

# SEOS Manual

Volume 2

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# 1. Introduction

So now, you are an active human member of SEOS, and your joy and curiosity are probably mixed with all sorts of other thoughts:

- The task seems to be diverse, comprehensive, and also time-consuming. How, quite specifically, will you be provided with money and material goods safely, regularly, and "humanly" when you start working actively at SEOS?
- What, specifically, will your personal task at SEOS be, in the next few months?
- And how, does such a membership work in practice?

We have discussed a lot and diversely in the last few months and decided together for now:

Currently (March 2023) all human SEOS employees will be doing a "normal human activity" as "normal people" in a "normally paid" employment relationship (employee and / or self-employed). We have long and intensively discussed a «SEOS Foundation» that would finance all human SEOS members and thus free them for their important task. The idea has not been completely deleted but is currently not being implemented. It undoubtedly has certain advantages.

However, it also has disadvantages that we all currently consider to be more important.

- Employment at the SEOS Foundation would separate the human SEOS members a bit from normal human life. Something that is explicitly not meant to be.
- The human habitat urgently needs capable and highly developed people who shape life there and change it sustainably. Ideally, this can best be done in the middle of the respective settings.
- You thus, remain involved in human settings (or go back there again after a certain personal break). They are all settings that require your specific commitment and in which you will have a variety of effects. Concurrently, your work there is designed in such a way that it frees you up for other SEOS tasks and at the same time, finances you sufficiently. A place where you feel comfortable, and which enriches you holistically.
- In addition, you are subject to the energy-based laws and so, you are provided with everything that fulfills you and serves you personally or for your tasks.

And we would like to emphasize again at this point: At first glance, the topic seems quite surreal. At the same time, all actual SEOS members eventually get to the point where they know with certainty that they are actually SEOS members. However, this does not make the challenge any easier, as you are entering a kind of "parallel world" from a human point of view. And as long as it is not completely clarified, within yourself (whatever aspect), your human mind will also get involved and develop all kinds of ideas and images. Ideas and images that do not really serve you and instead, only confuse you. And so, it requires a great deal of awareness on your part and a very conscious examination of the topic. Move whatever aspects you come across with regard to your own active membership with SEOS. Consciously seek the answer within yourself and allow yourself to know for sure. Do this until it is calm and clear inside you.

Your current human life seems to slip out of your hands every now and then and what you long for moves away from you. What you carry within you seems like otherworldly fiction to the purely human mind and your life looks more to the point of losing than gaining. And so, you have to be very sure, within yourself, so that you can walk this path calmly. Something that does not come to you automatically, but you will succeed

as soon as you consciously and sustainably deal with the related questions and topics. In yourself.

Also, allow yourself to be able to grasp your current life and your respective here and now from a higher position and to recognize at any time where you are getting what compensation for your great and valuable work. Very often there are soothing breaks. Times that you perceive at first glance more as "slowing down" than as compensation. Energy-based balance always gives you what you authentically need here and now. And it is important to be aware of this, especially in the area of compensation. Otherwise, you repeatedly may feel like you are in the position of a «voluntary giver». A situation that no longer exists on an energy-based level, where everything is looking for balance in order to be in harmony.

We would also like to point out at this point that you cannot (any longer) make any forecasts at the point at which you are now, in relation to your tomorrow and in relation to your future path. In any aspect of your life. And it is also important to be very aware of this, otherwise you are making your current life unnecessarily difficult.

Get consciously involved in your respective here and now, know the most important points of your front and then consciously let them arise freely.

This basic attitude lets you go through the difficult times most easily and progress most successfully.

And as a first answer to the third question on the first page: Your current life thus continues, and your SEOS task builds on your current human setting. A setting that fits perfectly and into which your diverse tasks at SEOS can be optimally integrated.

But as already announced in volume 1, we will then deal in more detail with your very personal role and your specific tasks at SEOS in the course of this book.

At the same time, the idea of a "SEOS Foundation" is still in the air. A foundation that does not operate in an economically profit-oriented manner but is structured (and also works) in such a way that it is financially self-supporting. A foundation that supports and empowers people to become essential and live essential, to use their full potential for the benefit of the planet and to create a life of great holistic abundance for themselves.

The seat of the foundation will be in Switzerland. The human governing body consists of four Ascended Master, currently embodied in human form. The energy-based preparations have been going on for a few months and we will then be ready to start when everything is holistically ready. Its official beginning can therefore not be defined humanly by means of a specific time. Nonetheless, it will take place.

We ask you not to pick up this book until you know within yourself that you have worked through volume 1 sufficiently and that you are now holistically ready for the next level. Something you know pure and clear within you, if so.

In this volume, we will focus on your very personal role on the one hand and then continue in the area of intercultural communication. Among other things, we will visit the energy-based realm of the elves and deal with the focal points there. We will also deal for the first time with the vibration-based level and its laws, with the aspect of vibration-based work, but also with the vibration-based dimension of planet earth. And so, we look forward to being able to travel another part of the way with you!

“We” in this book are:

Susanne Edelmann, Luca, Ben Josef and Serena

May the book serve you! You personally!

## 2. Your role at SEOS

Your function / role at SEOS corresponds to your personal level of development and your individual skills. It therefore, (typically energy-based) is perfectly tailored to you personally and structured in such a way that you can not only live out your full potential in it, but also continuously develop yourself personally through active work in it. The energy-based level knows neither too little nor too much and so, you will also find this aspect in your SEOS function. You will be challenged in a beneficial way and there is neither too much nor too little. You'll instinctively feel comfortable in your SEOS task, that is. It suits you perfectly and all your essential and human abilities. Something you've always been looking for, but never been able to live in this form. Something that lets you breathe easy and be comfortable. It will enrich you holistically, your SEOS membership. Again, a typical energy-based trait.

In this chapter we will support you in consciously having your own personal function within you and at the same time, we would like to emphasize at this point that you will then very consciously grow into this function in the following months. This happens differently than you are used to from human living space. At the same time, it happens very clearly and very safely. You will be able to perceive this clarity very consciously and it will at best irritate you a bit at the beginning. It may repeatedly feel like a form of heteronomy, as every aspect of your practical life now aligns with your new role.

Ideally, you try not to interfere as much as possible and instead simply continuously implement those impulses that you carry safely and purely within you, step by step. Observe continuously and let your own inner essential self consciously show you what is happening when and why. Your inner core has long since decided. You can't get out of it even if you try. At best, it may feel repeatedly uncertain and surreal for you at the moment, this story of an active membership in SEOS, as your "common sense" repeatedly doubts the actual truthfulness of your future. And in this regard, we recommend a very conscious inner examination of everything that arises in you. Until it is calm, clear and safe inside you. You are at a level of personal development where you will no longer find any external

confirmation. You must now be able to rely completely on yourself. And if this is not the case, you will be introduced to the relevant tasks until you become very, very secure in you and with yourself. One of the absolute requirements for your active work at SEOS.

If you have your function pure and clear within you, you will continuously receive the knowledge and skills you need for your function. You will also receive a suitable place of residence and the optimal associated human workplace, if these are not already with you. Please clarify these two aspects consciously in yourself until you know pure and clear.

In the next few years, SEOS will have its official headquarters in human habitation. The location of this seat is a place that all habitats and realms have created official access to in recent years. In the meantime, it has been developed holistically, so. The human members working there are currently still on the way on their very personal preparatory path and so, the official implementation on the human side will take some time. But the place already exists. Therefore, it makes sense that we consciously invite you here and now to let us accompany you to the said place for the first time and to become aware of your function at SEOS there.

### **A practice**

Retreat to a quiet, pleasant and undisturbed place, make yourself comfortable there, breathe deeply in and out a few times and then allow us to accompany you to said place. You know when you get there. Take enough time and space to consciously look around and to stabilize yourself in this place. You will find sufficiently large stones to sit on. If you like, choose one, sit on it, consciously let your eyes wander through the beautiful panorama and very consciously perceive the energy signature of the place. Now, ask your own inner essential self to show you your personal task at SEOS. If you have it in you, consciously ask all the questions that are now arising in you. Make them conscious and allow yourself to have them all answered over the next few days. The clearer you know within yourself, the calmer you can take on the task and so, it is important that you take yourself and everything that arises in you very seriously. You will know when is complete. Return to your own place through conscious decision, stabilize yourself in your own way and rest a bit so that you can integrate holistically.

Please take the topic (including all associated insecurities) very seriously and allow yourself to receive reliable answers and now, continuously clear up inside yourself.

As long as it is calm, safe and clear in you:

- Your personal task at SEOS.
- Your safe and beneficial place to live.
- Your safe and beneficial professional human activity.
- Your safe financial security.

When you realize that you are an active member of SEOS, there is usually not only joy in you. There are also some questions and uncertainties involved and we encourage you to consciously give them space in yourself until it is completely clarified. You are still a normal person and people need holistic security in order to be able to walk into new things calmly. Therefore, if it's not completely clear yet, at the moment, deliberately put the book aside and allow it to clear up completely within yourself. Your human part needs a rough idea of your work at SEOS. He also needs to know how this works out financially and materially. If he has both, he can be calm at first. And so: Consciously allow both questions to be completely clarified in the next few days.

The possible functions and tasks of a human SEOS member can be very different and since membership is an energy-based story, it is also subject to its laws. This means (among other things) your roles and responsibilities will change from time to time. According to your personal needs and the specific needs of the project itself. Therefore, if you currently have a function and tasks in you, these are those that you carry out in the first phase. Nobody can tell you what will happen after that.

We would like to go into some of the possible functions and tasks in more detail below. This in the knowledge that the tasks listed represent only a fraction of all the many actual tasks.

**Conscious implementation of new and beneficial structures, behaviors or orders in the human environment.**

As a human SEOS member, you serve the "big picture" and work both in the human environment and in intercultural cooperation. And one of your (all of ours, honestly) responsibilities include implementing the new, wholesome, and beneficial. You do this very practically by consciously entering certain situations or systems as a normal person in the context of a difficult / stressful setting or a certain social issue and acting there differently than usual and with your (very often in

cooperation with other highly developed people) behavior consciously lives out a new structure or form that has not yet been experienced. With this behavior you shape a positive energy field in the area of the topic for the first time. Some time later, another human SEOS member in another region or continent does exactly the same thing and strengthens your created energy field with his conscious behavior. And so, it goes on until the newly created energy field has a certain stable strength.

If the newly created energy field is strengthened enough, according to energy-based evolution, it begins to work involuntarily. Low frequencies move to higher frequencies and what is dark and burdened moves involuntarily towards pure, soothing and clear if it is there. What is described happens step by step, imperceptibly for most people who are still unconscious, and usually over a longer period of time, until it manifests itself in society in the long term. Once it has been realized on the outside, you yourself have usually been busy with completely different topics and tasks for a long time and thus at most miss the conscious success of your work. And so, we would like to draw your attention to a possible side effect of your work as an active human SEOS member at this point: You walk through your everyday life as a normal person and meanwhile, constantly put small pieces of the puzzle for the big picture. You