

# The Energy-based Realms

Volume 6:  
The energy-based  
realm Atlantis

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# 1. Introduction

Maybe you feel like many other people: You carry the energy of Atlantis in your heart. Pure and clear. It's part of you, kind of. Yet, it is part of your longing for a holistically healthy and natural (human) life. Something that can currently, not necessarily often, be found on planet earth.

The era of Atlantis contained many dark sides. However, it also embodied a lot of light. During this era, many great things were created and implemented on planet earth. You were there, back then. Yet, you still carry this knowledge and all the skills that you acquired back then within you. Knowledge and skills that human society, here and now, urgently needs. Knowledge and skills that you yourself (urgently) need for your future tasks.

When the realm of Atlantis went under, some highly developed residents changed plains and created the energy-based realm of Atlantis. It only existed for some time in the fifth dimension of the planet earth, then experienced an immense increase in frequency and is now at home in the seventh dimension of the earth. The energy-based realm of Atlantis bases on the history of the materially based Atlantis and has developed massively at the same time. However, it also bases on the roots of the founding of the energy-based realm: The inhabitants of the

current energy-based realm, Atlantis, are all highly evolved beings.

Perhaps this is one of the reasons you are drawn to the subject and energy of Atlantis repeatedly. You long for a life in which you can move in your natural size and are surrounded by beings who are at your natural level of development. Healthy counterparts at your eye level. Something you are sorely missing repeatedly, right now. We would like to deepen this topic - among other things - in this book.

However, we would also like to bring you closer to the energy-based realm of Atlantis and, we would like to support and encourage you to deal with yourself a bit deeper.

If you have gone through your very personal process of becoming conscious and by doing so, clarified your finances, your relationships, and your experiences. If you then, are on the fundamental frequency of your own inner essential self (again), you can be very, very proud of an extremely strenuous path and thus you can look back on an extremely high personal performance. Something that must be appreciated. Ideally, by yourself, first.

If you then consciously look ahead, you will see a clear picture there. Different than you thought and certainly different than you would have

planned. Yet, what you see there suits you. It fits you and your actual inner being immensely perfectly. Your future becomes essential, so to speak.

And if you like, let go of all previous mental future constructs. Let yourself be consciously involved in the picture that shows up so clear to you. Consciously allow it to be realized.

Optimally adapted to you and your current personal environment and thus serving all people involved to the highest and best. You don't have to contribute anything. Nothing to plan and nothing to organize. It is already. Pure and clear before you. And once you have reached your actual frequency of being, it involuntarily begins to unfold and manifest. Yet, if you are mindful, you will recognize that the individual puzzle pieces have been building up for some time in your current life. At best, this may support you in realizing how life is extremely perfect and richly prepared for you.

You don't have to work on your front (anymore). You don't have to generate the necessary finances either. You don't have to believe in the picture, you don't have to meditate on it. It is. Your front.

We have already emphasized it in several of our books and at the same time, notice that you are still a person in human society and thus repeatedly fall into human (thought) patterns.

One of them is the conviction that you have to consciously imagine your front and then work it out consciously. You must work. You must work hard and you have to work a lot if you want to achieve something (big). Since your entire being has now probably changed the level and thus the mode, your hard working succeeds decreasingly. Quite often, not at all, honestly.

In addition, during your own personal increase in frequency, you have detached yourself from the global economic system and so, you can neither authentically "think economically" nor "act economically or even live it" anymore. Even if you try. You can indeed act formally and move adequately in this reality, but you cannot (no longer) succeed in effective economic efficiency. At best, only you can perceive this yourself, but this is enough to make you feel insecure. Logical and completely normal. An immensely large and comprehensive change in your life is happening to you. Unusual and often new. You have changed levels with your holistic system and thus left the old behind. You cannot go back there, even if you continue to move normally in the human systems and (apparently) nothing has changed towards the outside. Most of the people around you do not understand it and yet, your mode of life is completely different from theirs. You feel that. Your human mind too. And this is not always easy to wear in everyday human life.

And so, we encourage you to consciously let go of everything that is old. Consciously leave behind what burdens you. Consciously detach yourself from it. Consciously work on whatever still shows up in you in the described topic. Until it no longer appears in your mind.

Meanwhile, consciously immerse into the picture in front of you, several times a day. Switch off your mind when you do this and instead take a holistic view of what is revealed to you there. Perceive how it holds and carries and becomes continuously bigger and stronger. Immerse yourself, give that space that you grasp and allow it to be realized in your very practical life.

This procedure is new and clearly unusual for your human mind. At the same time, it represents the most effective way of creation in your new mode of life.

If you like, let yourself into it consciously. Deliberately immerse into your front repeatedly and then observe what begins to change on the outside. You not only have to get to know the new approach, but you also must experience very practically how it works. Yet, how it holds and carries. This is the only way you can get involved more and more with the new.

"We" are in this book:

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

**Lady Nayla Og-Min**, Ascended Master, acting in many ways; within human society and in the context of planet earth.

**Lord St. Germain**, Ascended Master, currently abused and vilified many times, among people. Yet, he's no less effective in his acting. One of the 10 currently incarnated Ascended Masters on planet Earth.

**Ovid**, If you have read several of our books, you have read several times with the name Ovid that it is a highly developed being in the current incarnation of an Arcturian. However, one was never embodied as a human being, but the other was. And if this irritated you, you have hopefully been able to grasp the underlying answer of this (apparent) incongruity. If not, we want to dissolve here and point out that Ovid was sometimes the one, then the other. Something that can be determined at any time using the corresponding energy signatures.

We assume that our books (will) irritate you repeatedly. In such situations, we encourage you, within yourself, in exchange with your own inner essential self, to ask about the beyond. If you are pure and clear, the corresponding truth will always be transparently revealed to you.

**Lord Felix**, he too, is one of the currently 10 humanly embodied Ascended Masters. Neither his human embodiment is what people imagine a human incarnation of an Ascended Master to be. Something that you will also be able to find out effortlessly if you google for "Susanne Edlmann" on the web.

At the same time, you will be able to capture his title "Ascended Master" in his human energy signature at any time, provided you have a correspondingly expanded consciousness. Something that you can also do with the person "Susanne Edlmann" at any time, by the way.

At the same time, we all - also - live a completely normal human life and have no intention of becoming a "pink elephant" or getting entangled in all sorts of strange human fictions. And so, the 10 of us are well protected, honestly.

We hope you can understand this and ask you as a reading person to respect this carefully and to focus fully on yourself.

**Lord Ben Josef**, Ascended Master. His current human embodiment has already reached an age in which we have mostly had to leave human life behind us, until now. Nonetheless, he is now on his way extremely successfully to achieve full awareness in this human embodiment. A high performance when viewed from the outside.

May this book serve you! You personally!

Warm regards

Susanne Edelmann, Lady Nayla Og-Min, Lord St. Germain, Lord Ben Josef, Ovid, Lord Felix

## 2. The energy-based realm of Atlantis

If a being wants to incarnate in the energy-based realm of Atlantis, it needs a certain (high) level of personal development. You must know yourself very well and have a variety of experiences and skills, thus. Residents of the energy-based Atlantis have a high degree of personal development and a great abundance in personal experiences and are therefore so highly developed that they can consciously devote themselves to global and universal further development. Something that naturally enriches them too. And maybe when you read these lines you will feel a certain response. You are also highly developed and have successfully completed the conscious examination of the material living space, of being human and of human society. Therefore, it would be time to move on, by now, honestly.

Personal development is also a form of abundance.

- To discover, research and implement new things.
- To effect together with beings who are in your developmental stage.
- To live natural orders and healthy relationships.
- To live empowered, free, rich, and a healthy life.

These are all aspects that you repeatedly long for. Aspects that are apparently not (or only to a limited extent) possible in people's current living space. Aspects that you need, however, to be fulfilled in depth and be well. Aspects that you need to be able to stay here, honestly. And so, we invite you to connect for the first time with the energy of the energy-based Atlantis.

### **Exercise**

Retreat to a quiet, undisturbed and beautiful place, make yourself comfortable there and consciously breathe in and out deeply a few times. Then allow us to accompany you to a certain place in energy-based Atlantis. You will know when you are there. Stabilize yourself sufficiently and look around consciously. Perceive and grasp the energy signature of this one place. Sit down for a moment and allow yourself to receive and experience what serves you here and now for your highest and best. You will know when it is complete. Return to your own place by making a conscious choice. Once there, consciously stabilize yourself and rest a little so that you can integrate into your holistic system.

And now, we would like to remind you that you are the sole (conscious) designer of your own life, meanwhile. If you want, let go of your previous behavior "to orient yourself downwards". Consciously allow your deepest, essential needs to be realized in abundance. Here on earth. In the middle of human society. Even if you now, list 1000 reasons why what you long for is not possible to the extent that it would be right, it is your own thoughts and your own feelings that limit. You are limited in your head. You are limited within yourself. You define what is possible and what is not. Shaped by your previous experiences and your (limited) human mind.

**It is your own  
(mostly mental) limits,  
which limit  
your current life  
and its fullness.**

Please be aware of this!

Now you can decide accordingly and allow accordingly. And maybe you already know it from a variety of your own experiences: It is not always enough to consciously decide. Sometimes there are internal ligaments and blockages that

cannot be completely resolved. And if you can perceive this aspect in you and if it feels right for you, we invite you to another journey. The place we will accompany you to is a very special place. It is located in the energy-based Atlantis and is the result of a very special collaboration. More about this collaboration in one of the next chapters.

### **Exercise**

Retreat to a quiet, undisturbed and beautiful place, make yourself comfortable there and consciously breathe in and out deeply a few times. Then allow us to accompany you to the said place. Once you have arrived there, just perceive and consciously immerse yourself in the special energy of this place. Walk towards the large and spreading tree and sit under it. If it feels right for you, consciously allow that what is still holding you back or burdening you may now be released. Stay as long as it feels right and then return to your own place by making a conscious decision. Once there, consciously stabilize yourself and rest a little so that your holistic system can integrate what it has just experienced.

Be aware that the detachment can take a few more days and allow yourself enough rest and protection during this time so that it can happen as undisturbed as possible. A few days later you

will find out in a practical way how effective this cleaning was.

The energy-based Atlantis has been closely connected to Arcturus for a long time. And what you experienced in the exercise above is one of the many results of this collaboration. The energy that surrounded you there is a special construct that was consciously developed over a longer period of time to support human systems in their cleansing process. You can and should repeat the above exercise as often as it feels right for you and you are drawn to it. May it serve you!

Once you have mastered a certain level including the topics and development potential it contains, it is time to move on. Something that you probably already know from your very practical human life. Your marriage, for example, may increasingly feel empty over time. It is no longer alive without specific reasons being given. You both have mastered every task and experienced in full what was possible in this specific constellation and so it no longer serves you. It is running out and thus it is now up to you both (beyond guilt and other possible explanatory models) to resolve carefully and consciously. Sometimes you have known for

some time that things will now change without  
any respective practical outside sign. And we