

SEOS Manual

Volume 5

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1. Introduction

So, we have successfully reached the first plateau. Therefore, a huge thank you goes to all the human heroes and heroines, who have made a significant contribution to this success:

**You carried an incredible amount of weight
and you have done incredibly great things.**

You deserve honor and appreciation, and we ask you to consciously accept, what is due to you in return. Accept it consciously, for you honestly, do not have much time for rest and leisure. The process presses forward, and we need you, your strength, and your wisdom.

Over the past few years, you've taken on several responsibilities simultaneously, which has placed an additional burden on you. Most of these tasks will now be delegated, allowing you to focus on your new primary responsibilities in the coming months and years. Please allow yourself to be consciously guided inwardly over the next few weeks, so that you can gradually release the tasks you now, have to let go of. If you want, allow to know, who will take them over, and which tasks will be your top priorities in the coming months and years.

These essential global tasks of yours will now increasingly occupy your everyday life. Even if you outwardly continue your life as before, you will easily recognize how your priorities are shifting significantly within yourself. You will find that your immediate social circle doesn't recognize these changes, and this is helpful. At the same time, you yourself recognize them very clearly, which can be unsettling, especially at the beginning. Your essential global tasks are now taking up more and more space and are calling on you to consciously engage with the topic. If you wish, enter into a conscious dialogue with your own inner essential self and allow it to show you, what this means practically for you personally, but also for your everyday life. We have written a book on this topic, and if you like, take a look at the sample chapter of "Project Earth, Volume 2." Perhaps its content will support you in the situation described. If so, you will know within yourself.

Over the past few decades, intensive work has been underway not only in the human habitat. Other habitats have also successfully fulfilled their tasks. And so, SEOS's headquarter is now fully ready. A place on planet Earth that is officially connected to all dimensions and all realms of the Earth. A place where the official SEOS location was inaugurated a few months ago.

This location behaves quite differently than one might generally imagine, and so, we ask you to consciously let go of, all possible preconceptions and expectations. Instead, allow yourself to be consciously guided. Energy-based, you always know, what you need to know, here and now. Yet, this applies to every individual.

If it feels right for you: Allow yourself to know with certainty and clarity what your essential global tasks are. Also, ask your essential self to identify those tasks that you can let go of in the coming weeks and months. You can then let go with confidence; they will be taken over by others and securely continued. Reaching the plateau described earlier, now allows us to proceed much more efficiently. At the same time, you are among the pioneers. Therefore, the next stretch of the journey will present you with other very intense challenges.

Letting go of your previous tasks will free you up, allowing you to better focus your energy. Your personal life will adjust accordingly, and we ask you to consciously perceive these changes from an energy-based perspective. You will not lose anything, and nothing bad will happen to you, even if it might initially seem that way from a human point of view.

Some things are breaking away, so that you can consciously focus on your task within SEOS in the coming period. Please allow yourself to be guided by your own essential inner self and proceed consciously, step by step. You will instinctively do the right thing. And, this time, you are clearly not alone. Not even on a human level. This simplifies things to some extent. However, it also calls upon you to embrace the new and unknown, and to trust your respective "master counterparts." You will walk your next leg of the journey (which will simultaneously be the next leg of Project Earth) together with people and personalities of your essential size. Therefore, you must be capable of unconsciously possessing the necessary skills within yourself.

When two or even more highly developed human personalities work or live together, this cannot be compared in any way to human cooperation or human cohabitation / love. We ask you not only to be aware of this, but also to consciously allow yourself to be guided into this topic by your own essential inner self.

When two people with very high and pure vibrational frequencies are in the same place, this inevitably creates an effect. And you must not only be constantly aware of this, but you must also be fundamentally able to deal with the corresponding side effects in a beneficial way.

In the coming months and years, you will be navigating uncharted waters, to use a human metaphor. The task corresponds to your essential size and thus to your essential abilities. Therefore, it will fulfill and delight you holistically. It will also challenge you holistically, and each of you must fully understand exactly what happens, when two or more master personalities work together or even live together. Furthermore, each of you must be able to rely on himself 100% at all times.

If you possess a pure and high frequency, you involuntarily exert an influence on your surroundings. People become restless. They resist you. They exhibit negative behaviors they don't normally display. They sense old wounds and project them onto you. The high and pure frequency draws people to you and simultaneously causes them to move away, because these people can barely tolerate the purity of the frequency. If you possess a light-based human body, you are both a great blessing and an equally great challenge to those around you. This fact greatly challenges your human self. And if you feel that you haven't yet fully grasped this topic and aren't at peace with it, please put the book aside for a while and ask your own essential inner self to support you in processing this and then, to support you in finding a way of dealing with the situation in a way that is good for you.

The circumstances described are side effects of your light-based human body, which, while having a lasting positive effect, also presents ongoing challenges for your human self. The following behaviors may help you:

- Consciously shift your perspective energy-based and focus your grounding in the energy-based dimension.
- Consciously stabilize yourself and your respective environment.
- Maintain stable frequencies of unconditional love and peace within yourself. Again, and again.
- Be fully aware of the situation described. What is happening to you has nothing to do with you personally and is certainly not based on any wrongdoing on your part. Only when you have fully understood this one point can you be completely at peace. Please be mindful of this and don't skim through the text. Instead, allow yourself to be shown continuously where you need to make further adjustments.

You will consistently do and say the right thing. Intuitively. At the same time, you will very often receive no confirmation from those around you. Therefore, you must be able to trust yourself completely at all times.

Even and especially, when you are clearly acting outside the usual norms or things or behaviors come to light that are negative or burdensome. Your respective "master counterparts" will act in the same way and trigger unpleasant reactions just as often. Therefore, you must learn to accept it without judgment and trust them completely.

You both, will continuously act intuitively. And you must implement this mode together. This won't happen immediately. Rather, you will go through a period of diverse experiences that deserve conscious appreciation. Once, you have reached your initial shared goal, your own inner process will noticeably accelerate. Your collective efforts will also gain additional strength, and your shared path will gain momentum. At this point, your (personal and collective) ability to retain and jointly guide these energies becomes crucial.

As a repetition:

**Energy follows your attention,
therefore, you direct energy by focusing on the
goal.**

Energy flows automatically. You don't have to do anything for it. Except to carry the goal clearly and purely within you and meanwhile, remain stable at your essential vibrational frequency. Your empowerment in this regard lies, as already described several times, in your pure, essential fundamental vibrational frequency. Yet, you must be aware of this at all times. If what has been described is clear to you: Read on. If, however, you are unsure: Please put the book aside for a moment and ask your own essential inner self to show you, what has been described in a practical way and to consciously teach you until you have fully understood. The situation must be accessible to you with unconscious competence. Otherwise, you will unnecessarily block yourself and the entire team.

When several people with very high personal vibrational frequencies are in the same place, the frequency there, involuntarily begins to rise. This, in turn, brings negative energies and deeply hidden wounds of those people in that area to light, involuntarily making the place and the interactions unsettled. People judge incredibly quickly, and it helps you and everyone else immensely, if you are aware of the fact described and meanwhile, consciously refrain from judging, taking it personally, or drawing conclusions about the other person.

In said situation, your primary task is to stabilize the entire place. Please do this without judgment and with awareness. Ideally, do it together with other humans in your essential size. Remain in your essential vibrational frequency while simultaneously stabilizing very consciously. The current human world is restless and increasingly seems unreal and chaotic. This is a typical sign of the planetary frequency increase. The described situation leads to a variety of judgments and fears in the human environment. Therefore, more and more conscious people are needed. People, who truly grasp the situation and carry what they have grasped purely and clearly within themselves. This weakens the various human fictions and allows people to be calmer and more secure.

Please observe carefully and let yourself be shown whether you already possess the described (basic) skill at an unconscious level. You absolutely need it, so that you can all be present on-site together. It's something each of you must master as a fundamental prerequisite for your future essential task. You will be carrying it out together on-site, and therefore, you must always be aware of the effects this has on each level.

In the energy field of several people with a very high essential vibrational frequency, truth also involuntarily reveals itself. This can also be (involuntarily and possibly intensely) destabilizing. And it is important to be aware of this as well. Truth contains great power, and you will be able to observe this power repeatedly in the coming months. People are often afraid of truth, mistakenly believing that they will be punished or lose something. However, you will recognize in your observations that the opposite is true. Truth visibly liberates. And truth empowers a personal path toward an individual and sustainable holistic abundance.

Human society is currently overflowing with unpleasant fictions, life-denying laws, and harmful behaviors. These are now increasingly coming to light: truth is revealing itself. All that is unpleasant and life-denying is gradually losing its power and influence, especially over people with a high personal vibrational frequency. If you are mindful and conscious, you will be able to observe this more and more. Your strength and power now reside entirely within you. This is something the average person is not accustomed to and usually needs some time to adjust to.

At the same time, the described insight and situation will encourage you to consciously and courageously walk your inner path.

Your path fosters truth, vitality, justice, and integrity, and is therefore, immensely valuable. At the same time, this path often begins amidst hardship, and very often you find yourself repeatedly venturing into dark and negative territory. It is important to be aware of this. What you do is not easy. It never has been. Please consciously appreciate the preciousness of what you do! People have the idea that things become easy and effortless once full awareness is achieved. This is partly true. However, the other part becomes more complex, and thus future challenges correspond to the level of a true master. And this aspect, too, must be consciously embraced.

You now possess a light-based human body. This body requires different things than a typical human body. And you must not only be aware of this, but you must also be able to care for your body fully and unconsciously. Your light-based human body enables you to do things that you will increasingly accomplish in the near future. It is, to a certain extent, one of the keys to your successful progress. We have already dedicated an entire book to this topic and have written about it repeatedly in previous books. Nevertheless, we observe that the subject has not yet been fully understood. Therefore, in the first chapter of this book, we will once again address the light-based human body, its needs, and its capabilities.

Please also be aware: You are a pioneer on the front lines, moving towards the next important (global) plateau. This time, you are consciously walking in community with other human master beings. Allow yourself to consciously recognize them. As a rule, they are already in your current human environment. Now is the time for you to consciously perceive them and also to know, who will be working alongside you. Once you are consciously aware, we ask you to step out of your thoughts and refrain from creating images or ideas of your shared future. Your path lies far beyond human comprehension, and your mental images or even expectations would only hinder you. You are all incredibly capable. And each of you will proceed in your own way. You will develop step by step. Individually and together. Freely and with great power. Please also be aware: Each of you is a master, and therefore each of you needs the corresponding freedom.

We, that is, in this book:
Susanne Edelmann, St. Germain, Sananda,
Serena, Ben Josef

May it serve you!
Susanne Edelmann, St. Germain, Sananda,
Serena, Ben Josef

2. The light-based human body

If you possess a fully transformed, light-based human body, it is entirely subject to energy-based conditions and laws. This means, among other things, that not only your essential vibrational frequency, but also your light-based body, drawn to you according to the law of resonance. This happens involuntarily and at all times for your own highest good and for the highest good of all that is. For this to happen, however, you must be completely free. Free from any expectations, constraints, or preconceived notions. Yet, you must be able to be the master of your human thoughts. A human mind possesses great power and can bring much harm and unrest into a human life. And so, at the latest, when you carry your essential vibrational frequency stably within you, it is crucial that your human mind, your human thoughts and behavior patterns, and your human conditioning have lost their power. You must be completely free in order to act freely. Something you know deep down when this is the case.

It is therefore your essential self that draws towards you according to your state of mind or your essential tasks. However, it is also your light-based human body that, according to the law of resonance, attracts things and people that carry pure and clear frequencies within them.

And if you like, start observing consciously:

- Which people are looking for you or spontaneously cross your path?
- What foods attract you or come to you?
- What kind of clothing feels good to you?

**It is now frequency,
which determines whether it's right for you.**

Something you're now involuntarily sensing, if not before. At the same time, it's always your personal, holistic well-being and your essential task that guide. This means, you need to learn to differentiate between the various aspects. Food, dark colors, but also low-vibrational places or a group of people with low frequencies can dampen your (high) frequency somewhat and thereby stabilize you holistically. Perhaps, however, people are also near you, so that their holistic frequency can rise, which in turn allows negative energy fields and energy forms to release from their personal energy space. Others, in turn, need you as an energy-based role model, so that they can progress more quickly and effectively on their own path.