

# Old Times

Lemuria

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## **Content**

1. Introduction
2. Lemuria
3. Energy-based realms arise
  - 3.1 The realm of the fairies
  - 3.2 The realm of dragons
  - 3.3 The realm of the elves
4. Forms of energy and energy fields
  - 4.1 Energy-based evolution
  - 4.2 Energy fields
  - 4.3 Forms of energy
  - 4.4 Option for the future
5. The space in the interface between energy-based and material-based
  - 5.1 The two dimensions cannot be mixed
  - 5.2 You have to unite them in yourself
  - 5.3 New Assignments
6. The wealth of Lemuria
  - 6.1 Conscious decision for the materially based living space
  - 6.2 The new wants to be explored and grasped consciously
7. A few final words

# 1. Introduction

The earth is at an important pivot point in its history: it increases its own basic oscillation frequency and thus, the basic oscillation frequencies of all of its living spaces do increase as well. Something that involuntarily influences the inhabitants of the individual living spaces. Until now, most people assumed that they themselves, animals and plants, were the only inhabitants of planet earth. Something that does not correspond to the truth. There are also various energy-based habitats on the planet.

Man lives in the materially based, so-called third dimension. The current increase in frequency has the effect, among other things, that the borders to the other living spaces and thus to the energy-based, so-called fifth dimension, are being thinned again. This gives people access (again) to the energy-based living space. Something that will lead to material-based living beings (humans, for example) and energy-based inhabitants of the planet having contact again. And so not only mankind is facing major changes due to the planetary frequency increase. The energy-based realms (including their respective inhabitants) are also affected and thus called upon to deal with the fact that in the future, the coexistence of different living spaces will be redesigned.

This book is written for the human inhabitants of planet earth. People who have sufficient personal development and who have already successfully completed their own personal goals and tasks for this one life span. People who feel that they have an expanded and thus energy-based perception and want to train and promote it consciously. People who know within themselves that they will actively help shape the new togetherness. This togetherness ideally includes not only sufficient knowledge about the other, energy-based dimensions and their respective habitats, but also about the (actual) history of the earth.

We want to tell this story in such a way that we mention the aspects that have at times led to the earth being at this one, present point. We want to ensure that you know about the diverse modes of action at that time and so, capture and understand the history of its origins in a holistic way. This knowledge and understanding, in turn, will support you to have your very own story, which is also contained in the biography of the earth, present again and thus to understand yourself even more holistically. When reading the respective times, you will probably get in contact with the corresponding incarnations at that time. At most, you will also be asked to consciously relive one or the other aspect of them (briefly) and thereby consciously dissolve it. For example, a possible experience of foreign

occupation by residents of other stellar constellations. Something that actually happened in the Lemurian era.

However, many people currently living have cleaned up the old days in a lasting way. If this is so, you can read carefree and openly welcome your own old lives.

Either way: All of your old lives contain a piece of you and your very personal story and so they are all a piece of "you". In dealing with your old lives, you will involuntarily come across with your abilities contained in these lives and your (old) knowledge in this regard. Something that in turn will mean that you will have both your (old) skills and your (old) knowledge available again.

When immersing yourself in the holistic history of the earth, however, it is not just about your own personal part. Rather, it is also about knowing more about the various connections and causes, comprehending and grasping them holistically. This holistic understanding serves you as basic knowledge for your next task (s) and will support you in developing new, future and common (good and beneficial) solutions for all people on earth.

For this development and thus for this, your new task, your skills and knowledge at that time will be extremely useful to you.

The present book is the first book in a next series of books ("Old Times"). On the one hand, it serves as an introduction to one of the ancient times on planet earth. However, it also gives you basic knowledge that you need for your future task and thus supports, on the human side, a first introduction to a good and beneficial future on earth.

The book is written so that it enriches you in many ways. So that you can then enrich others in a variety of ways.

If you feel in yourself that you will have a task in this area, we recommend the book "the energy-based dimension", the book "the Galactic Federation of Light", but also the book series "the energy-based realms" as preparation. They all contain a lot of other important information that you may also need as a basic building material, so to speak. The books are also, energy-based, interwoven in such a way that conscious and active contact with them will trigger various cleaning processes in your holistic system. Processes that you need very practically in order to be able to come into contact with the other living spaces afterwards, also very practically. But let yourself be guided by your own inner divine self at any time. If you follow your own inner impulses, you are involuntarily right (and so it may be as well that you know you do not need any of these books).

"We" are, in this book:

**Susanne Edelmann**, conscious embodiment of Ascended Master Lady Nayla Og-Min and thus the human expression of Lady Nayla Og-Min and writing person of this book.

**Lady Nayla Og-Min**, Ascended Master, embodied many times in different dimensions of planet earth and on different planetary systems.

**Lord St. Germain**, Ascended Master, embodied many times in different dimensions and on different planetary systems.

**Hilarion**, highly developed light being, embodied uniquely as a human being, mostly spending in the ninth dimension, happily contributing to this series of books.

May this book serve you!

Susanne Edelmann, Lady Nayla Og-Min, Lord St. Germain, Hilarion,



## 2. Lemuria

Many of the people currently living on planet earth have spent some of their lives in the time of Lemuria. And most of them still carry that time in their hearts. Perhaps you can also perceive this in yourself: A faint longing that the word Lemuria triggers in you, without you being able to formulate exactly what, specifically, you are longing for.

Lemuria was that phase on earth in which the prototype of the materially based human was created, if you will. Plants and animals lived almost exclusively materially based and were very much like that. All other beings, on the other hand, lived exclusively on an energy basis. They too were very much like that. Actually. However, some were curious and interested in exploring the material-based dimension. There was no rating at that time. Something that has remained in the energy-based dimension of planet earth to this day. Everything was allowed to be as it was. It was enjoyable or not, but one way or another it offered varied experiences, and these were considered to be real wealth.

Lemuria was a place of wonderful, lush and rich nature. Health, strength and vitality were the normal state of both animals, plants and all energy-based living beings. There was a material-based kingdom (that of animals and

plants) and an energy-based kingdom (that of all energy-based living beings) on planet earth. The curious beings of the energy-based realm began to explore the material-based dimension more and more. For a long time, this happened exclusively in an observational form. However, some of the animals at that time, seemed to have a higher form of development and so, over time, an active energy-based communication between the corresponding beings began.

During this active observation period, with time, for the energy-based beings, three aspects attracted attention. They were all aspects, which one could only experience in a material-based body:

- The material-based food intake
- The variety and intensity of emotions and
- The materially based form of sexuality

Experiences that the energy-based dimension could not offer them.

One species of animal seemed to be particularly well developed, and with them many a friendly relationship had established over time. It was the primates of that time. Monkeys as they are called today. Energy-based sexuality takes place in a pleasurable, extremely enriching form of energy-based fusion. This form of energy-based amalgamation is certainly enriching, but the

material-based form seemed a lot more enriching.

Therefore, it came, as it had to come, first energy-based beings began to merge with primates in an energy-based way. Something that gave both parties an insight into the other dimension and thus into the respective world of the other. The primates weren't exactly thrilled with the energy-based dimension. In their eyes, the materially based living space seemed to offer much more. The energy-based living beings, on the other hand, were more and more fascinated: by the physical pleasure, by the much more intensely experienced emotions and the enjoyment intensity offered by material-based food intake. Therefore, some of the energy-based beings decided to stay in their respective mergers. Something that has sometimes led to a peaceful and extremely enriching basic amalgamation, but very often also to the death of the respective primate, honestly.

This death was preceded by extremely unsightly fights between the two beings and the events laid the first basic building blocks of the wall between the energy-based and the material-based dimension.

From an energy-based point of view, said experiences were interwoven with the energy forms “envy” and “greed”, the desire to have what the other possesses and, a first form of

encroachment: from some energy-based beings to certain material-based beings.

In Lemuria, from an energy-based point of view, the energy forms “envy”, “greed” and “assault” have arisen. Forms of energy that are still present today in all realms and in both dimensions of planet earth. Energy forms that surround most people personally as long as their holistic system is still interwoven with them. Diverse (also negative) forms of energy exist on planet earth. If these forms of energy are interwoven in the personal holistic system of a person, they have a very practical influence on the respective thinking and acting and at the same time, by means of the energy-based law of resonance, repeatedly draw events and people into life who carry the same (negative) forms of energy.

But let's return to Lemuria.

However, the situation was different for those fundamental mergers that took place on the basis of mutual consent. Here they were surrounded by the form of energy of mutual enrichment and the co-existence was based on mutual appreciation. These (new) beings expanded very quickly in their personal development and led an extremely rich existence. Outwardly, they looked like all other primates. But their eyes were clearly different. They seemed to have a depth that the other

(normal) primates didn't have. And because of this, the original primates could be distinguished from the new ones at any time.

As we said, this new genus was very quickly developed significantly further than its original family members, and this created new challenges. So, the newcomers began consciously to mate with each other and thus to find their own family systems. Something that gave them a new form of autonomy and independence. Since they now felt less and less connected to the original primates, had also evolved significantly externally and in their development of consciousness, a new species arose. Humans.

The descendants of these people consisted of energy-based living beings who consciously incarnated in the body of the fetus during the term of pregnancy and were thus able to live through the life span of that person as an individual being. Something that has held up to this day.

These (new) incarnations were soon extremely popular, as the material-based way of life could be associated and experienced in a peaceful way. And so, the human population increased rapidly. This, with the consent of all inhabitants of the earth.