

The light-based human body

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1. Introduction

If you are a highly developed being yourself in your core being and then your consciousness expands (and thus your fundamental vibration frequency increases), your holistic system changes its connection at a certain point and becomes rooted in the energy-based dimension. If you also belong to those highly developed people who must have their complete knowledge and their complete abilities in order to be able to carry out their future tasks in this one human life, the energy-based level opens up to you in a next phase. This fact enables you to carry out your future tasks in your full power and your full strength.

Once the energy-based plane has opened up to you, your human self begins to merge with your essential self, and you become an essential human in the truest sense of the word. This may now read pleasantly, and in the end, it is, but the fusion in this regard is not quite so easy to endure, experienced quite practically. You will make your own experiences and find your own way of dealing with them. Yet, we would like to formulate some aspects at this point, in the said topic.

Your human self is progressively dissolving through the merging.

And this brings with it some challenges. For example, if you are a crane operator and have been quite successful in your job so far, your previous sense of achievement will increasingly begin to dissolve in the course of the described merging process. They become unimportant. This could still be carried to some extent. However, once they are gone, you have also lost a bit of your previous (professional) inner foundation and suddenly you can no longer rely on your previous sense of achievement as usual when carrying out your professional activity. They're gone. Resolved. A confusing state. One that makes you feel quite insecure at first.

Well, your essential self is many times more stable, capable and competent than your previous human self ever was and it has safely integrated your previous human abilities in the course of the amalgamation. So, they are still there. Even if it feels repeatedly completely different. You just don't consciously have it in you at the moment. However, if you then, climb onto your crane, you will work safely and professionally with a high degree of competence. Like always. Yet, if you are mindful, honestly even more stable, more competent and more secure than before. Because, in this new state you are no longer at the mercy of external influences and can therefore, generally, work

stably and safely at a very high level. Then when you need it. If you are then, 3 hours later, in the coffee break with work colleagues, the expertise will be gone. Also, your partial identity as a crane operator. You are then, human being in your full size. And this state is an extremely confusing one if you are not aware of what is happening to you, at the moment, considered at a higher level.

Your human self merges with your essential self and you as a whole thereby become the human expression of your actual essential self. An incredibly beautiful story, purely factual, viewed from the outside. An extremely stressful, confusing and frightening affair, carried out very practically, as all of your previous partial identities dissolve in the course of the aforesaid merging. You become (your real / essential) yourself. And this also reads nicely, purely theoretically. But as a long-time human being, the path in this regard challenges you quite a bit.

Meanwhile, the final state of the process described above is quite a challenge for you at first, as well. You experience yourself very differently from other people, even if they don't feel that way themselves. But you are different. And the associated feeling of discomfort only stops when you stop evaluating yourself and instead accept what is happening to you consciously and without judgment. You are different now. Significantly different and, as with

many other aspects, it is how you deal with the new that shapes your very practical quality of life. If you are unwell and insecure and secretly long for a return to what you are used to, this clearly has an impact on you. If, on the other hand, you consciously accept and consciously allow yourself to grasp the gain of the new and also to experience it in a very practical way, this also shapes. It is your own handling of the new situation that now decides how you feel about the new situation. Please be very aware of this and thus of your own responsibility.

The situation described will keep you busy for a certain transitional period, and we hope that the words written here, will give you some support in said phase. Either way, you will discover that you will intuitively find your own good way with the new situation. At the same time, it helps if you know the underlying mechanism and thus are aware of it. The situation described is new in human society and so, there is usually no person in your immediate environment who is experiencing something similar to you. In addition, there is no description of what you are currently experiencing. There is now a great danger that you will become entangled in all sorts of (useless) explanatory models, carry out cognitive analysis and yet do not understand, and repeatedly assess deficit-oriented and pathologizing. Suddenly, you find yourself no longer in the (previous) norm, which is clearly

perceptible to you. And, in human society, what (or who) does not (or no longer) fit into the usual norm is usually described as sick or at least in need of help and therapy, and so it can definitely happen to you that you get all kinds of assumptions, diagnoses or projections from your outside and not infrequently, you also impose yourself in these human thought patterns that are so familiar to you. However, this does you great harm!

It's very different. A part of you knows this, but it all seems so surreal to you that you don't trust that part and therefore your inner knowing. On the contrary, most of the time, you come up with all sorts of arguments why what you actually know inside can't and never will be. Well, you are harming yourself with your own behavior and causing yourself a great deal of unnecessary suffering in the process. Your own inner essential self has chosen a process that you cannot escape. Something you actually know inside of you, too.

You can now surrender to your inner knowledge, trust and discover that everything you authentically need is always available to you. Or you can continue to indulge in your inner cognitive "psycho-games" (that's what we call the behavior described) and thereby always feel a little smaller, a little more helpless and a little less capable. Highly evolved people naturally

have great inner strength. However, many of them repeatedly turn this power against themselves within themselves. In doing so, they cause a great deal of internal damage. And if you are one of the people described yourself, we urge you to stop immediately. We need you. You, with your great potential. You, with your various abilities. If you continue to self-destruct yourself, you will spend the next few years of your life in darkness, negativity and dependency and your inner essential self will eventually have to decide to dissolve this human incarnation altogether.

The process is extremely tiring, that's true. At the same time, it is you yourself who additionally burdens the process with your unconscious (negative!) behavior and thus makes it a painful, negative and stressful one. It is your negative and deficit-oriented thinking. Your self-deprecating behavior and lack of awareness of the aspects described. You block yourself and you block yourself extremely successfully.

And so, we encourage you to get very honest with yourself. Look honestly. Consciously listen to your own thoughts. Observe your own behavior very consciously and recognize where you are harming yourself with your thinking, interpreting and acting. In the example described with regard to the dissolving of all your previous partial identities, it also helps if

you observe yourself at your own work and realize that your previous high level of expertise has not been damaged in any way and will not be damaged by the inner shift that happens so very clear to yourself. On the contrary. Observe very consciously and you will recognize that you are now subject to completely different circumstances and laws than before and that these are not worse, but better and more appropriate in many ways. However, it is important to discover this consciously, since there is now a great deal in your life far outside of what you have been used to and what is humanly normal. Once you have discovered and grasped it in depth, the next step is to find your own good way with the new. You are so very different now. And at the same time, you move around again and again as a "completely normal person" and "completely normal part of human society" in human living space. To be both and to be able to do both represents an excessively high requirement. One that not so many people are able to solve cleanly and with integrity. If you can do it, you have passed the test and your path continues steeply and (very!) quickly. If you're not fully capable yet, you do a few more rounds at that point. Until you're capable.

Allow yourself to know what is happening to you continuously. On all levels. You will not find the respective answers in your human mind, nor in general human explanatory models. If you are

honest and aware of yourself, however, you will know inwardly. A completely natural energy-based ability that is now yours (again) and serves you in many ways. You not only lose on your current path, but you also receive many times over. And it supports you if you consciously allow yourself to recognize where you are actually getting something and then consciously appreciate it.

The path of becoming conscious leads you far beyond what you have known so far, and it is pointless if you now try desperately to hold on to your previous life and your previous way of life. You are less and less able to do this, honestly, and trying to hold on robs you of a lot of unnecessary strength. You changed quickly and far beyond the previous human norm. It still challenges you in many ways, that's for sure. However, to describe or handle the process as deficit-oriented or even pathological not only misjudges the actual truth, but also blocks you and your successful progress in the long term. It also helps you if you stop looking at what you (apparently) lack and free yourself from any ideas in this regard. Instead, consciously engage with all the good that you are currently - also - continuously encountering.

Well, your human body is also changing, and we would like to write more about that in this book.

The book is part of a four-book series aimed at those people who know within themselves that they are part of the current human group that will implement light technology in human society. The first book in said series is «when the energy-based level opens up to you». The book contains essential basic knowledge of the energy-based dimension in the context of a materially rooted life. Knowledge that you need to be able to work in the intersection of the two dimensions.

You need the merging of your current human self described in the opening pages of the book in order to implement light technology in the human habitat. A topic that you will find in more detail in the already mentioned book "when the energy-based level opens up to you".

However, you also need the light-based human body to be able to implement light technology in the human habitat. And if you are drawn to the topic of light technology, you will inevitably be drawn to the topic of the light-based human body and vice versa. You know inwardly that the topic described is a topic that will keep you busy in many ways in your future human years. If not, please read another book, because this book will

not serve you. It is expressly written for a specific group of people. People who will know when they read these lines. If so, we would be happy to accompany and support you with this book!

“We” in this book are:

Susanne Edelmann, Director of the «Nayla-Bildungsinstitut», mentor and teacher, human embodiment of the Ascended Master Lady Nayla Og-Min, fully conscious again and thus also Master of Light (a distinction she has earned over the course of several lifetimes on the planet Uranus), writing author.

Lord Luca (St.Germain), human embodiment, but not yet fully conscious in this embodiment. Master of Light and Ascended Master.

Lord Ben Joseph, embodied in human form, but not yet fully conscious in this embodiment. Ascended Master and Master of Light.

May this book support and enrich you in many ways. You, personally!

Sincerely,

Susanne Edelmann / Lady Nayla Og-Min, Lord Luca (St. Germain), Lord Ben Josef

2. The light-based human body

At this point, we would like to emphasize once again that this book is aimed at a specific group of people: people, who know within themselves that they will introduce the light technology on planet earth or are an active member of SEOS. On an energy-based level you know truth and so, you also know whether you belong to the group of people described or not. If you don't know, check very consciously and if you don't have a clear "yes" in yourself, please turn to other things. This book will not serve you. If, on the other hand, you belong to the group described, we look forward to being able to accompany you with this book on your personal path.

You have been on a very intense inner path of full awareness for years. You have meanwhile reached a high level in this regard and in the course of this process you have not only developed an extremely high level of personal purity and integrity, you now, also have most of

your personal energy-based abilities again to your conscious disposal.

You have achieved a lot, and this was only possible thanks to your high level of personal development and thanks to your human character traits. You won't get very far as a human being if you're not able to endure and persevere. You also generously get caught up in suffering and negativity when you are not able to trust your own inner being and your very personal path. You have to be open and curious, able to consciously open your current frame of thought and consciously engage with the many new and novel things. Step by step.

The path of becoming fully aware does not simply fall to you. Rather, it challenges you in many ways and repeatedly pushes you to your limits. If you want, the path described also makes a strong selection: Only those who are actually able and capable and only those who are actually pure and healed get to the goal. All you can count on in this process is yourself. Your skills, your strength, your perseverance, your integrity and your resilience. And we are not telling you anything new when we tell you that you will be tested in many ways on this path.

If you are standing here now and reading this book, you have achieved a lot in your human life so far. And so, at this point, we would like to emphasize once again what we have already done in other books: consciously allow the

relevant balance and also consciously accept it. value free. Because most of the time, the said compensation is not necessarily “compatible with the human frame of thought”.

- In addition, consciously allow yourself to grasp the «big picture» of your current human life and to know where and how you will live in the years to come.
- Consciously allow yourself to be aware of your (human and future) tasks in the coming years.
- Consciously allow yourself to be involved in human relationship settings that nourish you and in which you feel comfortable.
- Allow your very personal fullness of life, accept it consciously and enjoy it.

Well, in order to be able to work in the field of light technology, you personally need a light-based human body and you have probably been able to perceive repeatedly in the last few months that various processes have taken place in your body without being able to name exactly what you go through very practically. In order to make the topic more comprehensible, we are therefore dedicating ourselves to the relevant conversion process in a first step.

2.1 When the human body changes its connection

The decision-making authority regarding a conversion of the biological human body into a light-based human body lies with the respective essential self and depends on the following criteria:

- The human body in question is holistically healthy and capable of carrying the corresponding remodeling process.
- The person in question has successfully gone through his personal process of becoming aware and has a very high level of personal development in his core being and thus a very high personal vibration frequency.
- The person concerned is holistically capable of carrying the corresponding conversion process (well).
- The human in question has a future task ahead of him for which he needs the light-based human body.

So, it is not your human self that decides, but your own inner core. At the same time, you know clearly and purely within yourself if you are one of those people who will have a light-based human body at their disposal for a longer period of time.