

Sonia Bos



THE AQUARIAN MYSTICISM

Catalogue of Sonia's books, syllabuses, readers,
universal meditations and cards

Edition 2010



Publishing House De Gouden Kroon

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**All Sonia's work in this catalogue is only available in Dutch, unless mentioned otherwise.
The prices mentioned are exclusive forwarding (mailing, shipping) charges.**

Disclaimer

The author, the Sofia Foundation and Publishing House *De Gouden Kroon* do not dispense medical advice or prescribe any technique as a form of treatment for physical or emotional problems and therefore assume no responsibility for your actions. The intent of all material in this catalogue is to provide general information to help your quest for emotional and spiritual growth. We encourage you to seek professional assistance for all areas of healing.

Sonia's work

Sonia was a mystic. In 1982 she was called to assist in the establishment of the Aquarian blueprint. From 1982 until her transition (death) in 2009 she worked on different aspects of the Aquarian blueprint, from describing the blueprint as it was being built up in the realms, to grounding the blueprint in the material world.

Sonia's work can be divided into three main phases:

1. Designing the Aquarian blueprint (1985-1992)

From 1985 to 1992 Sonia was called upon to help establish the Aquarian blueprint in the realms. In the *Chronicle of Time*, consisting of the twenty-four courses she received during these years, Sonia gives an eyewitness account of this process. Receiving these courses strengthened her inner mystical connection, and helped her learn how to channel information from the Akasha of Life. This is how Sonia became a mystic.

2. Ratification of the Aquarian blueprint, Phase 1 (1994-2000)

From 1994 to 2000, Sonia helped with the first phase of the ratification of the Aquarian blueprint. During this period, the heart center (heart chakra) of Creation opened to all aspects of life. This made it possible to establish and confirm the basic laws of Universal Love in the blueprint. Sonia assisted in this ratification process during her seminars and lectures. By doing so, a foundation of Universal Love for life was created; at the same time this new foundation was being created, it was being described by the mystical information she was receiving and recording. In this way, Sonia was given the opportunity to document the universal teachings for all mankind: the basic mysticism of the Aquarian Age.

3. Ratification of the Aquarian blueprint, Phase 2 (2004-2011)

In 2004 Sonia was called upon to facilitate the second phase of the ratification of the Aquarian blueprint. In addition to the heart center, Creation's throat center (throat chakra) was opened and its basic laws recorded in the blueprint to support life in the Aquarian Age. The Aquarian blueprint would be grafted onto Love and Unity.

The laws of Universal Love were ratified in Phase 1, and then the laws of Unity were added. Sonia facilitated this second phase of the ratification of the Aquarian blueprint during her seminars and lectures from 2004 until 2008. At the same time, she received and channeled further mystical information, helping to widen the new foundation of life and to spread Aquarian mysticism.

In addition to facilitating the ratification of the Aquarian blueprint and recording Aquarian mysticism, Sonia has also written a large number of articles and books. Her work is being published by the Sofia Foundation, which takes care of the translation, editing and distribution of her inspired universal information. The Sofia Foundation owns a publishing house for this purpose, called *De Gouden Kroon* (*The Golden Crown*, see *Contact Details* in this catalogue).

Sonia's books:



The Wheel of Reincarnation

This is a highly innovative book about the Wheel of Reincarnation. It shows how, with the advent of the Aquarian Era, the mechanism of incarnation has been renewed and which consequences this has for humanity. It describes life from conception, during pregnancy, the various life stages, dying and the transition to residence in the realms. In addition, it pays attention to the spiritual initiations of the human being during his life on Earth.

Sonia. ISBN: 978-90-75343-19-9, 312 pages.
Code: GK 13 / Price: € 16.95 (Dutch)



Man in the Aquarian Age

(Also available in English, Spanish and Portuguese)

In this book you can acquaint yourself with man's process of awareness growth in the Aquarian Age. Besides the traditional methods, it shows you how you can transform your karma directly, using your spiritual creative powers as released in the Aquarian Age. You can learn how to deal with your own suffering as well as that of your fellow human being. Apart from the process of transformation of suffering, this book also describes the new universal tasks of man, with which he himself can contribute to a positive course of evolution.

Sonia. ISBN: 978-90-75343-21-2, 168 pages.
Code: GK 15 / Price: € 12.95 (English)
Spanish and Portuguese versions available in digital format: www.soniabos.com



The Thirteen Chakras of the Cosmic Human

(Also available in Spanish and German)

The existing chakra literature is based on the Pisces Era human with seven chakras. The Aquarian human, however, has thirteen chakras. This book introduces the thirteen-fold chakra teachings for the Aquarian Age. This is applicable to your personal, physical and mental health, but, by using your chakras, also to the health of all other life forms in Creation, for instance Earth.

Sonia. ISBN: 978-90-75343-16-8, 96 pages.
Code: GK 08 / Price: € 10.50 (Dutch)
In English and Portuguese to be published in the near future
Spanish and German versions available in digital format: www.soniabos.com



The Winter that was not to be

Sonia's father, who became demented and physically totally degenerated as a result of Alzheimer's disease, requested for euthanasia in the spring of 2002. As this request was not approved, Sonia started to write about what he had to endure during the two years that he still lived, and what this brought to the people around him. Because he was hospitalized in these last two years, this book gives a good picture of life in a nursing home full of demented people and of the problems which nursing homes are facing. A book permeated by warm humanity.

Sonia. ISBN: 978-90-75343-30-4, 352 pages.
Code: GK 17 / Price: € 11.95



Puberty, an almost impossible Task

During the Era of Pisces the issues of the adolescent were viewed from the personality. To come to terms with his identity and his life mission was the point of focus at that time. In this book puberty is highlighted from the wider Aquarian concept of man. The mission in life is related to the soul assignment and the karmic assignment. In this way, the issues of the adolescent can be illuminated in a deeper way and can be better understood.

Sonia. ISBN: 978-90-75343-04-5, 64 pages.
Code: GK 02 / Price: € 6.95



Towards the Sun; towards higher healing

From spiritual healing to healing from the inner Source is only a small step. However, in connection with the inner Source one cannot only heal the individual, but also society, life and even evolution itself! This book explains how you can do this, with the help of your inner guidance. It also shows why the path of inner guidance is safe rather than the path of guidance by entities which is not without danger.

Sonia. ISBN: 978-90-75343-09-0, 160 pages.
Code: GK 03 / Price: € 11.95



Dealing with the psychotic patient

This book gives the Aquarian vision on psychosis and the psychotic human being. This view is grafted on the Aquarius concept of man, by which patient and disease are approached holistically. The book teaches you how to transform the underlying (primal) traumas of psychosis and to give the necessary healing of his/her spiritual being. Furthermore, the book describes a holistic healing plan for the person suffering from psychosis.

Sonia. ISBN: 978-90-75343-01-4, 96 pages.
Code: GK 10 / Price: €9.95



Major Changes in Nature

Through a major change in consciousness in 1999 the animal-, plants- and mineral kingdoms have entered the Aquarian evolution. Assisted by mankind, they were raised to their Aquarian value. This book gives insight in what this means for the animals, the plants and the minerals. It also explains the important role man fulfills for these kingdoms. The human being, animal, plant and mineral have set forth together to lead Earth to her Aquarian destiny.

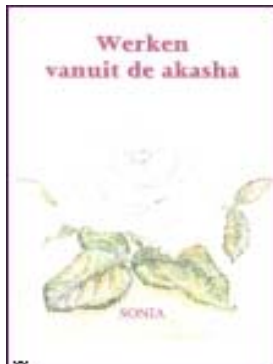
Sonia. ISBN: 978-90-75343-18-2, 128 pages.
Code: GK 11 / Price: € 9.95



Sowing and Reaping; Aquarian Similarities

In this book, 133 short mystical stories have been recorded, which allow us to identify ourselves with in our daily lives. They explain the purpose of life and show the course of the evolution. The mystery of life is recorded in a simple, playful and sometimes poetical way. This book is perfect as a source of inspiration for yoga- and meditation groups and for awareness courses.

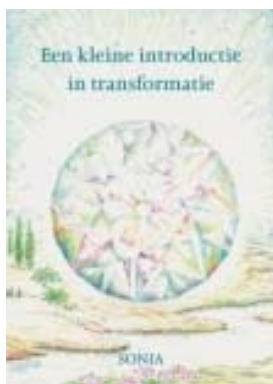
Sonia. ISBN: 978-90-75343-11-3, 288 pages.
Code: GK 09 / Price: € 15.95



Working from the Akasha

Previously, only saints, mystics and prophets had access to the Akasha(chronicles). In the Aquarian Age however, *each* human being can, through a path of initiation, unseal this from within himself. In the nearby future, the universal information that is being released from higher authorities will solely be sent out via the Akasha. This book reveals the path of initiation and how we can obtain access to the Akasha.

Sonia. ISBN: 978-90-75343-17-5, 96 pages.
Code: GK 12 / Price: € 10.95



An introduction to Transformation

(Also available in English, French, Spanish, Portuguese (dig) and German (dig))

This booklet gives a brief introduction to transformation. Transformation means working with the power of creation which has been released to man at the onset of the Aquarian Age. Through working with the power of creation, man can easily and immediately neutralize his karma. This enables him to break through his spiral of suffering.

Sonia. ISBN: 978-90-75343-06-9, 32 pages.
Code: GK 06 / Price: € 5.95 (English)
Code: GK 14 / Price: € 5.95 (French)
Code: GK 18 / Price: € 5.95 (Spanish)
Portuguese (GK 20) and German versions only available in digital format:
www.soniabos.com

A Course in Transformation

GK 06, GK 14, GK 18, combined with the thirteen universal symbol cards of transformation (K 90) comprises a Course in Transformation.

Code: K 91 / Price: € 23.50 (Dutch)

Code: K 92 / Price: € 25.50 (English)

Code: K 93 / Price: € 25.50 (French)

Code: K 94 / Price: € 25.50 (Spanish)



Increased Resistance

In recent years, Sonia regularly received inspiration about the functioning of the human immune system and its role in protecting our health. In this book some of her texts in relation to immunity of the human being have been compiled and edited by the Sofia Foundation.

In her inspiration not only information was given about the immunity of the earth human, but also about the new, higher immune systems of the cosmic human and the universal human. The functioning of these three immune systems is clarified and how these immune systems can be strengthened for the benefit of the health of each person.

This booklet aims to offer a handhold to the person who is looking for a way to protect himself against the (sometimes worldwide) outbreaks of generally unknown viral diseases. It also provides a guide for strengthening the immune system of the person on his path of awareness and enlightenment, so that this path will not be unnecessarily difficult.

Sonia. ISBN: 978-90-75343-6-63, 50 pages.

First Edition - 2010

Code: GK 20 / Price: € 7.95



In a Nutshell; Life as a Process of Growth *(Also available in English)*

This book introduces concepts such as awareness growth, reincarnation, karma and the transformation of karma. It provides an alternative vision on man's health, which includes explaining the interaction between body and spirit through the chakras.

Sonia. ISBN: 978-90-75343-08-3, 64 pages.

Code: GK 05 / Price: € 7.95

Sonia's syllabuses:

These syllabuses each contain transcriptions of a collection of Sonia's teachings or workshops



Nr. 1 The Upward Trend of the Evolution

This syllabus takes you along, from the onset of life, via the time of Noah and Moses to the time of Jesus of Nazareth. The events of the past are more deeply exposed from the Aquarian perspective. The description of evolution is being extended to our time, in which Jesus of Nazareth as the Universal Christ focuses the course of evolution towards resurrection.

Sonia. ISBN: 978-90-75343-23-6, 96 pages.
Code: CA 01 / Price: € 13.50



Nr. 2 The Cosmic Perspective of Mankind

Life has left the involution behind; in 1989 it embarked on the return-journey to the Source. This entails different cosmic tasks for both man and woman. This syllabus reveals new insights to these new tasks and, also, highlights the special task of the homosexual human being in our society.

Sonia. ISBN: 978-90-75343-25-0, 76 pages.
Code: CA 02 / Price: € 12.50



Nr. 3 Freedom

Life – including our lives – can become a resurrection life. At least, when we choose to merge our free will with the divine will. By doing that, we enter the freedom of our spirit; the primal state of Being. In the end, this will have such an influence on society that it will allow all life to enter resurrection.

Sonia. ISBN: 978-90-75343-26-7, 108 pages.
Code: CA 03 / Price: € 13.50



Nr. 4 Mankind and the World in their Strength

In this syllabus, teachings as well as healing are offered to you, to enable you to fully become empowered, through which you can end your spiral of powerlessness. In this way, not only your life will fulfill itself, but you will also be able to assist Creation to fulfill its deeper mission.

Sonia. ISBN: 978-90-75343-27-4, 125 pages.
Code: CA 04 / Price: € 14.50



Nr. 5 Loving Myself and Life

In this syllabus, three lectures have been collected: 'Loving myself', 'Learning to love life' and 'Life as a challenge'. By learning to love yourself by accepting your path of life, you can also learn to love life. And when you dare to live in accordance with the universal laws of life, life will start to challenge you and it will give you a new perspective.

Sonia. ISBN: 978-90-75343-28-1, 112 pages.
Code: CA 05 / Price: € 13.50



Nr. 6 Man's Quest through the Ages

In this syllabus the past, the present and the future of the mankind are being described and put into perspective of our current time. It highlights mankind's progress through the ages, as well as the future path of the cosmic human and his universal tasks.

Sonia. ISBN: 978-90-75343-31-1, 72 pages.
Code: CA 06 / Price: € 12.50



Nr. 7 Relationships

'Relationships' is composed of the theme days *Relationships* and *The Relationship as a Transformation Point*. It explains how to achieve a good relationship with yourself, the other, society and life itself. It describes the Aquarian love relationship and what partners may expect from each other during this era. From 'surviving together' (Era of Pisces) the relationship grows – by being each others sparring partner on the path of awareness growth - towards a commitment from soul to soul. Finally, a cosmic relationship arises, in which the triangle man, woman and Creator are being shaped and they - in total self-surrender - put their lives in Gods hand!

Sonia. ISBN: 978-90-75343-32-8, 82 pages.
Code: CA 07 / Price: € 12.50



Nr. 8 And See, I Make All Things New

In this syllabus, the articles that Sonia wrote and that relate to the first phase of the ratification of the Aquarian blueprint are collected. This work provides a wonderful summary of what happened with the world in the period 1994-2000. This was the time in which the heart centre of Creation was being disclosed. The entire book is animated by poems from the book *Sowing and Reaping*, in which the Mystery of Life has been recorded in a simple and playful manner.

Sonia. ISBN: 978-90-75343-33-5, 164 pages.
Code: CA 08 / Price: € 17.50



Nr. 13 Mysticism in Mutual Support

From the daily 'would you give me a hand' to a cry for help of someone who doesn't know what to do anymore; the area for supporting another is almost endless. Behind a request for help and given support, however, a far deeper layer is hidden: the power of the higher healing abilities of the human being, in which the triangle the needy, the helper and the Source are being shaped. Because we all have these abilities, this syllabus is not only for helpers, but for all!

Sonia. ISBN: 978-90-75343-41-0, 104 pages.
Code: CA 13 / Price: € 13.50

Sonia's teachings (readers):

All teachings from the last 20 years by Sonia were recorded (all in Dutch) and transcribed. Below you find a small selection of the titles of these teachings. For more information on all titles please go to www.soniabos

- D01 Cancer, an unnecessary suffering (*English translation available soon*)
- D02 AIDS, the ghost of our time (*English translation available soon*)
- D03 Cardiovascular diseases (*English translation available soon*)
- D04 ME: chronic fatigue
- D05 Dementia, the early loss
- D06 Whiplash as a sign of inability
- D07 Depression, a sunny future! (*English translation available soon*)
- D08 Working with the Philosophers Stone – the power of the Universal Christ
- D10 Ishmael Emanuel, world teacher for three eras
- D11 The beginning of the Aquarian Age
- D15 Autism (*English translation available soon*)
- D18 Addiction, a well-known phenomenon (*English translation available soon*)
- D21 Leading groups and courses
- D22 The fight of the Aquarian child
- D24 Self-healing
- D26 The spirit heals
- D28 The upward trend of evolution
- D31 Eating disorders
- D36 Creating from the highest Light
- D38 Dyslexia; disturbed contact with life (*English translation available soon*)
- D39 ADHD, on the run from the Source (*English translation available soon*)
- D41 Living with disability
- D42 The thymus chakra, allergies and food intolerance (*English translation available soon*)
- D43 The improperly incarnated human being
- D48 Mastership in the new era
- D49 The dilemma of the Aquarian child
- D51 Astrology in the Aquarian Age
- D52 Terminal care and grief counseling (*English translation available soon*)

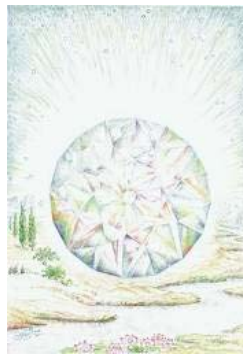
- D59 Holistic pulsing and the creative power
- D63 The cosmic assignment of mankind and earth
- D64 Refugees, the dispersion of nations
- D65 Cancer and karma
- D66 Illness as a gift
- D68 The animal kingdom on its way to enlightenment
- D69 Diabetes, the disparagement of the self
- D71 Psychosis
- D75 Living without a Thorn Crown
- D79 Self respect, healing your self esteem
- D80 Learning to live in surrender
- D81 Enlightenment

**Universal symbols cards for transformation, transmutation and creation:
(by Gea Hollestelle-Meling)**

Transformation Cards:



K02 The white Rose



K11 The Crystalline Diamond



K12 The White Lily (calyx)



K13 The Ark



K14 The Grail



K15 The Crystalline Crown



K16 The Crystalline Lotus



K17 The White Swan



K18 The Golden Sun



K19 The White Iris



K20 The Double Star



K21 The Golden Sun encompassing a White Iris

Price each card: € 1.70

A Course in Transformation

GK 06, GK 14, GK 18 or GK04 combined with the thirteen universal symbol cards of transformation (K 90) comprises a Course in Transformation.

- Code: K 91 / Price: € 23.50 (Dutch)
- Code: K 92 / Price: € 25.50 (English)
- Code: K 93 / Price: € 25.50 (French)
- Code: K 94 / Price: € 25,50 (Spanish)



K22 The Blazing Golden Sun

Transmutation Cards:



K05 En route with the Philosophers' Stone



K03 The Golden Unicorn



K04 The White Unicorn

Creation Cards:



K23 The Golden Crown, the Golden Anchor



K24 The Crystalline Morningstar, the Golden Scarabee, the Golden Lyre, the Golden Apple



K25 The Golden Heart, the Golden Oyster



K26 The White Arum Lily, the Golden Trumpet, the Golden Wheel, the Golden Eagle



K27 The Golden Ark

Music-meditation CD:

Title: Ishmaël Emanuel (L 71. D 10)

Meditation: He sets foot in matter (Dutch)

Musical frame: Hans Uijlemans and others

Code: CD01 / Price: € 11.50, Incl. shipping and handling in NL € 13.40.

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