

The Energy-based Realms

Volume 3:
Beings of the Elements

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1. Introduction

The human living space is currently in the so-called third, material-based dimension. It now, increasingly opens up towards the so-called fifth, energy-based dimension.

If a person consciously moves from the third dimension to the fifth dimension, he thus changes from a purely material-based living space to a living space in which the focus is on the energy-based level. This is also possible if the person in question is still in the same place, from a purely local point of view. So far, people have led a predominantly material-based life. They didn't know anything else. The gravity and density of their previous living space made them forget the perception of the energy-based dimension, or even worse, led them create a lot of own and false realities. Realities that have nothing in common with truth.

Due to the fundamental increase in the planetary oscillation frequency, the border to the energy-based dimension opens up in the purely material-based living space of people. Something that enables them to actually experience and grasp this dimension as it really is. Independent and self-empowered.

The energy-based, fifth dimension is currently composed of three self-contained realms:

- The realm of the Fairies
- The realm of the Elves
- The realm of natural beings

At the same time, in the fifth dimension is also a so-called “open zone”. An open space in which different beings reside freely. There are thus also:

- Recently deceased people in their astral body
- Support teams of recently deceased people
- Support teams for people
- Visitors from other stellar constellations (as observers)
- Beings who (observationally) prepare for their first incarnation as a human being
- Angels and archangels
- Beings of the elements

Whether and how much the energy-based dimension opens up to a person depends on:

- The fundamental frequency of this person and thus his own awareness.
- The personal level of development of the person and thus the fact that he has successfully completed his individual tasks of this one life and has basically mastered the material-based dimension.

The fundamental increase in frequency of the earth involuntarily leads to an increase in the fundamental frequency of human beings. This in turn means that there will now be more and

more people who are rooted and on the move in the material-based dimension and whose perception is now increasingly opening up. Something that leads to them grasping more and more in an energy-based way. They do this whether they are aware of it or not.

From a purely objective point of view, they are perceiving more and more energy-based and there, as a rule, encounter a large number of energy fields and forms of energy.

A fact that then (unconsciously) forces (and often also seduces) them to resort to all sorts of (materially based) explanatory models and thus not only confuses them in many ways, but also distracts them in all possible directions. In doing so, they are not aware that what they are suddenly grasping in an energy-based way is not necessarily truth.

Truth in and of itself is independent of written or spoken words. It is independent of the competence of the teacher or author confirmed by others. Truth is also independent of any professional opinions or technical expertise. And so, it is no different on the energy-based level than you know it from the material-based dimension; not everything you experience is true. On the contrary. Whatever you read, hear or even perceive based on energy, should be checked accordingly. By yourself. Ideally.

And if you are currently experiencing a personal increase in frequency and thereby (also) increasingly grasp in an energy-based manner, it is very worthwhile not only to deal with the topic of "truth or reality (s)", but also with the energy-based level and thus to consciously deal with the aspect of energy-based perception. Not everything you hear, read or see is actually how you perceive it. And what applies in the materially based living space does not behave any differently on the energy-based level. Until you can be on the road, clearly and safely, in an energy-based way, it requires, on your part, an appropriate awareness and a long, long time of conscious and active confrontation with the new.

If your perception expands, you will encounter two aspects on an energy-based level that we would like to deal with, among other things, in this book in more depth.

Forms of energy arise on the basis of experiences (often repeated) and the resulting basic feelings. Very often these are negative variants. The energy form of abuse, inferiority, violence, etc. for example. If such forms of energy hang in your own energy field, they work by means of the energy-based law of resonance and the subject matter imposed therein appears, with great regularity, also very practically in your life. Rather, the more your own vibration

frequency increases, the more these forms of energy shape. This without you being able to practically defend yourself against it. The only thing that helps is a conscious decision on your part that these forms of energy may be released from your holistic system. The subsequent, related purification process is then, subject to the guidance of your own inner divine self.

Yet, you can support the cleaning process described above:

- Rest as often as you can. Over time, you will find that the cleaning process starts up automatically as soon as you lie down.
- Drink enough and move consciously in pure nature.
- Read carefully, repeatedly some of the pages of our books. They are underlaid with high and pure energies. Something that helps to support said cleaning process.

If your holistic system begins to cleanse itself sustainably, you can recognize this, among other things, by the fact that you repeatedly experience yourself surrounded by extremely unattractive and sometimes extremely dark forms of energy. Negative forms of energy that you have acquired in the course of your numerous lives and that have got stuck in your holistic system as a result.

People have a bad habit of externalizing or even personalizing. And it helps you a lot if you are not only aware of these habits, but also consciously dissolve them in your own behavioral repertoire. Nobody wants you bad. There are also no dark beings around you and harass or threaten you. Even if it may feel like that at times. They are just old life artifacts. Dark and negative forms of energy that are now being released from your holistic system. Sometimes, show themselves again briefly and then dissolve permanently. In moments like this, we recommend that you breathe consciously and let the dark flow through you just as consciously. You will learn how afterwards, fundamentally dissolves.

A human system is, as a rule, contaminated many times and so it is quite normal that a short time later, the next dark form of energy is in front of you and wants to be permanently dissolved. A somewhat exhausting and time-consuming affair. At the same time, however, it is extremely relieving and has an extremely positive effect: on you personally, but also on your very practical life. Something that you have to experience personally in order to grasp in depth.

The more conscious you become, the more you can consciously perceive forms of energy over time. They hang not only in the holistic systems

of people, but also in organizations, buildings and sometimes also in projects.

Therefore, if you enter, for example, a catholic church and consciously go into your energy-based, expanded perception, you will involuntarily perceive all kinds of energy forms. Experiences and feelings of countless people who got stuck in this place in an energy-based way.

These forms of energy are energy-based realities, if you will. Realities created by people (mostly unconsciously), which you can now grasp in an energy-based way using your energy-based perception. The energy-based dimension also contains realities. Something most people aren't really aware of, yet.

Energy fields arise from repeated thoughts / beliefs. The belief that Jesus is the Son of God, for example. But also, the repeated thought that you will not find a partner in this life. These beliefs are man-made realities that do not necessarily have to be truth. Nevertheless, they shape immensely. Especially when they are repeatedly thought, spoken or written by many people. The respective energy field becomes correspondingly strong. If you now encounter such an energy field in an energy-based way, it appears at first as if it were truth. And so, as soon as you are out and about in an energy-based way, you absolutely need appropriate

background knowledge in order to be able to deal with all the new things that you are constantly encountering in a healthy and beneficial way. Something that, among other things, we would like to deepen in this book.

Perhaps you have already read Volume 1 of this series and, while reading the authors on page three, you trimmed a bit when reading Nurijia. A form of name that involuntarily reminded you of the energy-based realm of the dragons. And you were right. Nurijia is a dragon and we are very happy that she is a co-author of this book.

"We" are in this book:

Nurijia, a dragon woman living in the energy-based realm of the dragons with the level of development of an Ascended Master. She spent many of her lives on the Pleiades and on Arcuturus. But never lived as a human. At the same time, she has immense knowledge and great abilities in the field of energy forms and energy fields and this knowledge she makes available to us in this book.

Susanne Edelmann, current human embodiment of the Ascended Master Lady Nayla Og-Min and writing author.

Lady Nayla Og-Min, Ascended Master, who has specifically dealt with the interfaces between material-based and energy-based living space in the course of numerous lives. She too lets her diverse knowledge and skills flow into this book.

Lord St. Germain, Ascended Master, who, among other things, has repeatedly dealt with the path of human awareness and now, allows his knowledge and skills to flow into this book.

Lord Ben Josef, Ascended Master and Master of Light. He, too, has repeatedly and deeply dealt with the subject of human awareness, but also with the subject of light technology. A technology that we would all like to implement together over the next few decades on planet earth. He too lets his knowledge and skills flow into this book.

Ovid, Arcturian with the level of an Ascended Master. He, too, never lived as a human being, but he has immense knowledge in the field of light technology and thus in the field of "vibration - energy - matter". And so, we are also pleased about his sharing of his knowledge and skills in this book.

May this book serve you! You, personally!

Warm regards

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