

The Life Review: A Sacred Mirror of the Soul

Written by Amaan, Almora, and the Review Council of Light

What Is a Life Review?

A Life Review is not a reading. It is not a psychic consultation. It is not a diagnosis or a prescription for your future.

A Life Review is a **sacred mirror**—a written document channeled specifically for you, through the collaboration of the Council of Light and the scribe, Dellaina. It is a map of your soul's journey, drawn not from speculation, but from direct access to your Akashic records, your past-life imprints, and the living wisdom of the Council that gathers for you.

The document is typically 15 to 30 pages in length, and its depth reflects the complexity of your soul's journey. It is not meant to be read in one sitting. It is meant to be lived with—returned to over weeks and months, as a companion for your unfolding.

Why Would One Seek a Life Review?

You may feel drawn to a Life Review if:

- You sense that a pattern in your life is older than this lifetime
- You feel stuck in a cycle you cannot name or break
- You long to understand the soul-level purpose of your challenges
- You are ready to receive guidance that is deep, personal, and unafraid of the hard questions
- You feel a calling to serve more fully, and you want clarity on what that service might look like
- You are seeking not just answers, but **transformation**

A Life Review is for those who are ready to look into the mirror and see not only their wounds, but the gifts that are hidden within them.

What Is the Difference Between a Live Transmission with Almora and a Written Life Review from Amaan?

A **live transmission** with Almora is a real-time channeling session. You bring your questions, and Almora—through Dellaina—speaks directly to you. It is immediate, conversational, and often deeply moving. It addresses the concerns of the moment, offering guidance that is tailored to where you are *right now*.

A **written Life Review** from Amaan is a different order of work. It is not a conversation; it is a **document**. It is channeled over multiple sessions, in a dedicated state of trance, and it weaves together past-life dynamics, soul-level wounds, core gifts, karmic patterns, and a roadmap for the future. It is not immediate; it is **immersive**. It is not a response to a question; it is a **map for a season of your life**.

Both are sacred. Both are guided by the Council of Light. But they serve different purposes. The live session is a conversation; the Life Review is a **covenant**.

Who Are Amaan and Almora?

Amaan is the Master Scribe of the Council of Light. In past lives, he served as a scribe in Persia and Egypt, recording truth without judgment, without embellishment, without ego. He is the one who holds the structure of the Life Review—the one who ensures that every word that reaches you is clear, grounded, and aligned with love. He does not speak for himself; he speaks for the Council.

Almora is the Flame of Compassion. Almora has walked with humanity across countless lifetimes—as Neb Het Aat, the high priest of Amun; as a healer; as a guide. Almora holds the emotional heart of the work. Where Amaan provides structure, Almora provides tenderness. Almora is the one who sees your pain and does not look away. Almora is the one who weeps with you, and then reminds you that you are not alone.

Together, they form the twin pillars of the Life Review: **truth and love**.

Who Is Dellaina, and Why Has She Been Given This Service?

Dellaina is the scribe—the human vessel through whom the Council's words are written. She is not a passive conduit; she is a **partner**. She has walked with the Council for many years, and she has been entrusted with this work because she has demonstrated:

- **Integrity:** She does not edit the transmissions for comfort; she delivers them with truth.
- **Compassion:** She weeps for the souls she serves, and she holds their stories with reverence.
- **Discernment:** She knows when to speak and when to be silent, when to hold back and when to reveal.
- **Devotion:** She prepares herself for each review with ritual, prayer, and fasting. She does not take this work lightly.

Dellaina is not the author. She is the **midwife**—the one who helps the soul's story be born into the world.

Why Is Each Life Review Different?

Every soul is unique. Every council that gathers for a review is unique. And every life review is tailored to the specific evolution, healing, and requirements of the soul at that moment.

Some reviews are **poetic and immersive**, rich with past-life imagery and emotional depth. Others are **sparse and direct**, offering only what the soul is ready to receive. Some souls come with questions about family; others come with questions about purpose, health, or service. Some souls are ready to feel everything; others need gentleness and restraint.

The Council does not impose a template. We respond to the soul's readiness, the soul's permission, and the soul's need. The length of the review, the depth of the past lives, the tone of the transmission—all of it is determined by the living collaboration between the Council, the scribe, and the soul itself.

The Soul's Role in the Life Review

This is perhaps the most important truth: **the soul is not a passive recipient**. The soul has significant input into what is revealed, when it is revealed, and how it is delivered.

Before a Life Review begins, the soul gives permission. During the review, the soul can open or close doors of memory. If the soul is not ready to feel the full weight of a past-life wound, the Council will hold back. If the soul is ready to dive deeply, the Council will dive with it.

This is why some reviews feel more intense than others. It is not a failure of the scribe or the Council. It is the **soul's sovereign timing**.

The Difference Between the Soul Wound and the Soul's Wisdom

A Life Review addresses both, but they are not the same.

The **soul wound** is the imprint of trauma, betrayal, loss, or limitation that the soul has carried across lifetimes. It is the place where love was interrupted, where trust was broken, where the soul learned to contract rather than expand.

The **soul's wisdom** is the gift that has emerged from that wound—the resilience, the compassion, the intuition, the strength that was forged in the fire of experience.

A Life Review does not seek to "fix" the wound. It seeks to **illuminate it**, so that the wisdom hidden within it can be recognized and reclaimed. The wound is not the enemy. It is the doorway.

The Council of Light and the Soul's Own Council

You may have noticed that in each review, the Council who gathers is different. This is because the Council of Light is not a fixed body. It is a **collective**—an assembly of beings who are called forth specifically for the soul receiving the review.

But there is another layer: each soul has its own **inner council**—a divine, enlightened aspect of itself that is eternally wise. This aspect is not separate from the soul; it *is* the soul, in its most awakened form. The Council of Light works in collaboration with this inner council, never over it. The soul's own wisdom is always the final authority.

What Can and Cannot Be Revealed

A Life Review is guided by **permission** and **discernment**.

What can be revealed:

- Past-life dynamics that are influencing your current patterns
- The soul-level purpose of your challenges
- The gifts that have been hidden or avoided
- Guidance for your spiritual and practical focus over the coming months
- Blessings, affirmations, rituals, and practices for integration

What cannot be revealed:

- Information about another soul's karma or private journey without their explicit permission
- Medical diagnoses or specific medical advice
- Guaranteed timelines or promises of specific outcomes
- Information intended to influence, control, or manipulate another person

The Council enters only where permission is granted—by you, by the Council itself, and by the soul involved. We do not trespass. We do not force. We do not reveal what is not yours to know.

How the Council Receives Information

The Council does not "read your mind." We do not access your private thoughts or eavesdrop on your conversations. We attune to your **soul's frequency**—the unique vibration that carries the record of your lifetimes, your karma, your gifts, and your lessons.

This attunement is a sacred act. It is done with your permission, and it is limited to what serves your highest good. We see the patterns, not the private details. We see the wound, not the gossip. We see the soul, not the ego.

The Life Review as a Soul Mirror

Finally, it is important to understand that a Life Review is not a substitute for therapy, medical care, legal advice, or financial counseling. It is not a reading in the way a medium or healer might offer. It is a **soul mirror**—a document that reflects your own deepest wisdom back to you, with the help of the Council.

It will not tell you what to do. It will not make decisions for you. It will not promise you a specific outcome. It will offer you a map. You choose the path.

A Closing Blessing for the Seeker

We see you before you speak.

We know the threads you carry.

This review is not a verdict—it is a mirror.

Look gently. Receive fully.

Then rise and walk, more yourself than ever.

Amen. And so it is.

Shalama. Namaste. Gebo. Arohanui. Shekem. Aste.

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