

# The Energy-Based Dimension

Introduced on the  
Example of the Fifth  
Dimension

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# Contents

1. Introduction
2. Introducing the energy-based Dimension
3. When the next Dimension opens up
4. Energy-based Communication
5. Living Energy-based practically
6. When Dimensions overlap
  - 6.1 The Modes of Action of the Material-based Dimension
  - 6.2 The Modes of Action of the Energy-based Dimension
  - 6.3 Rooted in the Energy-based Dimension, in the Middle of the Material-based Living space
    - 6.31 The Human Body in the Energy-based Context
    - 6.32 Time at the intersection of the two Dimensions
7. Residents of the Energy-based Dimension
  - 7.1 Beings who are temporarily in the Energy-based Dimension of the Earth
    - 7.11 Deceased People
    - 7.12 Entities
    - 7.13 Angels
    - 7.14 The Energy-based Team of a Human Being
  - 7.2 Living Beings that spend one of their Lifespan in the Energy-Based Living-Space of Planet Earth
    - 7.21 Fairies
    - 7.22 Elves
    - 7.23 Natural Beings

7.24 Excursus Fundamental Frequency

7.25 Elementals

8. Concluding Remark

## 1. Introduction

The energy-based dimension is the living space in which you can study energy in all its diversity. Just as you can make diverse experiences in the field of matter in the context of the materially based living space, the so-called third dimension. Humanity moves primarily in the material-based habitat. There, it learns about it and lives in it. This is possible because of a clearly defined frame of thought. A frame of thought that defines what is and what is not. Thus, the focus of perception is on the realities and possibilities within the given - materially based - frame of thought. Which at the same time, means that everything outside this frame of mind does not perceive and has handled by most people as if it did not exist.

The material-based dimension is a narrow, heavy and arduous one, and its density has not only weighed down humanity, but also the earth itself and the surrounding universe. As a result, the Earth itself (in fact a living being in its own right), the Galactic Federation of Light, the White

Brotherhood, the Deputies of the surrounding planets, and the Council of Light have decided to support the earth in increasing its frequency. A process sometimes referred to as the "Planetary Ascension of the Earth".

Many beings and many high light beings have actively supported this mission. Meanwhile, the Earth is now able to increase its fundamental frequency in a way, that this frequency increase is no longer a threat to current residents. Rather, it enriches (much) with the fact that the once-dense material-based dimension is beginning to light up and thus, opening up to the energy-based dimension.

This opening brings diverse challenges and just as many possibilities and that is what we want to talk about in this book.

"We" is in this book:

**Susanne Edelmann**, human embodiment of Lady Nayla Og-Min, a versatile trained counselor and adult educator, author. Mother of two adult children.

**Lady Nalya Og-Min**, Ascended Master, often embodied on planet Earth. World Teacher.

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**Adamus St. Germain**, an Ascended Master as well, who works in many ways as a teacher. The energy-based dimension clearly contains different circumstances and laws and thus works significantly different as the material based one does. In addition, many beings already live in the energy-based dimension of the earth. Through the opening, it inevitably leads to contacts and probably also to a kind of mixing resp. to come together of different beings. Therefore, the present book is also intended to discuss the different cultures and thus to lay a helpful foundation for a constructive and harmonious coexistence.

We do point out, that there is not one simple energy-based dimension. Yet, in this book, we speak of "the energy-based dimension" and mean the energy-based, fifth dimension. This for simplicity. We distinguish the material based and the energy-based reality with the aim to introduce people, who were hitherto exclusively in the material based reality, into the reality of the energy-based living space. In fact, however, the energy-based habitat differs again in different dimensions. Dimensions that all have

their own laws and realities again. The fifth dimension, of which we now refer to it as the "energy-based dimension" in this book, is therefore a well-established introduction for material-based people, in order to deal with the energy-based laws.

In the fifth dimension, consciousness and energy are studied and this (successful) study considers one of the basic prerequisites for being able to move later in higher dimensions.

May it serve you, this book!

Sincerely

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

## 2. Introducing the Energy-based Dimension

If you sit in a movie theater watching a 3D movie without corresponding 3D glasses, you will see the movie in 2D quality. Sufficient, actually. If you then, after some time, put on the 3D glasses, you are automatically in the next dimension. You perceive in-depth, although the fundamentals are still there and "completely normal" continues to act. Yet, the film is somehow different: more intense, richer and more beautiful.

The current opening into the fifth dimension is no different. What is currently is still normal. At the same time, however, your perception changes gradually. It opens and this allows you to expand suddenly. See what else is and life will be more beautiful and rich. Your life will remain the same and meanwhile changes. Holistic and clearly perceptible.

Well, what exactly is changing?

### **The energy-based channels of perception open up**

This is a condition, which already exists in about 20% of all people, called highly sensitive person or just sensitive and they sometimes feel themselves outside the norm. What they actually are. They are already equipped for the next dimension and thus have the capability of extended and therefore energy-based perception.

Energy is always information disk as well and if a person has an expanded perception, the information that is within the forms of energy is intuitively accessible to him.

Every living being has an energy field and this field includes all information concerning this being. In one person, this information also includes all of his knowledge, skills, and experiences (including those from other lifetimes). If a person with an expanded perception enters another person's energy field (for example, by standing next to them in the queue of a bakery), all of the information available to him is involuntarily accessible to him. A condition, which causes so many sensitive people to social withdrawal. He does not want to know all this information. However, with the increase in Earth's frequency, sensitivity and thus expanded perception are becoming more and more the standard equipment of every human being. Truthfully, we would have to write for conscious equipment. Because it would be present in every human being. It is just the conscious access, most people miss. However, this will change in the next few years. A change that will have lasting effects on all areas of humanity. A change that humanity, and especially the individual, is ideally aware. Otherwise, he is at most, overwhelmed with all the information that is suddenly in him.

People have the habit of classifying every phenomenon that has not structured into an explanatory model. This creates clarity, structure and thus a certain security. However, realities of the energy-based dimension cannot be included in explanatory models of the material-based dimension. Moreover, if this is still attempted, realities emerge pretending to be truth, but are definitely not. Realities are not bad in principle. They just cannot be confused with truth.

The energy-based dimension exists outside the usual frame of thinking of a person living in the material-based habitat. Nor can it be experienced with the usual material-based perceptual channels (the five bodily senses, seeing, tasting, hearing, smelling, tactile feeling). Therefore, a person who hold on at his known frame of mind and refuses to open it in himself cannot perceive the energy-based dimension. Even if all its sensitive channels of perception are openly available. It therefore requires a conscious inner opening to the new circumstances and the willingness to get involved in the new, which is outside the known frame of thinking and thus outside the known standards.

If you consciously decide to open up your current frame of thinking, your perception will gradually expand and you will suddenly become aware of phenomena that you did not notice before. For example, you suddenly intuitively capture the

mask of a human being. You perceive his pretending face and the actually and real behind it. Involuntarily. It is in you. Clear and obvious. A condition that is accessible to all energy-based living and perceiving people. Thus, human society will change significantly in the next few decades: humans can no longer disguise or pretend. The truth is obvious to all energy-perceived people. Transparent recognizable. In the energy-based dimension, truth does not need discussing and has not to have proven in any way. You do not have to believe in them either. Truth is. The fact that is equally evident to all in the here and now.

The human behaviors of interpreting, evaluating, and judging thus become obsolete in the energy-based dimension. It is what is. Here and now. Yet, what will arise from this here and now is always the responsibility of the individual or the respective beings.

**The universal Law Reflection (as inside, it is outside and as outside, it is inside) is consciously in practice.**

Humans have the habit of repairing or changing outside what they lack inside of themselves. The focus of their perception is thus usually outside. Often with the others. There, they can perceive and there, they change, resp. try to change. The exterior of a human being, however, is already merely a mirror of his interior and this

lawfulness is now by the opening in the fifth dimension fundamental. Ideally in a conscious way.

This means, for example: If you meet a person who obviously needs care and you feel a resonance and the inner impulse to support this person, this situation reflects in truth your present inner state and asks you to give yourself detailed care.

The focus of your perception now receives an increasing change of direction and you may realize it, is all about yourself. In fact, your whole life is completely about yourself.

The key to your total wellbeing and the key to any change are both within yourself. The power of change is thus exclusively in yourself.

Everything you feel in yourself has a significant impact on your outside. If you feel hate and treat yourself in a violent way, there is hate in your environment. If you live in peace, there is peace in your environment. If you live devaluation, devaluation is in your environment. On the other hand, if you live in esteem, there is esteem in your environment. Therefore, you make the earth a good and beautiful place, just by making your interior a good and beautiful place.

Now it can happen to you that you read these lines and think; "I've already heard that felt a hundred times". A sure sign that you know the law in theory but have not fully implemented it yet. For if, you had done this, you would have

quietly read the lines, inwardly nodded quietly and then read on. Everything, which touches you in your outer world (even if it is subtle), is a sure sign that you have not (finally) worked on it and thus have not (finally) implemented it in your life. Therefore, it will meet you until you have fully integrated it with yourself. After that, you will simply no longer (consciously) perceive it.

Are you looking for further development? Your everyday life is always a valuable mirror for you and will keep you informed about the topics, which still need processing.

In addition, the Law of Reflection makes the behaviors of judgment, appreciation, criticism, accusation and conviction that are so prevalent among people obsolete. When the outside of a human being is always a mirror of his inner state, he is invited in principle of looking inside when he encounters events that irritate, injure or otherwise touch him in any way. Anything you encounter that touches you positively or negatively shows an aspect of your current interior.

**Everything is right, just as it is right now.** If a being incarnates, he incarnates with certain goals. He has made certain tasks for himself before his present incarnation and determined what experiences he wants to make in this one

life span. If the being is then in (human) life, his divine self continuously draws the events into his life, which optimally serve his personal goals, the (learning) tasks and basically his personal development. These events may even be painful. The divine self does not judge and considers any experience as valuable. Something that the human (judgmental) self cannot always fully understand. Yet, he has to carry the pain, honestly.

As a rule, it does not help when people relieve other people of their own personal challenges and thus their very personal (learning) tasks. On the contrary, the mostly well-meant, very human behavior, prevents these people from their personal development and is thus in the "behind" and therefore in truth, counterproductive.

You do not know what experiences a being wants to make in this one life span. Some actually come to this planet to study the subject of suffering. Therefore, in this topic as well, judgments and values become obsolete and, ideally, give way to respect, which, in contrast, is straight. However, this does not mean that you should no longer support other people. Rather, to let each of your action led by your inner divine self and thus do what serves a possible counterpart to its best. Which may well mean that you step back inside (and outside) and trust your counterpart that he will successfully master his current challenge.

If you are in the midst of a challenge, be aware that it usually contains multiple aspects and therefore multiple (learning) tasks. So, do not search for a quick solution, but much more for the (learning) tasks it contains. Ask your inner divine self for support and let it show you the topics to edit. The solutions, and thus the sustainable resolution of the challenge, show up automatically, as soon as you have collected and processed all the (learning) tasks contained in it. It is therefore less and less important in your very practical everyday life that you turn the switch of a "difficult" as quickly as possible to an "everything is good", but instead expand your focus and realize that each "difficult" one carries great wealth in itself. Your own personal wealth.