

Energy-based Work

Theory and Practice

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Impressum

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1. Introduction

Mankind has created its own models in the field of energy and related work. And as you read this book now, we ask you very much to be aware of it. Even if you have already dealt with the energy-based dimension several times, if you have a sufficiently high personal development and a sufficiently broad awareness, one or the other “spiritual reality” (we call it so, here) is usually still hanging in and on you.

This book does not deal specifically with the spiritual world, especially not with that which humanity - spiritually - has created. And at the same time, it is written to guide you (and countless others) into a conscious confrontation with these realities and to support you in finding truth, if you wish. Your very personal truth.

People who are drawn to our books usually have a high personal level of their own and a wide-open awareness. These people involuntarily feel comfortable when they start reading, and they intuitively know that they need the knowledge contained in the books for themselves and for their future work. At the same time, we ask you to consciously deal with any internal irritations and to deliberately deal with them until you have completely clarified them. In yourself.

Energy-based work is far beyond the models known to man up to now and we ask you to be aware of this. At the same time, it absolutely requires the knowledge and skills of previous lives in other dimensions and ideally also on one planet or another.

Therefore, you cannot assume that you now can read the content of this book and that you then will be able to act energy-based in full strength.

Rather, the book serves you:

- To clarify and to purify the area of energy-based acting (including all related human issues) in your own energy space.
- As an energy-based key that helps you to consciously have your “old” knowledge and your “old” skills available again.
- To support your human mind so that it understands as well.
- So that you as a human being know in general, what you are doing when you act energy-based.

Many highly developed people have a longing to heal. They long to heal other people and thereby alleviate their misery and suffering. This longing not infrequently bases on one's own unresolved need and various experiences of sadness. And so, we would like to encourage you at this point to be very honest with yourself in this area and to ask your own inner essential self to show you

whether you still need to solve your own related issues within yourself.

We cannot emphasize it enough: You are only in your full power when you have completely tidied up and worked up in yourself. Yet, if the one or the other topic arise while reading this book that affects you personally, please put the book a bit aside and dedicate yourself to yourself and your own topics before reading on. You, your complete well-being and your own lasting clarity are central. Also, as a basis for the task of energy-based work.

"We" are in this book:

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

Lady Nayla Og-Min, Ascended Master, active on different levels and in a variety of ways, for the benefit of all involved.

Lord St. Germain, Ascended Master, widely trained, with a big heart for people.

May this book serve you! You personally!

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

2. Healing

When people begin to deal with the field of energy, it is not uncommon for them to do so with the aim of healing. Illness and suffering are an extremely big issue in human society and so it is understandable that many people are always looking for a sustainable solution to this issue. Very often, their focus is on the aspect of healing other people.

However, healing means “the recovery of something injured” and is therefore part of a very specific (individual) process. Therefore, from a purely factual point of view, you cannot stand outside of this process and heal what has been injured. A basic assumption that is very common among people: Someone who is empowered comes up to you and heals you. Purely factual, viewed from the outside, a form of magical thinking that has stubbornly established itself in many human minds. Yet, it is irrelevant in which world model this thinking is embedded: there is Jesus who heals. The conventional medical doctor. The shaman or sometimes even an angel. A being or a human has magical powers and heals. So, the thinking. Well, the energy-based level is also a very factual story. Therefore, it is not possible to work magically in this dimension either. Hence, healing cannot be brought about. Healing happens. Naturally. Everything that lives naturally strives towards recovery. Provided it is still viable, and you let it happen.

However, healing can be consciously supported. From the person affected, but of course also from other beings and humans. But more about this in a later chapter. First, let's formulate some basic knowledge.

2.1 Natural orders of healing

Healing and thus the healing process itself is subject to certain natural orders and if you want to consciously support this process, it is beneficial if you not only know them, but also consciously include them in your work. In the next few lines, we would like to deal with it a little deeper.

Congruence is an essential prerequisite for sustainable healing.

Perhaps you already know this from your own experience. If you meet a counterpart who grasps, you and your situation with great clarity and consciously gives space to what is. As a rule, this behavior leads to an immediate relaxation within yourself. There is someone who understands clearly and purely. Someone who understands, lets stand and gives space. Not many people can handle difficult / stressful situations this way. Most try to change as quickly as possible. Others, on the other hand, gloss over, suppress or explain to you why it is the way

it is. Still others fight, look for and find guilty parties, they feel like victims and then often become perpetrators with their behavior. If you get involved in such situations unconsciously and you try to help or even heal, you get caught in a dynamic that has a negative impact; to all parties involved.

If you are able not only to grasp the content of this book, but also to implement it, you have extremely great abilities. At this point in the book, we would like to point out to you that it is extremely important that you are aware of the negative dynamics that are currently still very strong in human society and thus also in many people themselves. In order to act pure and powerfully you have to recognize these dynamics and to deal with them very consciously and carefully.

Thus, when you start to work energy-based, pay attention to the forms of energy that surround you and consciously dissolve if necessary. Be careful and take enough time for this work. It is more than worth it. How valuable it is, you will possibly only realize how with time.

Perhaps as a result, your counterpart loses the response to you and looks for someone else to support him. Yet, you yourself grasp much clearer and can work much more powerful when the first unsightly energy forms have gone. In addition, by doing so, you strengthen your own purity, and your power deepens.

Please, be also aware that your purity and clarity cause immediate reactions in your respective counterpart. These reactions are not always pleasant. Much more often, you encounter internal wounds that have not yet healed and the other person winces inwardly or gets angry at you because of the strong pain you have caused. In other situations, your purity has the effect that strong realities, life-restricting norms or convictions rise up in your respective counterpart, show themselves again more intensely and then dissolve permanently. If your own fundamental vibration frequency is very high, it is not uncommon for you to be a projection surface where people work up their own unresolved themes. Yet, by doing so you are a helpful counterpart in a dissolution process, which from a purely objective point of view is also a kind of healing process.

On your way to full awareness, you involuntarily go through a kind of transition phase in which the phenomena described above occur more and more, but you yourself do not yet fully grasp what is happening - viewed overriding - between you and your counterpart. Thus, most of the time you try to classify and understand within what you know. Behavior that not only harms you, but then sometimes pulls you out of relationships. You don't want to hurt anyone.

Well, the dynamic only dissolves when you fully grasp it yourself. At the beginning sometimes only a few hours later, over time, then already in the situation itself. If you yourself have grasped truth and consciously give it space in yourself, there is truth in the room and so, any relevant realities involuntarily become weaker and finally start dissolving. From a certain own high vibration frequency, the energy-based conditions work without your external intervention. It is. And if there is truth in the room, everything in its surroundings involuntarily begins to rearrange itself.

**Everything that lives strive towards truth.
Yet, every person longs deeply
for essentiality and truth.**

When you work energy-based, consciously give space to the truth. In yourself and in the respective situation. This requires your conscious ability to first letting be as it is. Yet, to endure a situation as it is. The need, the suffering, all the ugliness. Congruence means honesty. Congruence means allowing and enduring the unsightly. It means allowing and enduring pain, fear and suffering. Congruence means that the wound is allowed to show itself to its full extent. Without evaluation. Just the way it is.

You should also be aware that you usually encounter a variety of realities when you get involved with someone. These realities are sometimes very strongly nourished (nobody understands me, for example) and thus behaves a bit as they were truth. Yet, they mostly shape accordingly.

Healing is always a process. The path sometimes begins within a clearly difficult setting and along the way you will encounter some extremely difficult and ugly things. If you yourself are not able to abide any kind of darkness and ugliness free from judgment, you are not yet really able to be helpful with a person who is moving in the direction of healing.

You can observe this in yourself at any time, when you come into contact with a person suffering:

- Notice the reactions in your lower abdomen. Does it lock itself up involuntarily?
- Pay attention to your thinking and any words you may speak out loud. Are you weakening with your words? Do you gloss over, or do you involuntarily become active and try to save?
- Observe your breath. Does it stay calm and deep? Does it become shallow, or does it even stop for a short time?

From an energy-based point of view, you act most effectively if you grasp truth in a first step, give it calm and completely open space and then, consciously let it stand that way for the time being.

People have the habit of packing new and unknown things very quickly into familiar explanatory models. By doing so, they usually miss the opportunity to grasp a situation in its entirety. And when you start to consciously act in an energy-based manner, we encourage you to simply perceive consciously in a first step. Consciously enter the energy space of your counterpart and then consciously give space to truth. Decide that you want to grasp truth. In all its current extent.

People also have the habit of focusing on any symptoms and then wanting to get rid of them as quickly as possible. Symptoms, however, are only the tip of the respective iceberg and sometimes they only resolve at the end of a (longer) healing process. The success of energy-based acting can therefore, as a rule, not be checked by the lack of symptoms, but by means of conscious inner knowledge. You know. And sometimes your counterpart knows too. A very own level. One that is far beyond what you are used to.