

# SEOS Manual

Volume 1

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# 1. Introduction

You are one of the active members of SEOS, you have a light-based human body, and you are connected to the ninth dimension of planet earth.

You have also arrived safely, in your new being all-round well, and your human life has huge and beneficial abundance in every single area.

And so: Welcome to this series of books! We are very happy to be able to accompany and support you!

For several lifetimes, you have prepared yourself very consciously for your current task as an active human member of SEOS. Before this one human incarnation, you also had to officially apply again for active membership in SEOS and demonstrate a high requirement profile in this respect. Your current human life was then shaped by conscious preparatory work, your personal complete increase in frequency, the remodeling of your human body and the related connection to the ninth dimension. At the same time, you led a completely normal human life, which, viewed from a purely human perspective, can be described as a thoroughly successful human life. And in doing so, you completed a lot of integrity checks in order to finally, officially, be an active member of SEOS.

The active human membership in SEOS is thus a long-winded affair, for which a being must bring high requirements. It cannot be decided cognitively in this one human life. Rather, you planned them long ahead and you long worked for it. And so; may you consciously feel the great appreciation and honor for your path. And may you consciously accept what is due you in compensation in this regard.

We published a series of books a few years ago (the energy-based realms) with the aim, on the one hand, of bringing conscious people for the first time into conscious contact with the actual structure of the earth and, on the other hand, of those highly developed people who need the knowledge and skills from of their former lives in the energy-based realms in this life, to consciously bring them into contact with the respective "energy-based key" and thus to consciously support them in having their knowledge and skills in this regard consciously available in this one human life as well.

There are, of course, various ways in which you can consciously have the knowledge mentioned accessible. Nevertheless, we would like to mention at this point that it is favorable for your task(s) at SEOS, if you consciously have all your skills and all your knowledge of your previous life in the energy-based realms of planet Earth available again.

We have also written about energy-based communication in various of our previous books (e.g., the book «SEOS»). So, in this book here, we allow ourselves to assume that you have dealt sufficiently with the various forms of energy-based communication and have consciously mastered all of them. If you want, we'll address advanced learners here and now, and we'll expect you to reach a corresponding level. If you feel overwhelmed when reading the reading sample, please let your own inner essential self show you what you are still missing and only read the book when you are holistically ready for it. However, if reading these first few pages makes you feel delighted, inspired and completely ready: welcome to our journey together!

In this book we would like to devote ourselves to the basics of intercultural communication and at the same time, we do this in the context of the different habitats on planet earth. This is with the aim that you will always find your way into the topic and understand it better and better. In volume 2 we will deal in depth with your very personal role as an active human member of SEOS and in this context, we will also support you in consciously knowing your personal assignment for the near future (months) at the end of the book.

As already mentioned, several times: You have to know in yourself, safe, pure and clear, that you are an active human member of SEOS, otherwise this book (and the book series that goes with it) makes no sense for you and at most steals your lifetime. So, please, be very careful with yourself.

We have agreed that we will use the "hologram via forehead chakra" form of communication (described on the human side) as part of all SEOS assignments and tasks. A universal form of communication that all members master. Most human members are now familiar with it again and if you do not feel quite sure about it, ask your own inner essential self for a targeted introduction and your current subtle team for practice partners. You will find that you involuntarily and quickly find your way into the said form of communication, as your core being is sufficiently familiar with it.

In this first book we will deal with the energy-based fifth dimension and do this (among other things) in what is known as «free space». The "free space" is the energy-based space within the human living space. A fifth dimensional energy-based space inhabited by recently deceased humans in their astral bodies, their support teams, angels, observing beings preparing for their own human incarnation,

beings of the elements and certain universal visitors, if any.

If you have a light-based human body and are therefore connected to the ninth dimension, the energy-based level will also become accessible to you step by step. This is not happening as before, in the form of your astral body, but thanks to your now light-based human body, in your current "completely normal" human embodiment. Just as it should be for a human representative, somehow.

With this book series (consisting of five books), we allow ourselves to accompany you in human embodiment to see and understand the respective rooms, realms and dimensions and to visit them for the first time in a very practical way. Please be very careful with yourself and let yourself be guided very consciously. Put the respective book aside, if you feel that you need some more time (and possibly also one or the other inner process). You don't have to rush. Rather you should get a secure foundation for your tasks. So, go the way at your own pace, rest consciously, let what you experience deepen and unfold in you and trust that it will be shown to you comprehensively.



“We” in this book are:

Susanne Edelmann / Nayla Og-Min, Luca /  
St.Germain, Ben Josef and Serena

May the book and the book series support you  
and enrich you in many ways!

Sincerely,

Susanne Edelmann / Nayla Og-Min, Luca / St.  
Germain, Ben Josef and Serena

## 2. The "free space"

For around 10,000 years, people's living space has been a self-contained space. A space that contains both a material-based plane (third dimension) and also an energy-based plane (fifth dimension). Humans have repeatedly attempted to explore and master the energy-based plane. Most of these people have tried it from the materially based level and have created all sorts of fictions and myths with their unconscious actions. A huge jumble of fictions and myths, to be honest. Many of these are also interwoven with all sorts of negative and sticky-feeling forms of energy, and this has also led to many of today's highly evolved humans giving all of these fictions a wide berth. Not because they weren't

attracted to the energy-based plane, but rather because they could instinctively perceive the untruth of the many fictions and the energies woven into them deterred them.

And so, our books also require a certain overcoming (old, inner convictions) and possibly also some courage to now (possibly again) consciously get involved with the energy-based level of human living space.

Some first-time readers may expect new fictions, which they then have to analyze and check for truth. Somehow. In the inner knowledge that he will not be able to do this because, honestly, he does not really know this level.

If he now gets out of his head, connects very consciously with his own inner being and allows him to recognize truth, he will be amazed to find that he has always had said ability within him. He instinctively grasped truth. Even if it turned out to be completely different on the outside.

You still knew, actually. And nobody can take this knowledge away from you. It also cannot be manipulated from the outside. This knowledge is your inner security that you can rely on. Yet, now again, while reading this volume. We write about things you can't check from the outside. Rather, you have read about it many times in a completely different way.

Nevertheless, you shouldn't just believe what you're reading. Rather, you should examine it explicitly and very consciously within yourself. Keep checking until you know for sure if it's true.

If the energy-based level begins to open up to you, you personally have a high level of personal development and a meanwhile stable, high personal fundamental vibration frequency. You have also completed and successfully passed a number of integrity tests in this one human lifetime. The energy-based plane only opens up to you when you are holistically ready and able. At the same time, you will now encounter all the many human fictions and myths of the energetic level. And we encourage you to be very conscious about whatever comes up now. To dive into them in an energy-based way, to examine them and thus to clarify them sustainably. Many of our previous books have been consciously written into human fictions. This with the aim of supporting highly developed people in learning to consciously distinguish between fictions and truths, while at the same time knowing that through the conscious confrontation of highly developed people, most of these fictions lose their power and then experience a lasting dissolution over time.

The current phase on planet earth can be described as a major cleansing and clearing phase. And since all highly developed people consciously help with this task, it can also happen to you repeatedly in this series of books that you take one or the other curve inwardly and in doing so, dissolve one or the other fiction in the long term.

**Therefore, thank you  
for your important and valuable service!**

Well, when the energy-based level opens up to you, you can perceive this level very consciously through your expanded energy-based perception ability and it may seem to you as if you only have to take a conscious step and you are in the middle of it, here and now. This perception is correct and if you like, we would be very happy to support and accompany you in this first conscious step.

## **Exercise**

Retreat to a quiet, undisturbed, and beautiful place and make yourself comfortable there. Consciously breathe in and out deeply a few times and then check within yourself whether it is right to take the first conscious step into the energy-based dimension. Please be very mindful and aware of yourself and wait until you know for sure. You are in no hurry. It will happen at the right time for you and only you know that one time.

If it is right, very consciously keep your eyes open and very consciously allow. If it is correct, you will be able to clearly perceive how the energy-based level is no longer in front of you, but instead you are, very clearly, part of it. You are in the middle of it. Visibly perceptible. If it feels right, consciously allow yourself to open up with all your human senses over the next few days. Aware that the next few days will mean an adaptation phase for you and trusting that you will find your own way of dealing with the new situation.

So, from now on in your current embodiment you are a very conscious part of the energy-based level on planet earth, and you can probably perceive for yourself, this will remain so.

Perhaps you were once again able to perceive very clearly during this exercise: It is now the holistic energy shift that guides you and also verifies it to a certain extent. It is. On a level where you can no longer discuss. It is. Clear and unequivocal.

However, you do not know how exactly things will develop in the next few days and you are hopefully so practiced in dealing with the energy-based dimension that you refrain from imposing yourself in mental images or ideas and instead, you walk very conscious step by step into that which will now open up to you continuously. Energy-based develops. Optimally adapted to you. And of course, this also happens in this aspect.

You will make your own experiences and find your own way of dealing with the new.

Nevertheless, we would like to give you some aspects to take with you on your way.

You will encounter different topics and different beings in the so-called «free space», and we would now like to go into this in more depth.

## 2.1 Beings you can meet in the «free space»

You will encounter beings in the free space that look fully human. If you're mindful, you'll find that the outer edge of the body isn't a clear line, but rather tapers out, in a way. You see human astral bodies, so.

These are:

- **People who have died recently.** People who have died recently remain with their astral body in the free space of human living space for a certain period of time. During this time, the human self is progressively dissolving and at the same time, the essential self is very consciously working through much of this one human life. The period of this self-work depends essentially on the personal level of development of a being and cannot be predicted. It doesn't have to.
- **Short-term visitors.** Beings who have had many human lives behind them and are now briefly visiting the free space in the human living space "in the cloak of their astral body of the last human life" in order to either consciously process some unresolved old experiences or consciously prepare for one or another aspect of their next one human life.
- **Support persons.** Beings who have had a few human lives behind them, consciously want to take a break until their next human incarnation and want

to use this break sensibly and beneficially for their own further development. These beings appear in the astral body of their last human incarnation and, as part of consciously assembled and explicitly trained teams, support humans during their dying process and beyond. However, some of them are also consciously part of a current human's subtle support team.

- **Astral embodiments.** Highly developed deceased humans who have consciously decided to remain in their astral embodiment after the personal processing of their last human life with the aim of consciously supporting the current planetary ascension in this way.

You will involuntarily discern over time. At first, you will probably find this a bit difficult. And so, we would like to draw your attention to a specific challenge in this regard: the recently deceased. They still behave like humans and if they recognize that you see them, they will also act like typical humans.

They involuntarily start talking, want to tell you their story, are curious why you recognize them, give you tips for your life, want to know from you how things are going with them, or they ask you to send messages to their relatives, etc. You