

# Old Times

The Epoch Israel

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## 1. Introduction

There was a time when Israel was synonymous with "new beginnings" and, if you like, also a bit with a conscious "turn of the era". A people (and thus also individuals) who, in the midst of an extremely difficult, dark and negative time, had the courage to stand by what they carried within themselves; Respect for life and its laws, purity, natural orders and natural ways of life. And so, with this book we would like to contribute on the one hand to consciously clarify a certain part of human history on this planet and on the other hand to emphasize those aspects that were implemented and lived at that time. This, with the aim of consciously strengthening you and thus the current "people of the conscious and commissioned" (we call it that here, which cannot really be formulated in human words).

Old stories shape as long as they are not consciously processed and thus solved in a sustainable way. They shape and make it impossible for you to get involved with new things in a completely open, fear- and value-free manner. You are not safe, and you are not free as long as old, unprocessed things are still fermenting in you and clinging to you. And so, we cordially invite you with this book to consciously face your own history and any experiences that have not yet been processed.

The "Ancient Israel" is also the main root of Christianity, including all related offshoots, and so, this topic should and may now be clarified more and more sustainably.

We take the liberty of writing this book as a somewhat extended team. The subject matter of the book is extremely superimposed and connected to a variety of strongly nurtured realities. In such situations, you can work better in the setting of a conscious team.

In this context we would also like to draw your attention to a fact that you will find both in this one book and in some of our other books: We formulate (strongly nourished) realities, and we formulate truth. We will not every time point out to you what is involved, but rather expect you to be able to distinguish one from the other.

Truth can be strengthened twice. On the one hand you consciously immerse yourself in realities, deepen and hold them, sometimes even live them very consciously and intensively and with this behavior you increasingly dissolve them. They lose their power: in your life and in human society. On the other hand, you formulate truth and consciously give it space. In fact, it doesn't matter if you formulate it in yourself or publicly.

With this behavior you trigger a process, and we ask you to be aware of it.

In a first step, what you have formulated as truth will automatically be superimposed in many ways, provided that it is a truth that speaks into strongly nurtured, diverse realities. A completely normal reaction, objectively, viewed from the outside. Truth stands pure and clear for a moment and then seems to dissolve. However, if you investigate through your expanded energy-based perception, you will find that truth is still there. However, it is so strongly shrouded in relevant realities that it can no longer be perceived at first glance. Suddenly they are all there, the relevant realities. Apparently strong and powerful. Yet, apparently correct. However, truth has great power and works. Involuntarily. Regardless of whether you consciously support them or whether you let them work on their own. It usually just takes a little time for the realities to gradually dissolve.

The dissolution of strongly nurtured realities is a circular process that usually requires a longer period of time and in many rounds even completely covers the truth that was once there, pure and clear. People are now very quick to interpret and comment on the fact as "it just wasn't the truth". In these situations, however, if you enter into the previously formulated words in an energy-based way, you will always be able to recognize purely and clearly whether what is presented as truth is actually truth.

Therefore, we take the liberty of pointing out the following to you at this point: If you also want to develop further on an energy-based basis and invest yourself on an energy-based level, it is essential that you have the ability to distinguish between truth and realities. Basically, and anytime.

“We” in this book are:

**Susanne Edelmann**, current human embodiment of Ascended Master Lady Nayla Og-Min and writing author.

**Lady Nayla Og-Min**, Ascended Master and World Teacher. She lived as Cleopatra and Mary Magdalene in the "Epoch of Israel" described in this book.

**Lord Sananda**, Ascended Master, currently embodied "as a normal human with a normal life" (for his current human environment). He lived in the described "epoch of Israel" as Marc Antony and as Jesus.

**Lord St.Germain**, Ascended Master, he too is currently embodied "as a perfectly normal human being in a perfectly normal human life" (for his current human environment). He lived in the "epoch of Israel" described as Cornelius.

**Lord Ben Joseph**, Ascended Master, currently embodied in human form "as a normal human in a normal human life" (for his current human environment). He was Julius Caesar and Peter in the "epoch of Israel" described.

**Lady Magdala**, Ascended Master, is also currently humanly embodied "as a normal human being in a normal life" (for her current human environment). She was Judith and Mary, the mother of Jesus, in the "epoch of Israel" described.

May this book serve you! You personally!

Cordially

Susanne Edelmann, Lady Nayla Og-Min, Lord St. Germain, Lord Ben Josef, Lord Sananda, Lady Magdala

## 2. Israel

When we now write about Israel in the following, we mean a very specific period (a few hundred years before Christ to a few hundred years after Christ) in which a large number of people felt “different”, and over time, they called themselves Jews, created their own lifestyle and their own realities, found themselves more and more in groups and felt and described themselves as divine (chosen). A fact that has always existed in the history of mankind, purely factually, viewed from the outside.

At the same time, it requires exactly this factual view, viewed from (far) outside, in order to grasp what – also – happened back then.

From a purely objective point of view, viewed from the outside, the "different Jews" of the time were highly developed beings who incarnated as humans. They were only partially conscious and thereby recognized their difference but did not understand in depth why they were so different.

The "Epoch of Israel" was the linearly last epoch on planet earth in which a large number of highly developed humans consciously incarnated in the same region with the aim of consciously changing and shaping - together.

Back then, a lot has worked, but a lot hasn't. And as we are now, here and now, once again in the situation where (many!) highly evolved beings have incarnated into the same region (Europe) on planet Earth with the conscious goal of changing and shaping together, it makes sense for us that we - together - look back on the "Epoch of Israel". That we appreciate the performance of all highly developed beings incarnated at that time, grasp what was going well and possibly use it again this time, but also talk about the traps and challenges of that time. The aim is to learn from it and to take other, more meaningful paths in the here and now.

You were there then. Otherwise, you would not have been drawn to this book. Therefore, your own history is also included in the "epoch of Israel". Just as much as your very personal wealth from this time. And so, we would like to dedicate this book to the diverse and valuable wealth of experience of this epoch. At the same time, however, we would like to show you what can happen when a group of highly developed beings live unconsciously in the midst of a low-vibrating region, using some of the behaviors of the time. This with the aim that you increasingly grasp. Also, in your own life and in your immediate environment.

## 2.1 Impure

When many highly evolved beings incarnate into the same region, after a few months the fundamental frequency of that region begins to move up (slightly). This happens involuntarily, simply through the incarnation of several highly developed beings.

As the fundamental frequency of a region moves up, the fundamental frequency of the people living there also begins to move up. This also happens with the above-mentioned highly developed people and with them the frequency increase described (involuntarily and sometimes also in an unconscious way) leads to the fact that consciousness begins to open, and the energy-based perception ability becomes more and more evident. Most of the time, the affected person perceives that something is changing and that he obviously perceives things differently than most of his fellow human beings. At the same time, it often happens in this situation that the affected person imposes himself or herself on all sorts of existing (spiritual or religious) explanation models, or not infrequently, also creates his own.

If you unconsciously have an expanded perception, you automatically find some subjects (pornography, for example) unpleasant or dirty. You perceive the negative and dark forms of energy woven into it and your human self then perceives this as impure. However, it can also

happen to you that you walk into a bank building, and you shudder. There is not everything bad per se. Yet, you perceive the negative and low-vibrating forms of energy (greed, for example) that are interwoven there. If your consciousness is not yet fully expanded in this situation, you will inevitably fall into one or another typical human behavior.

- You turn away from said bank completely, for example. It feels ugly, so you don't go there anymore.
- You create your own explanatory models. The seat on the bus is contaminated with all sorts of bacteria and viruses, it feels dirty, for example.
- You deny yourself money and financial wealth (or any other aspect of human life for that matter) because money so often feels dirty.

Summarized; if you perceive in a rather unconscious way energy-based, what is interwoven with low vibrating forms of energy, feels dirty / impure.

This is the basis of "Jewish impurity." On this basis, many a human mind then created corresponding explanations and rules. Many of them are still relevant today, in the Jewish religion.

If you perceive energy-based, you will of course also perceive when a region or a human energy space vibrates in a high and pure frequency. You breathe deeply, feel good and perceive the situation as clean and pure. It is the high vibrational frequency that your holistic being feels comfortable and your human spirit puts into its own words: clean and pure. If said energy space is the energy space of a being with a very, very high own vibrational frequency (a conscious Ascended Master, for example), you also perceive this high and pure vibrational frequency in an energy-based way, at the same time your human translates now the given as divine and ideally you acknowledge the purity of this counterpart.

Sometimes the vibrational frequency of your counterpart (a fully conscious human embodiment of an Ascended Master, for example) is so exceedingly high and thus pure that your body and your human self are no longer really comfortable in this situation. The extremely pure energy field of your counterpart releases all kinds of low-vibrating forms of energy from your own energy space and these dark and low-vibrating forms of energy then cover the primary feeling of well-being of the high and pure vibration field for a while. As a result, you suddenly perceive the dark very clearly. Obvious. Of course, this also leads to all sorts of human explanation models (your

counterpart threatens you in a dark-magical way, for example).

And maybe you now understand at the latest how important it is to refrain from any explanatory models. People also have the habit of mentally analyzing events very quickly and then drawing all sorts of interpretations from them. (For example, Paul left, thus he doesn't like me and doesn't want to be with me). People interpret very quickly, and it helps you if you eliminate this habit without replacement in your behavioral repertoire.

Instead, try to stay calm and just notice what this one here and now triggers in you. Consciously give space and consciously allow what shows up to you. Thus, first work on yourself if you get into situations that irritate you, in which you feel uncomfortable or that you cannot explain. Then, ask your own inner essential self to give you the actual answer.

This does not always happen immediately. Sometimes your essential self only leads you a few days later into a situation designed in such a way that you suddenly fully understand. Sometimes it takes a little longer and you get the answer piecemeal. As a human being you are used to communicating verbally by means of a conscious dialogue and if you then read "communication with your own inner essential self" you automatically assume that this communication is also designed according to

your known pattern. However, this is not the case. Your inner essential self communicates significantly differently:

- You know pure and clear. That your body needs that portion of chocolate mousse (even though you've made a resolution to stop eating sweets), for example. Or as another example, you feel a pure and clear impulse to buy a certain item of clothing (even though your human mind is suggesting that you already have enough items of clothing and that you actually wanted to save the required amount of money). You feel a pure and clear impulse (and then your human spirit usually acts with various inner counterarguments why is unfavorable).
- You see or live through a certain scene and suddenly you grasp the answer to your current questions in large contexts.
- You wake up and you feel as if you have just attended a multi-hour course on your current questions. You know. Pure and clear.
- You are led to a specific book, person or workshop and you know that you will find the answers there.