

# SEOS Manual

Volume 3

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# 1. Introduction

You now, know clearly and securely in yourself that you are an active SEOS member. If not, please put the book aside. It will not serve you.

You now, know clearly and securely in yourself that you are an active SEOS member.

- You have dealt with your first tasks in this regard on various occasions and have grown into the subject for the first time.
- You consciously got involved, with time.
- You have let go of your previous mental conceptions and have relied on your own secure inner knowing. The only thing you could do, honestly, because there is still nothing on the outside that can verify you in this regard.

Important and valuable tasks that you have successfully mastered in the last few months, thus. Tasks that consciously prepare you for your future. Because you will also have to rely primarily on your own secure inner knowledge for the next few years. From time to time, you may meet another highly developed person who truly grasps you and thus also knows about your SEOS membership. Beautiful, this experience, to be truly grasped and recognized. At the same time, this will presumably only be the case in isolated situations over the next few years.

And as much as you repeatedly long for a journey together, it is also important that you first learn to be completely rooted in yourself, to always seek guidance and answers within yourself and, to live and act from a fully conscious here and now presence. Ideally, you should first train these skills in seclusion and on your own. You must consciously learn to always trust yourself completely. This is the only way you are actually capable of your future tasks.

Over time, you will experience very practically how you now increasingly meet other highly developed people. It is often a question of a person who, in his core being, has the personal level of development of a master. At best, you will find out at such meetings that highly developed people can be very convinced of what they currently carry within them.

If the said person is a person who is not yet fully conscious, what he is carrying within him can feel right in his own perception. During a certain phase, however, even a highly developed person does not yet fully grasp truth and so, he usually only knows individual pieces of the puzzle. Yet, meanwhile, he himself is convinced he knows truth fully. Furthermore, if he is not fully conscious, his own human mind is heavily involved, and so, his current belief is mostly mixed with various fictions. A normal occurrence during a certain phase on the way to full consciousness.

Well, highly evolved people tend to be fairly convinced; of themselves and what they carry within them. And so, it is helpful, if you are aware of the situation described on the one hand and on the other hand always check yourself very consciously and look for actual truth. Truth can also be recognized by the fact that it manifests itself purely and clearly on the outside at the right time. Therefore, you may just calmly listen and wait, in these situations. You don't have to discuss it. Just wait and see until it shows up on the outside (or not). For yourself, however, it is worthwhile if you know pure, clear and secure within yourself.

You dissolve old and uncomfortable structures and implement new and healing things. The corresponding blueprint lies within you. And the first step is to consciously discover it and then, in the next step, to consciously trust it. With your unusual approach, you often irritate your fellow human beings and thus, do not receive what you are actually entitled to: respect and appreciation.

On the contrary, your human life can very often be interpreted as the biography of a "failure / unsuccessful person" from a purely human, material point of view during certain phases of life. This, although you are highly successful, seen from a higher level, also and especially in the phases of life mentioned.

And so, it is now increasingly worthwhile to consciously change the level when capturing a person and thus, to include the energy-based perspective. Especially if you hold an official teaching or consulting position or if it is your own children.

However, we would also like to encourage you to look at your own situation and your own path from an energy-based and higher-level perspective, and in doing so, to recognize and appreciate your exceedingly great achievement.

Many highly developed people are currently still on their very personal path of becoming aware. They are therefore very busy with themselves and thus their perception is primarily fixed on themselves and their own issues.

So, you will still encounter little (or often no) external verification for your own inner knowledge.

Human society is currently far too busy with other things and contains far too few highly evolved humans with a fully open consciousness. This is not too bad either, as the situation described allows you to focus on yourself and your own inner impulses. Something that leads you sustainably into self-empowerment.

**And so, you are asked, to fully trust  
your own inner clear knowing  
(and thereby yourself)  
Now. In the future. Basically.**

So, you got involved in your job at SEOS. And then, unplanned, your entire life flipped all over again, aligning even more closely with your essential self. It was (and at best still is) suddenly very much about yourself and your essential needs. And we ask you to consciously devote yourself to this phase as well, to get involved in the fulfillment of your essential needs and to consciously allow balance. Allow and accept. It's primarily about you. About you, your essential needs and your essential abundance. Regardless of why you are here in this one human incarnation.

If you now, very consciously, expand your perception, you will realize that although it seems to be almost exclusively about your holistic well-being in your practical everyday life, you are at the same time extremely powerful in the area of your SEOS task. Unrecognized. Usually not even noticed by yourself at the beginning. And when you see yourself, in the words just described, consciously allow yourself to take in the full picture of your current life. From a human perspective, you are very busy with yourself and in places that enrich you



holistically, nourish you and where you can develop professionally and personally. Beneficial places that bring you back into human habitation and at first glance, have little in common with the topic of SEOS. However, if you look more consciously and consciously also energy-based, you will be able to recognize at least one other active human SEOS member at said location. Usually several. You will then come to realize over time that you are changing and implementing very effectively on an energy-based level, although none of you are communicating about it and you are occupied with completely different issues on a human level. You are a perfect match. On a human and on an energy-based level. And that's how you can see for the first time what active SEOS work can look like: enriching. Extremely beneficial and enriching. Far away from the struggle and exertion, overwhelm and sacrifice that you have repeatedly lived when you have committed yourself to something meaningful.

What you experience in the sequence described is abundance. Very personal, extremely beneficial fullness. A bit unfamiliar, at best, at first. But quite typical for your current and future SEOS work.

You need a very stable holistic foundation in order to be able to work in your essential size. And comprehensive abundance is part of that foundation from an energy-based perspective.

If you are then completely well and fulfilled, your life will lead you once again into your own depths and thereby strengthen your holistic foundation and at the same time guide you to your essential place in the middle of human society. This place may be different than what you imagined, but you will experience; it suits you immensely. The people there are good for you. You can work diverse and at the same time develop yourself personally. In addition, you dissolve the old and implement something new. Said place is ideal, also for this task. If you're not there yet, you might find out why, after the last lines of this volume at the latest. Everything has its time and what is due to you and what belongs to you will come to you at the optimal time for you.

As already written several times, you also need a place of residence that suits you best. Consciously feel into yourself there too and allow yourself to know purely and securely whether you already live there. If you haven't already, allow yourself to know why and at the same time, open yourself to your next essential place of residence that best suits you.

In this context, we take the liberty of pointing out to you that your professional situation will now also change step by step. As a result, over the next few years you will increasingly find yourself in companies and positions that correspond to your size. This is not happening in the way a human mind might imagine, as it evolves in an energy-based manner. Circular, therefore, and not linear. Optimally adapted to you, your well-being and your essential tasks and thus not cognitively plannable at all.

If your professional situation changes as a result, consciously refrain from mental ideas and evaluations. It may well happen to you that in the next few years you will switch from one job to the next to become self-employed and then to go to another job again. This in relatively short order. Optimally tailored to you and your current situation and yet, not in the way you would have planned for yourself. If you look at such circumstances from a higher perspective, you will find that every place and every situation give you many gifts. On the one hand, you need certain inputs and encounters. On the other hand, you also have to solidify one or the other skill. At the same time, you have a highly effective impact on certain social issues and support other highly developed people in their personal development process. It is not uncommon for you to meet another human SEOS member from time to time.

Sometimes, you may discover this only after your encounter. The contact will still encourage and strengthen you. You are not alone. Always less, in fact.

And when you read the lines just written, link them to the words already mentioned on the first page: Your life is now more and more following an overriding goal and thus a corresponding guidance. It can no longer be judged in a purely human way and at the same time, your actual life, which has been fully immersed in human society again, leads you repeatedly into exactly this temptation. You judge from a purely human point of view. And by doing so, you are misjudging.

The situation just described is very similar to the first pages of this book. If you look at it, out of a purely material based human sight, it seems to repeat itself and sometimes, the human mind has to make an enormous effort to be able to classify. If you now leave the human mind a bit outside, consciously open yourself holistically and let the energy-based level flow in, the "inconspicuous" text will lead you directly into the depths and personal development and you suddenly grasp in huge context. This cannot be explained in words but must be consciously experienced and grasped.

Yet not all people can do that. Nor do they have to. Ideally, however, only those people who actually need our books will read them.

You will also experience, step by step, that the energy-based dimension is now also opening up to you visually. This is done in a very personal way and optimally adapted to you. So, that you will neither be under nor overwhelmed. You'll probably find this opening to be quite a challenge. It is "not normal" what is happening to you, and you cannot necessarily share your experience with your immediate environment. At the moment, there are not that many people to whom the described happens and so, you have to find your own good way in this area as well. Something that takes time, mindfulness and awareness. Also, and especially in dealing with yourself.

From my own experience, I (Susanne) recommend that you consciously hide the energy-based level in situations in which you are overwhelmed by the perception of both dimensions at the same time and in particular by the associated fullness. The skill described requires some conscious practice at best, but it is basically possible and will support you, especially during a certain transitional period. You don't have to see everything you could see at all times. Just as you don't need to know everything you could possibly know at all times.

In this book we will deal with the energy-based realm of the dragons and thus once again with the vibration-based seventh dimension. If you want to understand the culture of the respective energy-based realms, it helps you if you capture them in relation to the respective dimension. The vibration-based level is subject to completely different circumstances and laws than the material-based level. And so, it is self-explanatory that the living conditions of the dragons are very different from the living conditions of humans. This in turn has a significant influence on the culture of the respective habitats. Logically.

However, in order to be able to enter the energy-based habitats more and more, you not only need the ability to see there with your human eyes. You must also have become completely value-free. Something that takes time, honestly. People are used to continuously scaling and evaluating and so, you cannot decide for a basic value-freedom, then train it a bit, in your practical everyday life and afterwards you live completely value-free.

From an energy-based point of view, attitude (as a corresponding vibration frequency) and associated thoughts (as energy fields) and feelings (as an energy form) are stored in your holistic system, and they all have to be released now from your holistic system in a sustainable

manner. Something that you can consciously support by surrendering to what you continually encounter. The rest happens by itself.

You also need a lot of respect and mindfulness towards being different, and you may have to practice this a bit too.

Your active membership in SEOS brings practical implications. And that's what we want to talk about in this book. We may repeat ourselves, but at the same time it is central: your own complete well-being is the focus, and it will stay that way. Even if you take on high tasks and are involved in a variety of ways.

And because you are now constantly entering into new and unfamiliar things, it is important that you are not only aware of the (new and unfamiliar) challenges, but also live a very conscious and mindful way of dealing with yourself.

There are currently (August 2023) 500'000 people on earth whose essence has decided in advance to be an active human member of SEOS. Most of these people are on their personal path to full awareness right now and are not yet aware that they themselves are a member of SEOS. All these people are highly evolved, but in different forms. And so, they cannot be compared to each other. Something it doesn't need and won't need. Each one of these people (safely guided by their own inner essential self)

will find their own way into their own task at SEOS and carry it out in their own way. In time, there will also increasingly be an official human governing body. However, it is important to be aware that SEOS is an energy-based story and that the management committee, and the associated management are also energy-based and will thus act in an energy-based manner.

In the next 20 years another 500'000 human incarnations will be added. All with the aim of taking on their planned role at SEOS. Thus, an exciting time lays ahead of us, as we will all first contribute to a strong (positive) shift in energy in the human environment. Yet, said energy shift will then, bring about various, very practical, often positive new effects.

“We” in this book are:

Susanne Edelmann, Luca, Ben Josef and Serena

May the book serve you! You personally

Sincerely

Susanne Edelmann, Luca / St Germain, Ben Josef  
and Serena