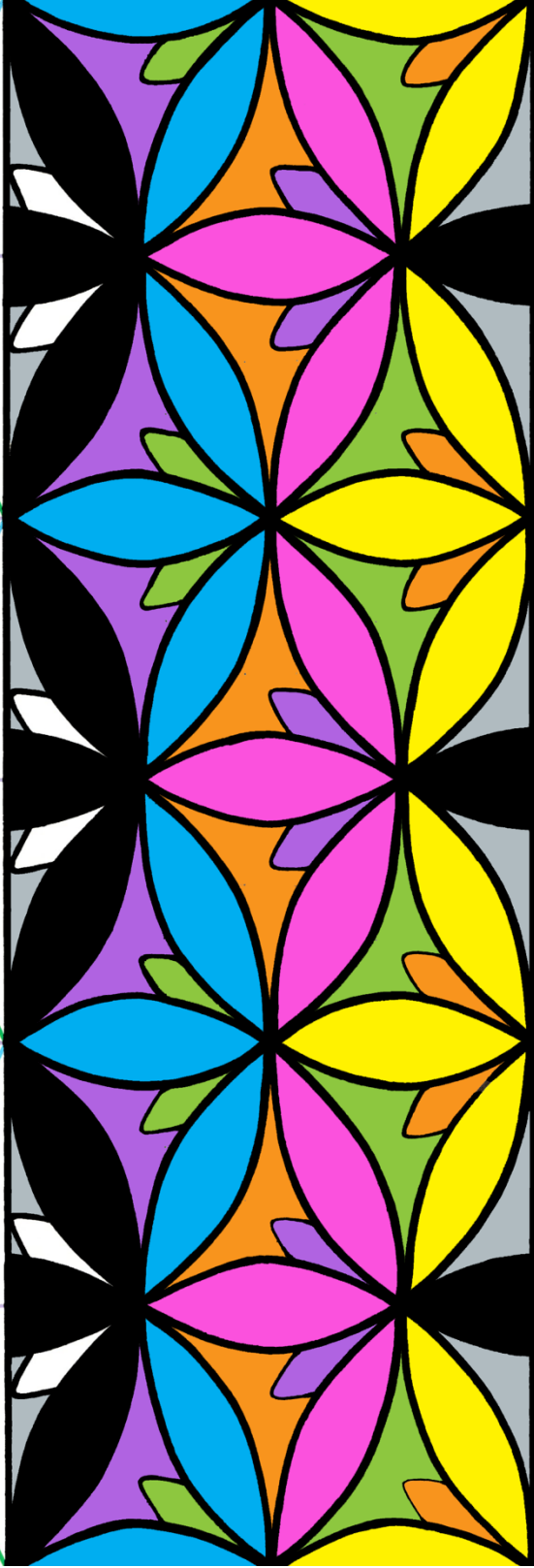
Intermediate:

Looking at the 4D Flower of Life from both its front and back sides we get to see something special from the smaller secondary petals. Looking from the front sides these smaller petals emanate from the centre of the form. Conversely after one single rotation we can see this same face on the back side. From this new point of view these smaller petals are now emanating from the outside of the form. I believe this to be an important shift akin to moving over an equator and immediately experiencing a shift in magnetic orientation; the change from magnetic field lines pointing in one direction to the opposite.

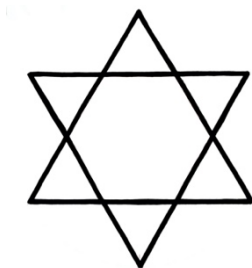
*Build Your Own 4D
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The Flower

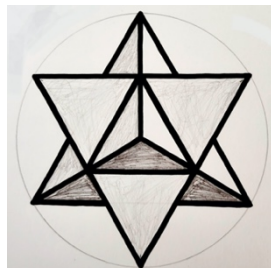
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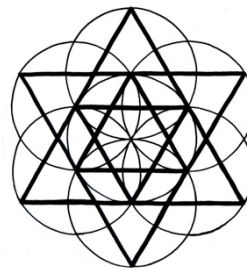
The Star



Star of David



The Merkabah



The Star & Flower

Beginner:

The 2-dimensional Star of David and its 3-dimensional companion of the Merkabah are another piece of sacred geometry. They are a new depiction of the same form whereby the points are simply connected with straight lines rather than the curves of the original circles. From turning this 4-dimensional version of The Star we can see how the geometry connects and repeats infinitely just the same as the flower.

Intermediate:

In studying Kabbalah it is often said that Keter (the highest/crown energy centre) is in Malkuth (the lowest/base energy centre) and Malkuth is in Keter. This principle can be clearly seen by looking at the flat pattern for this map of The Star versus its final 4-dimensional form. As a flat pattern while most of the black and white star is at the top of the page, three of the points are at the bottom, yet folded into its true form they are one and the same, together in the same place.

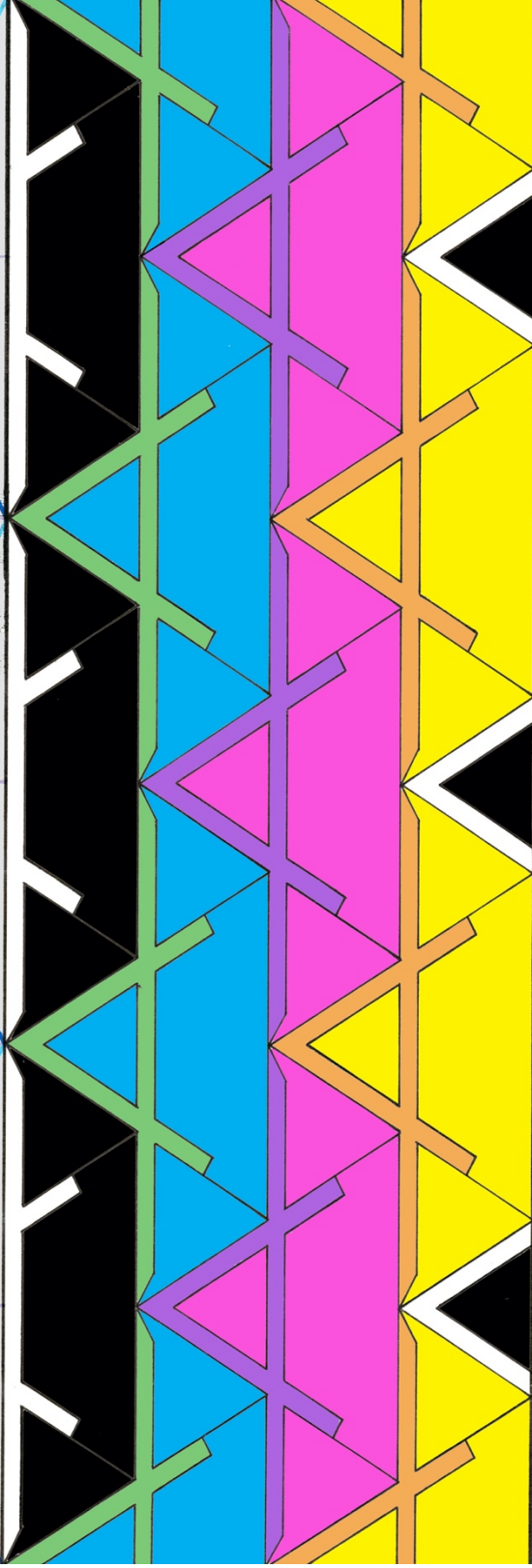
*Advanced: *you may want to view images for next map*

From this map version, we can also gain an understanding of colour theory along with an understanding of the different levels of the energy centres. The Kabbalah sees 11 sephiroth or energy centres which are mapped out on four worlds. In this 4D map the four different colour stars represent the four worlds. The centres of the stars represent the sephiroth on the central pillar and make up the three primary colours of blue, red(pink) and yellow, plus both black and white. The remaining sephiroth that lie on the outer two pillars occur midway between one world and another, where two worlds meet and overlap creating the secondary colours of green, orange and purple.

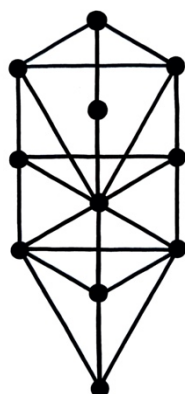
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The Star

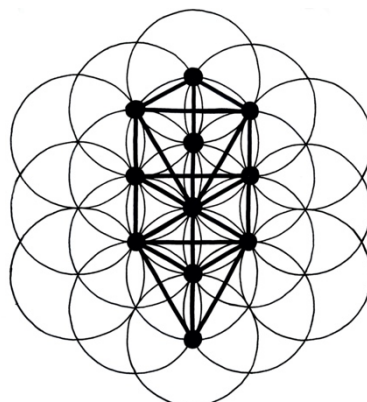
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The Pathways



Kabbalah



The Tree and The Flower

Intermediate:

This version of the map emphasises the pathways of the Kabbalah (the tree of life) which mirror the straight lines that make up the Merkabah and Star of David. While the other two variations have a set front and back, this 4-dimensional map of the pathways conversely does not. Instead, the front and back are exactly the same and the pattern works from either direction. I can only imagine the true form of the sacred geometry structure - in however many dimensions there turns out to be - must indeed work in this same way, with perfect symmetry and balance from all sides, seamless in all directions.

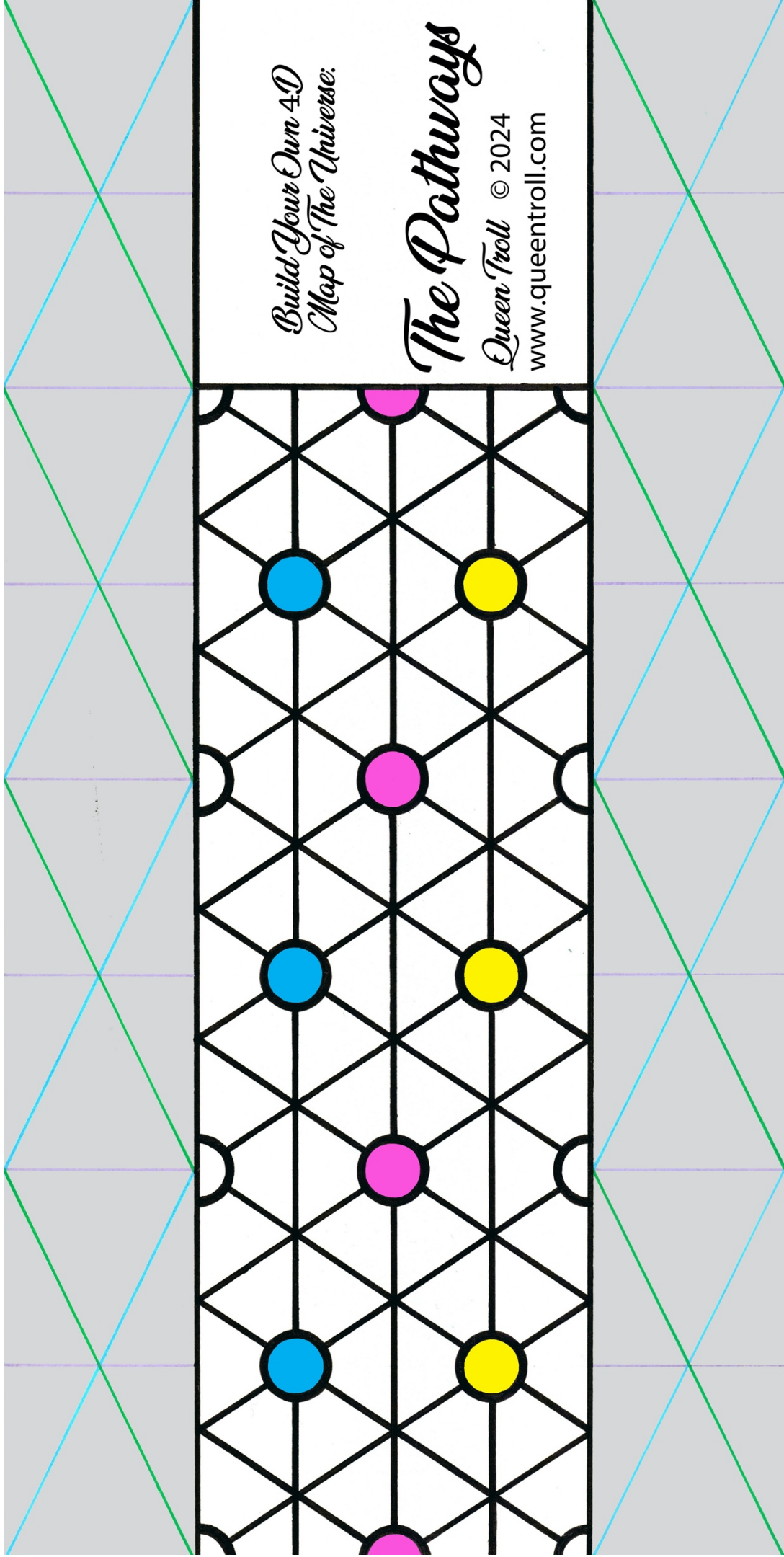
Advanced:

The sephiroth of Daath which corresponds to the third eye chakra is nicknamed 'the invisible sephiroth'. In Kabbalah imagery Daath is not depicted with the same system of pathways running through it as the others and sometimes is not given any mark at all. Taking The Pathways flexagon map and using your hands to cover up two thirds of the form leaves an entire Kabbalah within the remaining diamond. If we do this with the black and white energy point in the centre, we can begin to understand the true position of this mystical sephiroth of Daath. Here the black and white point in the centre represents both Keter (crown) and Malkuth (base). The pink point below represents Tiferet (heart) and the yellow below that represents Yesod (sacral). Daath which is the third eye is represented by the blue point which instead appears on the outer edges. This positioning means that Daath lies along a line running through the centre of the form, a pathway which is consequently hidden from an outside view.

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Map of The Universe.*

The Pathways

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Clarity Questions!

11 questions for finding and asserting your life's purpose!

Answer these prompts however you like but being as honest as you can. They will help you to better know yourself and get you ready to boldly assert your purpose as you complete this enlightenment journey.

1. Three things I like to do are...

- _____
- _____
- _____

2. Three things I am good at are...

- _____
- _____
- _____

3. If asked for advice, I tend to be most helpful with...

- a. Practical issues.
- b. Emotional issues.
- c. Moral issues.

4. I most enjoy tasks that are...

- a. Creative.
- b. Intellectual.
- c. Physically active.
- d. Social.

5. One moment when I felt completely fulfilled and proud of myself was...

6. One moment when I felt completely at peace with no anxieties was...

7. My biggest personal accomplishment so far in life was...

It made me feel...

8. People have hurt me most in life by...

9. People have helped me most in life by...

10. One time I really helped someone was...

11. The biggest problem I see in the world today is...

Your purpose lies wherever your passion does.

Hopefully answering these 11 questions has helped you to understand more clearly who you are and what you really care about. You can be as vague or as specific as you feel to, but now it's time to turn to the final activity page and complete this journey by asserting your purpose...

My Purpose:

My purpose in life is about using

to help

leading to

I promise that every day I will remind myself of this
and every day I will try to fulfil this purpose
to the best of my ability.

I know that the more I do this,
the more I will be rewarded by the universe
and the more light I will bring into the world.

Signed: _____

Test Your Spiritual Knowledge – The Answers!

1. Yahweh
2. Toroid
3. Purify
4. Kabbalah / Qabbalah
5. Nirvana
6. Lemuria
7. Phi
8. Ley
9. Karma
10. Fluoride
11. Numerology
12. Clairvoyant
13. Atman

A message from Queen Troll:

Thank you so much for completing my
Enlightenment Activity Pack! ☺
I hope in a small way it has helped you on your glorious journey.

If you did enjoy this pack please consider reading my most important work,
The Troll Principle: Part One – Consciousness & Creation.

Head to 'Discover A New Perspective'
and you can download this paper free from my website:

www.queentroll.com

Want more help on your spiritual quest?
And at the same time to help me on my quest
to continue creating free spiritual resources?

Head to
www.queentroll.com/ascension-trolls
to shop for my unique hand-made spiritual ascension tools!