

# The Energy-based Realms

Volume 5:  
The energy-based  
realm of natural  
beings

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# 1. Introduction

The earth has lost its balance. It got sick and suffers. This suffering inevitably affects all of its residents. Yet, most of all, it affects humanity. People, who are significantly involved in the current desolate situation. People, who are thus responsible for changing the current situation in a positive way.

This book is aimed at a specific group of people. People who are ready and able to take responsibility and consciously contribute to restore the balance and thus to restore the holistic health of planet earth. People who reintroduce the natural orders into human society and thereby build a sustainable foundation for a natural and healthy human life. Highly developed people thus, who have successfully completed their personal tasks for this one incarnation and therefore have sufficient time and space to turn to global tasks.

If you belong to these people, you know this. If you belong to these people, you are a pioneer and an infinitely valuable being. If you belong to these people, this book will consciously equip and support you.

People have developed their own ideas about the subject of "natural beings". Ideas that have no connection whatsoever to the actual nature of the energy-based realm of natural beings. Because the natural beings are not the

“guardians of nature” as they are so often portrayed in the human habitat. Natural beings are the “guardians of the natural orders” and if you know in yourself that you are one of those people who will restore the natural orders, in the living space of people, the contact with the energy-based realm of natural beings will support you in many ways in your future task.

You have it in you, the longing for the natural orders and the natural way of life. You have it in you and the fact that you are currently not able to fully live it in your life puts a little more strain on you every day. You experience yourself exposed to various illnesses, right now. And the fact that your consciousness has expanded more and more in recent years, contributes to the fact that you perceive the sick even more strongly and that you suffer even more from it. A fact that not only burdens you more and more, but also makes you increasingly desperate. You don't see a way out of the dilemma. You don't necessarily want to leave people's living space just yet. At the same time, so much is so infinitely sick, and it seems impossible to you to sustainably break this concentrated power of negative and to build something new and healthy in the midst of current human society without having to bear the price of lack and being ostracized.

You already have the new in you, but it seems unrealistic to your human mind that you implement it sustainably and at the same time, to have a fundamental abundance in every single area of your life.

- How is money supposed to come to you if you are no longer involved in the world economic system?
- How are you supposed to be able to implement the new and healthy in a sustainable manner, when the sick has such massive power?
- How should you actually be able to shape, if you do not occupy any human positions of power and thus other, smaller people can and are allowed to make decisions that visibly cause damage?

It does not seem realistic what you carry so pure and clear within you and so we cordially invite you, here and now, to consciously change the level.

Here, on the energy-based level, the issue looks completely different. And if you want, close your eyes for a moment and notice the energy that is now surrounding you. Just perceive and let yourself consciously fall into it, for a moment. Your human self can no longer actively shape on this level. And so, you no longer have to organize what your human mind cannot imagine. Your

previous behavior no longer works on this level. On the energy-based level it just happens. Effortlessly and wonderfully guided by your own inner essential self. Significantly different than previously experienced. Clearly outside of your previous thinking and experience framework.

The future tasks cannot be carried out alone. Therefore, you are not alone (anymore)! Not in your private life and not in your future work. Yet, we encourage you to be very aware of this. Let yourself fall into the energy of the new time. Allow yourself to be increasingly revealed to those people who have the same task in them. Allow your team for your future tasks to show themselves to you. You are not alone with what you have in your heart and with what you are about to introduce new things in human society. Rather, you are now part of a large intercultural team. Yet, there are people in this team as well. Something that seems particularly important to us: The fact that you are allowed to surround yourself with people of your natural size and that you can work together with them.

If you live in natural orders, your whole being breathes a sigh of relief. You feel holistically well, grounded, and safe. In such a living mode you have access to your entire inner potential at any time and you are curious and open to new things. The more your consciousness unfolds, the more you are drawn to the natural orders,

and you will probably involuntarily incorporate many related aspects into your current everyday life. At the same time, it helps your human mind if it understands the theory behind it and can thus better engage with the diverse new. And so, we cordially invite you with this book: To a journey into the energy-based realm of the natural beings and thus to a conscious examination of the subject of the natural orders.

"We" are in this book:

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

**Lady Nayla Og-Min**, Ascended Master, embodied several times in the energy-based realm of nature and still connected to this realm.

**Lord St. Germain**, Ascended Master, also embodied several times in the energy-based realm of natural beings.

**Lord Daniel**, Ascended Master and member of the White Brotherhood.

**Ovid**, Arcturian and a member of the Galactic Federation of Light.

**Lord Ben Josef**, Ascended Master and member of the Galactic Federation of Light.

May the book serve you! You personally!

Warm regards

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

## 2. The energy-based realm of the natural beings

The energy-based realm of the natural beings is located in the fifth dimension of the planet earth and is a self-contained realm. At the present time, you can travel to it, like most other energy-based realms on earth, primarily via this book.

The natural beings maintain close contact with the elemental beings and have no human-like appearance. Individuality does not come first in this realm and so, most natural beings look very similar. At the same time, they can be captured at any time by their personal energy signature in their entirety and therefore, in their personal level of development, their skills, and their

knowledge. There is thus a certain homogeneity in appearance and in the basic lifestyle and at the same time, a clear heterogeneity in the area of personal development stages.

In the realm of natural beings, the natural orders are primarily studied and so, the realm is also suitable for beings who are not yet that developed. And if in the energy-based realm of the fairies the focus of the incarnation is more on the "I", in the energy-based realm of the natural beings it is more on the "we".

## 2.1 Natural orders

The current human society lives a multitude of "disorders" and suffers increasingly from this fact. Yet, if you walk through your very practical human everyday life, you will be able to perceive this continuously. These unnatural orders, norms and structures not only suppress a healthy way of life and natural further development, they also clearly promote stress in a variety of ways. Something that in turn strengthens the "disease" aspect in the long term.

Natural orders are an immensely large area, this book is only able to describe a part of it and so we have decided to deepen those points that seem important to us at the present time (2021) with regard to a holistic recovery of human living space.

Natural orders are life-promoting and fundamentally supportive. They let you breathe easy and feel good. But before we turn to the first natural order, let's travel a first time into the energy-based realm of the natural beings. Here too, in an encapsulated area of the realm made available especially for the readers of this series of books.

### **Exercise**

Retreat to a quiet, undisturbed, and beautiful place, make yourself comfortable there, consciously breathe in and out deeply a few times and then, if you are ready, allow us to accompany you to the said place. You know when you are there. Take enough time to arrive holistically and to orientate yourself a little. If you have already been to other energy-based realms, you will easily find that this realm not only contains its own energy signatures, but also differs significantly from the material-based living space of people. The basic energy is less harsh, the colors and shapes are visibly different and if you let yourself consciously fall into the energy of this realm, your whole being involuntarily breathes a sigh of relief. The basic energy of this place is good for you, and you feel well. Simply that way. And if you like, you can and should be allowed to come to this place repeatedly. Just like that. For yourself. To ground you, to arrive at yourself and just to be allowed

to be for a moment. Take enough time for it and consciously accept what you want to be given now, here in this place.

You will know when it is finished and if you like, you can then turn to the second part of this exercise.

### **Exercise part 2**

A ritual place opens up in front of you.

Consciously allow it to unfold in front of your eyes and, in doing so, consciously perceive. If it is then, completed in front of you, you will know where to stand. Go consciously to the said place and allow that now happens for your own highest and best. You know when is complete. Return to your own place through conscious choice. Consciously stabilize yourself there and rest a little so that it may integrate into your holistic system.

## **2.2 Natural limits**

Everything has its time. Everything has its beginning and its end. There is a natural period of time for everything in life. And if you pay attention and respect this, you are following the natural flow of your current human life. Something that lets you be calm, comfortable, and secure in your here and now. This flow naturally contains pain, grief, and tears. Valuable

experiences of a human life on earth that have to be consciously appreciated and just as consciously lived through. It is this inner knowledge of "right" that leads you safely at all times on your very personal path. A knowledge that cannot be substantiated and sometimes even cannot be described. But if you follow this inner knowledge, you are safe and comfortable at all times.

**Everything has its time  
and if you respect this one form  
of natural limits,  
it continues in abundance  
when something comes to an end.**

Everything has its speed. And if you refrain from forcing or blocking, it develops in a natural way and thus, at a natural pace. Optimally adapted to all those involved. There is no overburdening (anymore), there is also no underchallenge (anymore). It happens at the speed that is perfectly adapted to you (and all people involved). A speed that is always different. Because you and your environment are continuously different.

Everything contains a natural stage of development. So does everyone. If a man takes his place in society outside of his natural abilities, he is under or overburdened and thus, he is not well. If, on the other hand, he leaves himself to the guidance of his own inner essential self and the regularity of resonance, his everyday life is constantly filled with events that nourish him or promote his personal development. Regardless of the setting in which the respective events take place.

**Contrary to some human notions,  
it is not the respective setting  
on which the focus of the value lies,  
but rather  
the personal experiences  
that you can make in this one setting.**

Your human body and your human self also have natural limits. And we strongly encourage you not only to be aware of this fact, but also to be very aware of these limits. Many a person loses touch with himself and his human body in the course of his human life. By doing so, he is losing himself, in a way. He removes himself from his own natural track of life and from the tasks that he has set for this one life.

## 2.3 Natural Tasks

Your essential self has a certain natural size. This natural size is measured by the level of development and the wealth of experience of the essential self. Your human self also has a certain natural size. This size is measured by the degree of mastery of the material-based dimension and the human living space and the degree of awareness of the human self.

If you thus begin an incarnation as a human being, the sizes of the essential self and the size of your human self are not congruent. A fact that highly developed people recognize repeatedly and at the same time, they are unable to resolve. The actual dissolution only takes place with the beginning of complete awareness and so, a life as a human being currently still mostly means a life in unconscious congruence of the human and the essential self. In practical terms, this means that it is the size and especially the holistic health of the human self that defines what is possible in this one incarnation. This fact sometimes leads to a basic feeling of inability to live out one's actual potential.

If then, your vibrational frequency begins to increase and you get on your very personal path of full awareness, your own inner essential self takes over the lead. It does this as carefully as possible because your human self has to get

used to this change in leadership first. Once this has happened, your outer life begins to change