

# The Energy-based Realms

Volume 7:  
The energy-based  
realm of Avalon

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## 1. Introduction

If you consciously immerse into your immediate surroundings with your energy-based, expanded perception, you easily perceive that there is obviously a level around you that you cannot grasp with your physical organs of perception. This level currently attracts many people and at the same time leads to a multitude of human fantasies and thus a lot of manmade realities. What a person perceives in his surroundings by means of his expanded, energy-based perception does not necessarily correspond to the truth, because every human perceives accordingly to his very personal level of development and thus his very personal awareness. He perceives in his own level, therefore.

In addition, the perception of a person is usually overlaid by all sorts of human myths, his very personal framework, the thought models, religious or spiritual ideas that he has acquired in the course of his life and many other things that he has heard or read in the course of his current life.

Your human mind involuntarily uses what it has stored in the course of its life as soon as it comes across something new and then places this new in the context of what you already know. A completely normal human behavior, of which most people do not seem to be aware (anymore). And so some people then happily make up all sorts of fantasies about the so-called

spiritual world, declare themselves to be highly developed and valuable teachers and pretend their stories are truth. Incredible, purely factual, viewed from the outside.

Therefore, we consciously invite you, as the reader of this book, to deal with the subject of this entire series of books with integrity and cleanliness. It takes a high level of personal development, a high level of personal awareness and a high level of personal integrity to actually grasp and know. The way there requires your conscious and personal examination. All alone for you. At the beginning and afterwards, for a long time, you create your very own images and your very own ideas. Absolutely normal in human society.

As a rule, these first impressions are, however, far from the truth. Rather, they are overlaid with everything that is stored in your head. And you have to be aware of this if you want to get into the topic honestly and with integrity. Please use this book with integrity. It is written for you. All alone for you. For you personally and your own personal development.

Many people are currently struggling to distinguish between actual truth and man-made realities. They have forgotten to trust their own abilities and are therefore a little lost when it comes to actually recognizing truth. And if you

feel in yourself that it is the same for you, we strongly encourage you to make a conscious decision to allow that you personally want to be able to differentiate between actual truth and realities created by humans. Actually, this is not that difficult at all. You only need a conscious willingness to get involved in the topic. Until you have consciously reacquired the ability to actually discern.

Allow yourself to be guided by your own inner divine self and afterwards you will experience a highly personal, optimally adapted training unit. And if you stick to the topic consciously, you will know for sure at all times after the process has been completed.

If you are here and now, still a bit unsure about the topic, we would like to give you a first test tool with which you can, if necessary, make first conscious experiences.

Right now, all sorts of people are walking around calling themselves sophisticated and spiritual or religious teachers, creating all sorts of stories of lies and most of humanity is unable to capture what happens. Therefore, it seems to us eminently important that, step by step, people learn again to grasp truth and to recognize realities made up by people. The energy-based realms suffer from these tales of lies. Likewise the Ascended Masters, who are abused many times in all of the stories mentioned. Yet, people

suffer most, however, because with this self-created nonsense they distract themselves from their own life and with it, their own tasks and their own personal development.

You can read countless books about (alleged) messages from angels and ascended masters and get caught up in all sorts of human fantasies, none of which will bring you further personally. Or you can decide that you grasp personally, according to your own level of development. Comprehensively recorded. Truth.

You will find your very own way and over time you will be able to distinguish more and more intuitively. Involuntarily. Until then, it usually requires a conscious discussion and sometimes a first, appropriate tool that supports you. And if you like, we invite you to a first exercise in this regard.

### **Exercise**

Retreat to a quiet, beautiful, and undisturbed place and make yourself comfortable there. Consciously inhale and exhale a few times. Then find a sentence that you know is true. The dining table is made of walnut wood, for example. Put this sentence in your energetic heart space, in the middle of your breastbone. Then put your full attention into this sentence.

And in doing so, consciously notice how it behaves under your attention.

Then, look for a sentence that you know is a man-made reality. John and Mary are in a happy marriage, for example. Put this sentence into your energetic heart space, go into it with all your attention and consciously perceive how it behaves under your attention.

During this exercise, you will perceive according to your own personal development level and your current awareness. As a rule, you will find that man-made reality feels somewhat elastic. If you penetrate it a little, it gives way. And if you stay consciously in it, it will become increasingly weaker and, over time, will completely dissolve. A typical sign that it is a man-made reality. On the other hand, it is quite different with truth. Right at the beginning you perceive here a certain clarity and firmness. If you then, immerse yourself in it, it remains clear and if you stay in it with all your attention, it remains stable. It neither gives in nor can be dissolved.

This is the basic part and with it you can consciously take your first steps in the area of truth at any time.



If you have a very personal, already slightly higher level of personal development and a certain level of awareness, you are also able to perceive human superimpositions and superimposed energy forms during this exercise. We would like to clarify this with an illustration. In doing so, we invite you to work with one of the two man-made realities.

1. Jesus came to earth as the savior of men and with his death made the way to God possible for them.
2. Lady Rowena is an Ascended Master.

If you like, take one sentence after the other into your energetic heart space and proceed as described in the exercise. You will be able to see that the sentence is not rock solid, yet, it is quite stable. People have consciously filled it with energy over a long period of time and thus unconsciously strengthened it. Because of this, it seems a bit like truth at first. You now need some patience and perseverance. Because if you immerse into it with all your conscious attention, you can perceive a first small yield after a short time. If you then remain consciously in it, you will in time realize in astonishment how it becomes weaker and weaker and then increasingly dissolves.

In addition, grasp the forms of energy hidden in the sentence. Something that you will automatically succeed in at a certain stage of development.

Currently, there are 9 Ascended Masters on Earth in normal human form. Just like you. They live a completely normal human life in an inconspicuous area and no one in their near or distant surroundings would think of recognizing them as Ascended Masters. They are, completely normal people, seen from the outside. Even if sometimes a bit outside of the norm. But others are too. They are able to speak and write at all times. If they wanted to do this, they could convey messages to humanity at any time. Ascended Masters and Angels are not what humans have made of them. This is also important to note.

No Ascended Master or any other energy-based being would ever come up with the idea of “channeling” (a most ugly human reality). What people currently describe as “channeling”, viewed from the outside, is the conscious abuse of an ability (energy-based perception) and of high and pure energy fields of highly evolved beings. A human behavior, within a certain thinking framework, which does not work outside of this thinking framework. Can't work. High and pure energy fields cannot be misused because they do not contain any relevant forms

of energy (anymore). In addition, the energy-based information transmission (completely neutral) opens up according to the respective level of development and the respective integrity of a person. Abuse is not part of integrity and so so-called "channeled" information is also man-made realities. From an energy-based point of view, highly polluted and unsightly realities. Actual truth does not open to these people. As much as they insist that it be so.

And since the human behavior of "channeling" has most successfully spread all sorts of unsightly and incorrect information on the energy-based level, whose inhabitants on planet earth, but also on a universal level, it seems doubly important that people become capable again to be able to distinguish between realities and truths.

And if you like, take this section into your energetic heart, go into it with your conscious attention and check it for its truthfulness. We encourage you to take this exercise with you into your very practical everyday life and to check it out repeatedly. The more often you do this, the more certain you will become in the distinction.

Ascended Masters are no gurus and have no interest in messages to humanity. And if so, they convey it personally, in their own human incarnation. At the same time, they and their previous human incarnations are continuously

wrapped in human fantasy and repeatedly used and abused in this context. A very ugly business.

If you consciously begin to deal with the subtle, energy-based level of the planet, you will involuntarily encounter a lot of myths and human-made realities. A huge mess that opens up in front of you. And, ideally, you have to be aware of that. If you then really want to get involved in this level and actually know what is there, you absolutely need the ability to be able to differentiate reliably between truth and realities at any time. Otherwise you are simply lost.

The word Avalon is superimposed many times among humans. Fragments of truth became freshly gleefully entangled with multiple realities, and thus human fantasies. And if you start to read a book about Avalon, you will involuntarily come across many of them. We have honestly deliberately included some of them in this book. This, with the conscious goal of dissolving these extremely ugly realities step by step. At the same time, they serve as a very practical exercise that helps you to actually grasp more and more. An ability that will support you in many ways from now on. A (conscious) approach that we also used in the book "The White Brotherhood". Some of the sentences formulated in this book are realities strongly nourished by humans. And if you need another field of learning to be able to

differentiate between realities and truth, you will find it in the book "The White Brotherhood".

Honestly, in some of our others books, as well. This fact supports you, not to blindly trust us as "Ascended Master Authors". There is no other being you should rely on. Even if you could. Rather it is your inner core being, who in principle recognize and speak truth. Please be very aware, that we act, write and live energy-based, even when we are humanly incarnated. Our most important goal is your self-empowerment and your holistic support. It's never about us or even trusting us. We as authors are not important. It is just the gain for you personally that counts. That's all. Please, never use us. Not personally and not socially.

And if you like, consciously allow that all realities regarding Avalon (and all others too) which are obscured in your holistic system may dissolve, now. Knowingly allow that you want to know the actual Avalon. Something that is only possible if you yourself are able to differentiate between truth and realities at any time and with certainty. And with that, being allowed to resolve all false information, now.

At the same time, however, be aware that this book is an energy-based book that is therefore subject to energy-based laws. This means, among other things, that the information

contained therein opens up according to the personal level of development, personal awareness and personal integrity of a reader. A completely normal fact, on an energy-based level. And so you will always grasp that which corresponds to your personal level and you; Here and now, serving optimally. Another reader will, in turn, grasp it very differently. A natural condition of the energy-based level. In addition, the information provided here is intended for you personally. For you and your own personal development. This, too, a completely normal fact on an energy-based level.

If man-made realities begin to detach themselves from your holistic system, you can recognize this by the fact that you suddenly find it difficult to read this book. In yourself, it becomes unclear and foggy and you can perceive an inner process, which you can usually not (yet) name clearly. In these situations, consciously put the book aside and, by means of a conscious decision, allow what is to be solved. Sometimes you find yourself asked to lie down a bit and after a while you can find that the process (for the time being) seems complete. Another time, however, you deliberately immerse yourself in a specific topic and with your conscious editing you clarify and purify what still needs to be clarified in this aspect.