

Seven steps

Becoming yourself
(again)

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1. Introduction

You are on the way becoming yourself (again). Thus, fully aware of whom you truly are. A divine being. Upright, honest, often misunderstood, alone and lonely, always standing up and standing for others. What a beautiful being you are!

You probably would not describe it that way. True, you perceive that you are different from the others. That you have always been different somehow. However, you would not call you divine or even a beautiful being. Faulty and stuck in the mud, you would probably feel as more appropriate, at the time.

You are in the midst of a highly intense process, which brings you repeatedly completely to your limits. Maybe you are looking for answers and help for your current challenges. Therefore, you cannot find them because nobody really seems to understand you and your challenges. You feel alone and lonely and experience, how your life is increasingly breaking up without you being able to stop it.

The way becoming yourself (again) is often a lonely journey and this book is written to be you a helpful friend. It shall help you to gain access to your inner knowledge and thus to the answers to your different questions. You already have all the knowledge in you. You do not really need help from the outside. Perhaps, sometimes you still lack the words to describe phenomena or

consciousness to recognize patterns. Nevertheless, everything is already within you. Therefore, it is now time that you have it also in your consciousness.

The book, with his words and energies unveils the access to your own wisdom – so the intention. It should then, be available to you in full again. Therefore may the writing often seem strangely familiar and "right" to you. You realize, you already know. You just were not aware of that.

You are facing many, many challenges at the time. This book helps you to understand the meaning behind them and therefore, to better improve. The book is highly energised. Which means, that sometimes, the sentences are not written in a proper grammatically way. Instead, we need certain words as a code or the rhythm or melody of a sentence for a certain vibration frequency. If you work energy-based, energy carries also information. In a much easier way, than human words do. We ascended master live energy-based and act mostly energy-based. Therefore, does this book not just speak to your human mind it also works energy-based and thus supports your divine essence.

“We” are:

Susanne Edelmann, Incarnation of Lady Nayla Og-Min and thus Isis. Independently ascended embodied master and still human woman.
Author. Teacher. Mentor.

Lady Nayla Og-Min, Ascended Master and World Teacher. One of the personifications of Isis.

Adamus St. Germain, Ascended Master and teacher of many people who are on the way of becoming fully aware.

May this book support you!

With all our Love

Susanne Edelmann, Lady Nayla Og-Min, Adamus St. Germain

2. The seven steps

1. Inner chambers do open

Most of the humans have incarnated repeatedly on this planet for several thousand years. They lived countless lives, played different roles, hated and loved, were victims and perpetrators, won and lost. They swore oaths and accumulated a lot of mental and spiritual felt, meant belief and behavioral patterns. They did it life for life. On this way here on earth, humans have life for life dived a little deeper into the darkness and

unconsciousness. They have forgotten the principles of life and the fact that they are all divine beings in their inner core. Many are now remembering and become aware of themselves, bit by bit. Mostly in an uneasy way.

Remembering often happens painfully. Torture scenes that encounter in the dream and feel extremely real for a short time, for example. A wave of hatred that seems to flood you out of nowhere and that you can barely master. Strong physical pain, without a doctor could find a medical reason. More frequently, you encounter unusual and stressful things that you cannot really classify.

Let us use an explanatory model, in the knowingness that it is just a model to explain the reason of all the unusual phenomena.

Explanatory models help the human mind classifying and understanding phenomena and therefore better handling them. He sometimes needs a picture to understand.

Throughout your many lives, you have created a kind of inner chamber system. You have closed traumatic events, situations that you felt ashamed of and / or that you did not really work through, feelings of helplessness, anger and hatred, pain etc. in yourselves, in a kind of chamber. Sometimes you did not bring them out until the end of your live and thus had them with you as a well-sealed chamber at your next life. Mostly without open it in this next life. While, in

addition, you have created new locked chambers in every new life. Since the journey has led you ever deeper into the density and oblivion, the increasing number of these chambers - consciously - did not burden you.

Now, at the lowest point of density, the way leads you back to light and consciousness. As a result, inner clarification and purification occurs and the chambers now open one after the other. This can happen, for example, in the form of very consciously experienced dreams. Sometimes, however, also in an internally lived scene, which seems to emerge from nowhere and at the same time strongly destabilizes you. It might also be that events occur in your everyday life, in which you react unusually violently. A violence that scares and disgusts you. Usually, the mind turns on and tries to find causes, culprits and solutions. This only aggravates the situation. Because, the here and now is just a trigger (sometimes a most banal even). He triggers an old chamber and this opens in great vehemence.

In such moments, try to withdraw to a quiet and sheltered place whenever possible. After a few such scenes, you will recognize, it do not make any sense to express the (strong) emotions in the situation itself. At most, you experience an unpleasant drama that causes injuries. Pull yourself back, sit there in peace and let all the emotions and thoughts flow through you, until they have dissolved. It is just an old chamber getting open. Do not judge! Not your reaction,

not the emotions. Just let all the emotions flow through you without cramping into them. Sit down, breathe deeply and let the emotions inside you dance (or wrestle) with each other. Therefore, command your mind to be calm. As long as they have dissolved. What they will.

It helps you to know, that your divine essence decided to become fully aware und therefore get rid of all the closed inner chambers. Most of the uneasy situations in your life now are an exclusively gift / trigger opening closed inner chambers. The situations often leads you as well to your inner injuries, which have not healed yet and support you, to bring it to the light. Let them heal. Endure the (old) pain, which shows up again for a short time. Forgive (you and the others) and then - let it go off!

Emotions lead you on the way of resolving old traumas or injuries. Many people try to process and solve by telling. They do it all over again. Often for years, without any significant results. Telling leads into the head and does not allow the emotions to perceiving anymore. Telling sometimes may make it easier to understand, but it does not help to resolve the inner injury. Therefore, the injured tell repeatedly, in the hope that it would eventually solve. However, this only happens when the associated emotions reliving during storytelling. They are the unresolved emotions that sustain the injury. Only

when felt again, they can dissolve. Which automatically means that the stressful experience dissolves and the old inner chamber is clean.

Some people carry suffered injustices like a big sign in front of them. Sometimes they struggle for years to get justice. If they received right, they usually are amazed, that after a few weeks, the old "wrong feeling" shows again. Even if they officially awarding the full innocence and thus justice, they did not heal their internal injuries or restore their dignity. Solving injustice suffered does not happen from the outside in, but from the inside to the outside.

Let go off what has happened! As hard as this may seem to you. Compensation is the task of the universe, not yours. If you continue to hold on inside, you only harm yourself. First, decide that healing may happen and then allow it to happen. Alone your decision starts to balance, regenerate and heal your system. Once the inner injury has healed, the dignity returns inside you as well and if it is back inside, the dignity automatically perceive in the outside.

Old chambers, however, do not just open in the form of emotional outbursts. They also show physical pain. Typically, there are no medical reasons for it. They often show up in changing places and usually resolve after a few hours, at the latest after a few weeks to months. Pain in the chest, shoulders, but also legs and feet are

common. Dealing with it, is not that easy and ultimately you will have to find your own way with it. Feel inside yourself and check for yourself, if the following sentence is right for you:

You are very likely to expect your body to cleanse itself of the old. The pain is therefore not a sign of a disease, but rather a salutary cleansing process of the body.

However, always be careful and take the impulse to visit a doctor very seriously. If you feel unsecure, go to a doctor and check your body. Knowing, that it also could be signs of your inner cleaning process. Find your own good way to deal with all the new challenges you have to face now.

Allow pain to come out of your body and do not be surprised if the pain intensifies and / or lasts for weeks. What has accumulated over millennia, takes time until it has transformed. Just trust. Let yourself fall into the lead of your divine essence. Do not fight against it. This only requires unnecessary energy. Your body, your whole being strives for wholeness, for healing. You can trust. Relax, take pain medication if necessary and give yourself a lot of rest. Maybe one or the other physical therapy will do you good, as well. Trust your divine essence. It always guides you properly and you will experience how the pain dissolves in its time.

On your path of consciousness, you will probably encounter some of the accompanying symptoms.

Physically

Dizziness, tinnitus, short-term tinnitus, morning stiffness, sudden tremors (inward and outward), nausea, diarrhea, sudden coldness or hot flashes, pain in bones and muscles that wander around in the body, sudden heavy breathing, weight changes, severe fatigue to the feeling of exhaustion, sleep disorders

Mentally

Concentration problems, short-term mental instability (feels a little bit crazy), blackouts

We do not want you confusing by these records. You do not have to meet them all. However, if it does, it helps you to classify. Let yourself be guided from your inside / your divine essence, whether a visit to the doctor or any medications are helpful. As a rule, however, you may be quite calm and relaxed; the symptoms disappear again by themselves.

It may be that you have always been somehow different and have not fit in, with all the normalizations. You may have tried repeatedly to make you fit. However, you did not really feel well. Maybe you got some predicate because of

being inappropriate (for example, you are not related, you are arrogant, you are selfish, etc.). They all are unconsciously still attached to you and have left so many injuries. Let them show up. Feel their pain again so that it can dissolve. You did not fit into these strange norms and ways of life. Thank God! You carry the future in you. Heal Relationship Patterns. No wonder that there were always problems with the old ones.

Perhaps, you will experience, how you get such (mental or even openly formulated, sometimes well known, incorrect) predicates, again.

If you want, try the following:

You perceive the valuation and focus consciously the associated feelings. Now (inwardly, alone for you) go holistically into this sentence (she is selfish, for example). With all your attention. First, the unpleasant feeling(s) will intensify. Stay focused on them and feel it fully (again). After some time, you will notice how a kind of inner fog clears and dissolves more and more. Stay farther, with all your attention. Until predicate and connected feelings dissolve and the truth appears. As you really are. Perfectly clear. What you have dissolved in your heart also dissolves in the outer world. You will never receive the incorrect predicate again. The truth is now clearly perceptible to all.

The way of becoming yourself is a way of cleansing. Not only of old unresolved injuries,

also of unsightly and stressful experiences. Your (old) experiences still shape you and your future life. We do not just mean the experiences of the current life. The unresolved experiences of your past lives are as well in you and shape you and your current live likewise. Therefore, we encourage you allowing that your past lives may become conscious. The more you know about them, the better you can understand.

Ask your divine essence, to guide you and reveal your past lives systematically. This will not always be easy. There are many things, which are difficult to process. Try to find a good way to let it pass and relive it, without letting yourself fall into the drama too much.

The focus lays on understanding, integrating and letting go off. Also in the area of dissolving old experiences. Whatever you solve in the past, you (and the others) are doing well in the now.

Moreover, the more you penetrate in your past lives, the better you will recognize emphases that you obviously wanted to study as a spiritual being. Topics that are often still important in your current life.

It is a process of learning, no longer acting out flaring emotions in the outside. Decide to dissolve them on your own and therefore in peace. Sit quietly and visualize breathing them all up into the sky.

Sometimes, you feel violent anger or hatred for a particular person. Do not let the emotions flow

to the other person, but steer them upwards. If you want, visualize two laps of light in your body. In one of them, you let the emotions flow upwards in the other you draw light energy from heaven into your interior. Right into the old chamber.

Emotions are energy. Perceptible energy for sensitive persons. You may already be aware of how unpleasant it feels, when violent anger flows against you. There is no need to injure other people by cleansing one of your old inner chamber. Dissolve inside of you.

You have already been on the path of becoming yourself for some time. Therefore, we do not tell you news, when we talk now about (healing) crises:

- Moments in which you sometimes sink out of nothing into deep inner chaos.
- Dark black sadness, seemingly overwhelming you.
- Sudden yearning for death.
- Intense physical pain that makes you moan and sometimes make you scream.
- Such a deep exhaustion that you can hardly stand on your feet.

Sometimes these (healing) crises last a few minutes, sometimes a few hours, sometimes longer.

Therefore, we confirm you: that is normal. Just normal. Every person who follows the path to

consciousness goes exactly through the same experiences. You do not need a doctor, a psychiatrist or whatever. Your divine essence is in charge and leads you secure and explicitly. Go through it, courageous. Let yourself dive, endure. It is your one way. Nobody will be able to go it for you or carry and solve the challenges for you. The path is sometime extremely cruel and horrible. We know and encourage you, to go through it. You will do it. You already did a lot. Conceive a certain serenity. Let yourself guide by your divine essence and you will cope well. You can trust blindly: Any important appointment that is due, as soon as you have to work again, or your children or your partner needs you, you will be functioning again. So you do not have acting in the outside, just give your inner process - inside - as much space as possible and let it run (yielding). You and your family never get harmed, even if your overwhelmed mind persuades you so. A mystery that you have to experience yourself.

Step 1: Realize that you are encountering many things now that have nothing to do with your presence. Most of your current situations serve you now to open your (old) inner chambers and thus feel (your) blocked emotions again. If you have the wisdom to recognize and deal with it, it will be much easier in your life.