



**Susanne Edelmann**

**Old Times**

**Lemuria**

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# 1. Introduction

The earth is at an important pivot point in its history: it increases its own basic oscillation frequency and thus, the basic oscillation frequencies of all of its living spaces do increase as well. Something that involuntarily influences the inhabitants of the individual living spaces. Until now, most people assumed that they themselves, animals and plants, were the only inhabitants of planet earth. Something that does not correspond to the truth. There are also various energy-based habitats on the planet.

Man lives in the materially based, so-called third dimension. The current increase in frequency has the effect, among other things, that the borders to the other living spaces and thus to the energy-based, so-called fifth dimension, are being thinned again. This gives people access (again) to the energy-based living space. Something that will lead to material-based living beings (humans, for example) and energy-based inhabitants of the planet having contact again. And so not only mankind is facing major changes due to the planetary frequency increase. The energy-based realms (including their respective inhabitants) are also affected and thus called upon to deal with the fact that in the future, the coexistence of different living spaces will be redesigned.

This book is written for the human inhabitants of planet earth. People who have sufficient personal development and who have already successfully completed their own personal goals and tasks for this one life span. People who feel that they have an expanded and thus energy-based

perception and want to train and promote it consciously. People who know within themselves that they will actively help shape the new togetherness. This togetherness ideally includes not only sufficient knowledge about the other, energy-based dimensions and their respective habitats, but also about the (actual) history of the earth.

We want to tell this story in such a way that we mention the aspects that have at times led to the earth being at this one, present point. We want to ensure that you know about the diverse modes of action at that time and so, capture and understand the history of its origins in a holistic way. This knowledge and understanding, in turn, will support you to have your very own story, which is also contained in the biography of the earth, present again and thus to understand yourself even more holistically. When reading the respective times, you will probably get in contact with the corresponding incarnations at that time. At most, you will also be asked to consciously relive one or the other aspect of them (briefly) and thereby consciously dissolve it. For example, a possible experience of foreign occupation by residents of other stellar constellations. Something that actually happened in the Lemurian era. However, many people currently living have cleaned up the old days in a lasting way. If this is so, you can read carefree and openly welcome your own old lives.

Either way: All of your old lives contain a piece of you and your very personal story and so they are all a piece of "you". In dealing with your old lives, you will involuntarily come across with your abilities contained in these lives and your (old) knowledge in this regard. Something that in turn will mean that you will have both your (old) skills and your (old) knowledge available again.

When immersing yourself in the holistic history of the earth, however, it is not just about your own personal part. Rather, it is also about knowing more about the various connections and causes, comprehending and grasping them holistically. This holistic understanding serves you as basic knowledge for your next task (s) and will support you in developing new, future and common (good and beneficial) solutions for all people on earth. For this development and thus for this, your new task, your skills and knowledge at that time will be extremely useful to you.

The present book is the first book in a next series of books ("Old Times"). On the one hand, it serves as an introduction to one of the ancient times on planet earth. However, it also gives you basic knowledge that you need for your future task and thus supports, on the human side, a first introduction to a good and beneficial future on earth. The book is written so that it enriches you in many ways. So that you can then enrich others in a variety of ways.

If you feel in yourself that you will have a task in this area, we recommend the book "the energy-based dimension", the book "the Galactic Federation of Light", but also the book series "the energy-based realms" as preparation. They all contain a lot of other important information that you may also need as a basic building material, so to speak. The books are also, energy-based, interwoven in such a way that conscious and active contact with them will trigger various cleaning processes in your holistic system. Processes that you need very practically in order to be able to come into contact with the other living spaces afterwards, also very practically. But let yourself be guided by your own inner divine self at any time. If you follow your own inner impulses, you are involuntarily right (and so it may be as well that you know you do not need any of these books).

"We" are, in this book:

**Susanne Edelmann**, conscious embodiment of Ascended Master Lady Nayla Og-Min and thus the human expression of Lady Nayla Og-Min and writing person of this book.

**Lady Nayla Og-Min**, Ascended Master, embodied many times in different dimensions of planet earth and on different planetary systems.

**Lord St. Germain**, Ascended Master, embodied many times in different dimensions and on different planetary systems.

**Hilarion**, highly developed light being, embodied uniquely as a human being, mostly spending in the ninth dimension, happily contributing to this series of books.

May this book serve you!

Susanne Edelmann, Lady Nayla Og-Min, Lord St. Germain,  
Hilarion,

## **2. Lemuria**

Many of the people currently living on planet earth have spent some of their lives in the time of Lemuria. And most of them still carry that time in their hearts. Perhaps you can also perceive this in yourself: A faint longing that the word Lemuria triggers in you, without you being able to formulate exactly what, specifically, you are longing for.

Lemuria was that phase on earth in which the prototype of the materially based human was created, if you will. Plants and animals lived almost exclusively materially based and were very much like that. All other beings, on the other hand, lived exclusively on an energy basis. They too were very much like that. Actually. However, some were curious and interested in exploring the material-based dimension. There was no rating at that time. Something that has remained in the energy-based dimension of planet earth to this day. Everything was allowed to be as it was. It was enjoyable or not, but one way or another it offered varied experiences, and these were considered to be real wealth.

Lemuria was a place of wonderful, lush and rich nature. Health, strength and vitality were the normal state of both animals, plants and all energy-based living beings. There was a material-based kingdom (that of animals and plants) and an energy-based kingdom (that of all energy-based living beings) on planet earth. The curious beings of the energy-based realm began to explore the material-based dimension more and more. For a long time, this happened exclusively in an observational form. However, some of the animals at that time, seemed to have a higher form of

development and so, over time, an active energy-based communication between the corresponding beings began.

During this active observation period, with time, for the energy-based beings, three aspects attracted attention. They were all aspects, which one could only experience in a material-based body:

- The material-based food intake
- The variety and intensity of emotions and
- The materially based form of sexuality

Experiences that the energy-based dimension could not offer them. One species of animal seemed to be particularly well developed, and with them many a friendly relationship had established over time. It was the primates of that time. Monkeys as they are called today. Energy-based sexuality takes place in a pleasurable, extremely enriching form of energy-based fusion. This form of energy-based amalgamation is certainly enriching, but the material-based form seemed a lot more enriching.

Therefore, it came, as it had to come, first energy-based beings began to merge with primates in an energy-based way. Something that gave both parties an insight into the other dimension and thus into the respective world of the other. The primates weren't exactly thrilled with the energy-based dimension. In their eyes, the materially based living space seemed to offer much more. The energy-based living beings, on the other hand, were more and more fascinated: by the physical pleasure, by the much more intensely experienced emotions and the enjoyment intensity offered by material-based food intake. Therefore, some of the energy-based beings decided to stay in their respective mergers. Something that has sometimes led to a peaceful and extremely enriching basic amalgamation, but very often also to the death of the respective primate, honestly.