

# Master of Creation

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## **Contents**

1. Introduction
2. The small multiplication table
  - 2.1 Basics
    - 2.11 Excursus “Consciousness”
  - 2.2 Level 1
  - 2.3 Level 2
  - 2.4 Level 3
  - 2.5 Level 4
3. Creation through emotional frequency
4. Excursus: what may prevent
  - 4.1 Reflections
  - 4.2 If the number on your account makes  
    What you want seemingly unreachable
  - 4.3 You weaken your inner strength
  - 4.4 Programs
    - 4.41 The “victim-perpetrator” program
    - 4.42 The program “fear and Guilt”
    - 4.43 “EGO-programs”
    - 4.44 Deficiency program
    - 4.45 Suffering program
    - 4.46 Ancestral based programs
    - 4.47 The program “for others”
    - 4.48 The Life Negation Program

- 4.5 Fear
- 5. The big multiplication table
  - 5.1 Creation via Consciousness
  - 5.2 Creation via vibration frequency
    - 5.21 Excursus one: The Law of Polarity  
And its overcoming
    - 5.22 Excursus two: The Law of Time and  
Space and its overcoming
  - 5.3 Synchronicity
    - 5.31 Excursus three: The mastery of  
Thoughts and feelings
- 6. Living in the New Time
  - 6.1 The “Universal Laws”
  - 6.2 The power lies in evolution
  - 6.3 Money in the New Time
  - 6.4 Living in the new era – very practical
- 7. Susanne Edelmann

# 1. Introduction

You create your reality. Every thought you think, every feeling that you deepen, creates (material) correspondences. However, the process of creation happens often unconscious and therefore, you usually have very limited access to your own power. Nevertheless, humans do create their realities and thus, their own life, ultimately. Even if they do it unconsciously. Still, some people want and need to know and so we decided writing this book. The aim of this book is to lead you to capture the process of creating reality and making it available to conscious access. If you really want to, this book will be your impulse and foundation to be on your way to a self-determined and independent creator of your own reality and thus of your own present life.

Learning and understanding, however, ultimately take place through the experiential action. Therefore, reading the following lines is just one aspect of mastery. Skills require acting experience in order to reach consciousness and to anchor in the new. Thus, a few recommendations in advance:

- Be engaged in the subject matter as playfully as possible. Do it free of fear and value-free. The results do not have to be perfect, yet.

There may also happen some (not planned) side effects. Often, you learn exactly by the "not quite as desired" most of all. So, be open and let happen.

- Let go of the two widespread constructs of error and guilt. They are constructs of the old days and only prevent you from practicing freely and joyfully. You definitely cannot do wrong in this topic.
- In addition, maintain an intimate and open relationship with your inner, divine essence. Your inner being has far more knowledge than your current (human) mind. It will be extremely helpful and supports you in a most loving and individual way.

If you pay attention to these points, you have well prepared for your way into the mastery of creation.

The book has designed as a kind of individual workshop, which leads you from level to level to mastery:

- **Level 1:** Observing, recognizing and recording
- **Level 2:** Conscious intention
- **Level 3:** Gain and maintain clarity
- **Level 4:** Grant space
- **Stage 5:** Creation via emotional frequencies

- **Stage 6:** Creation via vibration and synchronicities

**“We” are in this book:**

**Susanne Edelmann**

Current incarnation of Lady Nayla Og-Min. Furthermore, a human woman and diverse active as a writer, mentor, counselor and teacher.

**Lady Nayla Og-Min**

Ascended Master, World Teacher, variously incarnated on Planet Earth and now here again to assist in this challenging time of ascension into the fifth dimension.

**Adamus St. Germain**

Ascended Master. Currently not embodied. Nevertheless, mentor of many people who are on the path of becoming conscious.

This book is not a "channeling book". As Susanne is fully aware of her again, she has the fully skills of an Ascended Master. This enables us to merge energy-based into a single being and thus to

define the content of the book. Susanne then writes the content in words. Susanne is Swiss and has published this book a year ago in German (Meisterin der Manifestation). What you are going to read now, is, to a large extent, the translation of this book. At the same time, we also reworked some of the parts and partially wrote it new. Please do not expect a grammatically correct book. On the one hand, English is not the mother tongue of Susanne. Nayla likes Oxford English and Adamus is very close to American English at the moment. On the other hand, this book is an energetically highly effective book as well, in which manifold energies are interwoven that support your divine self to grasp even more deeply. Thus, the book also contains certain words as codes or formulations as an energetic key to ancient knowledge. All this has made this book become what it is now.

May it serve you, this book!

Sincerely,

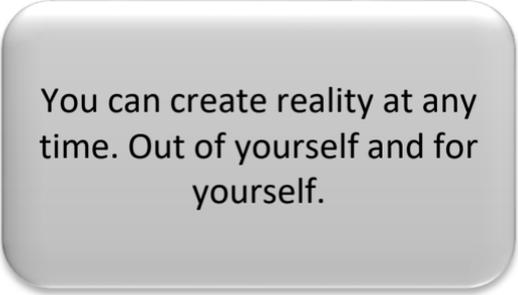
Susanne Edelmann / Lady Nayla Og-Min /

Adamus St. Germain

## 2. The small multiplication table

### 2.1 Basics

A few fundamental things as an introduction:  
Reality is changeable. What is today can be, tomorrow quite differently and thus even more suitable and beautiful. The focus is entirely on yourselves. Therefore, begins the small multiplication table with the knowledge and the appropriate attitude:



You can create reality at any time. Out of yourself and for yourself.

Your world is changing. Old structures are crumbling and dodging the principles of the new era. In the new time, the universal laws apply and it helps you to know them.

**Creating realities and thus creating your own life is an energy-based skill, which bases on the universal laws.**

Your perception is often very limited and focuses the matter. No wonder, you live in a material world and have learned to create material-based and thus realizing about external, active actions. Now, the time is changing and more and more the energy-based laws appear. The Earth is increasing its frequency and thus, the borders to the next dimension fade systematically. Therefore, the energy-based way of living and thus, the energy-based mode of action gain strength. In this mode, it is your thoughts, your intention and your feelings that manifest. Sometimes in harmony with your external actions, which allows you to reach your goal successfully. Yet, what happens now increasingly in an unconsciously way, is that people do not reach their goal anymore. They act in the outside in material-based manner in one direction. Meanwhile, their feelings and thoughts show (unconsciously) in another direction and create in an energy-based way, which lead, in fact to a stalemate.

**Energy-based, you create primarily about our thoughts, your intention and your feelings and much less about external actions. This requires compellingly an intimate and honest contact with yourselves.**

Sometimes, you also want things that are not good for you or for which you would have to exploit yourself. This behavior now loses

strength and you get a kind of inner security that leads you to the next important principle of realization:

**Your desires and goals must be in harmony with our "divine essence / Consciousness". You need an intimate fellowship with yourself and you need to know what really fulfills you and make you happy in the depth.**

### 2.11 Excursus "Divine Essence / Consciousness"

All humans carry a divine essence in themselves.

The divine essence is a healthy, wise and divine aspect of yourself. The part of you that is really you. The one that stays, even when you leave the human body and thus the planet Earth. It is your Consciousness, your "I AM". Humans usually not learn to connect with it. Yet, many are not aware of the fact, not being a human, rather making experiences as humans.

Consciousness still is and it waits and longs to get in touch with our conscious self. Your divine essence is of great wisdom. It loves you in a way you never experienced, yet longed for your entire life, honestly. Inside you is a human self, mostly shaped by experiences, norms, beliefs and socially attuned behavior patterns. Yet, there is also a divine self. Consciousness, who, operates completely free and for your highest and best.

The human world is a changing and thus, often unsecure world. What experts define today sometimes, broaden tomorrow. Therefore, honestly, advices, recommendations and explanatory models are always only relative. In this changing world now, it is indispensable to seek (and find) knowledge, wisdom, solutions and insights more and more within yourself. There, in yourself, in your divine essence, everything is in abundance, what you need. Your divine essence long to be in intimate contact with your conscious human self. It often communicates about feelings. These feelings have a slightly different quality from what you are familiar. Yet, if you decide to get contact, you will quickly identify and recognize them. Make it a habit to retreat and consciously connect with your divine essence repeatedly. The deeper and more familiar your relationship becomes, the easier your life will be.

**In order to enter the mastery of conscious creation, a familiar and very close relationship with one's divine essence / Consciousness is an essential prerequisite.**

Creation can be done in a single breath. Actually. However, this breath contains many complex relationships and at the beginning, the way of creating and the product itself, have often torpedoed by all sorts of unconscious blockages. Therefore, we will now turn to the individual

aspects, but also possible internal obstacles. This approach helps your mind grasping, and thus more easily work together with your Consciousness.

## 2.2 Level 1

At level 1, we first deal intensively with your thoughts and feelings and you learn to observe, recognize and grasp the basic principle of creation.

Sometimes, they are very quiet and barely perceptible, your inner emotions and thus, it takes attentive mindfulness to be aware of all of them. You need a careful observation to grasp the connections between feelings and thoughts and your present reality. In the energy-based habitat, where Earth no moves, it is your feelings and thoughts, which creates. Therefore, it is imperative, being in a close and aware contact with your feelings and thoughts. It takes time and your conscious observation and discussion of the topic to grasp increasingly, in the depths the new way of creating. If you create energy-based you do no more create by outward actions, but rather by your inner clarity and intention. Lastly, your inner synchronization of your thoughts, your feelings and your intention decides whether you create successfully.

Recognition and thus understanding only can have experienced through careful self-inquiry. Thus, a consciously and aware observation of your own feelings and thoughts is one of the basic prerequisites for successful creation. You are already creating and you are doing it most successfully. However, mostly unconsciously. The mechanism is actually quite simple and can have recognized best by yourselves. In a first step through attentive observation. Sometimes its effectiveness can have enhanced by writing in diary form.

In addition, if you like, we invite you to the following exercises:

### **Exercise**

Focus your perception on your present feeling. How would you describe it? Calmly? Angry? Then observe your outside. Do you recognize connections between your present feelings and your present reality?

### **Exercise**

Focus your attention on your thoughts. Listen to them for a while. Can you capture Inner Beliefs that, on closer reflection, influence your life? (For example, "my work is not appreciated" or "I am only loved if I give to others" etc.)

If you actively, attentively and completely honestly disassociate yourselves with your here and now, you will discover many convictions that shape your life (for example, "I am just a small craftsman whose work is worth nothing"). Old experiences that you might have generalized so much that you assume that you will experience them again (for example, having exploited). Norms and fixed ideas (for example, at the age of 50, women do not get a job anymore) which have led you exactly to that point you stand here and now. If you begin to understand that, indeed your thoughts and feelings do shape your life, you can start to explore this fact by discovering it. This may lead you to realize that, for example, your current unemployment bases on your (limiting) beliefs.

Some people start blaming themselves, unfortunately, when they start understanding that it is, in fact, their own inner, which caused their current reality. A behavior we recommend you to let it go. Let go of this whole construct of guilt. It does not serve you. Instead, do replace it with responsibility.

People have the full responsibility for their own life. Thus, the better you grasp how and with what you create your reality and thus your life, the more power you get (back) to shape it actively according to your dreams and desires. That is, once you have realized that it was your own thought patterns and your own emotions

(possibly in relation to your external behavior) that led to your here and now, you can begin to locate and actively change them. If you capture your very own part on your here and now, you are no longer helpless. Rather, you suddenly receive an important key to create yourself a beautiful life that fulfills you in the depth. This means, that you now at least, stop attributing the responsibility for your own well-being to others (the boss, the husband, the children, the society, etc.) and face the very fact that it is you, who shapes your life. It is you, who takes the full responsibility for your own life and your own well-being. It is you, who takes the full responsibility to allow yourself a life in abundance in every single part of it.

Have you become curious? Curious about your own life?

If you like, we invite you to the next exercise:

### **Exercise**

Take a leaf and divide it into the different areas of your life (love-relationship, family, home, work, etc.). Then describe the here and now of each individual area. Afterwards, you connect with your divine essence / inner being and ask yourself, out of this connection, to each area the following questions:

- By what feelings and thoughts have I created this area, just as it shows itself in today? Which inner beliefs and norms have contributed to this?

Your reality consists of innumerable aspects. Breaking down into different areas helps our minds to capture. If necessary, allow yourself to break even lower (for example, in the area of living, only the bedroom, etc.). Creation is a holistic affair and yet, it is important that your mind does understand it. Therefore, it needs sometimes, different small pieces, which support to grasp one single aspect after the other. The question written above may have sounded a bit unusual for you. Yet, we choose the “I” very consciously. It might read it a bit strange, first, but you are, lastly, the sole creator of your reality and thus your life. There is no one out there, who could create anything in your reality. It is only your thoughts, beliefs, norms and feelings that create. Therefore, this first level requires a lot of honesty and the willingness to watch carefully, also into ugly corners. If you want a life, which fulfills you in the depth, it needs your very honest engaging with yourself. In addition, it needs to take full responsibility (again) for every single aspect in your current life.