

# An Energybased Covenant

Volume 3

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# 1. Introduction

We placed great hopes in energy-based covenants and have since realized that we insufficiently considered certain aspects beforehand. Although we planned comprehensively, consciously, and carefully, we have nevertheless had to (re)discover in recent decades that the material-based human habitat is incredibly resilient and challenging. The negative energy density on planet Earth is exceptionally high and intense, repeatedly challenging even highly experienced and highly evolved individuals.

Well, we are learning and adapting rapidly and continuing to move forward. In the last decade, some individuals who had planned for energy-based covenant have left the planet because they realized the challenge was too great for them. Several more will do the same in the coming years. At the same time, several hundred individuals who have planned for energy-based covenant will incarnate humanly in the coming years. And we want to be better prepared for them.

The energy-based covenant has not developed as expected, yet from an energy-based perspective, it has been incredibly successful and has exceeded our expectations.

However, the respective human self has once again paid a very high price in this life, and many a person's self has nearly been broken by it. Furthermore, many bodies were not strong enough to bear the significant increase in frequency. The human part was thus, on the one hand, insufficiently resilient. On the other hand, it was also insufficiently prepared, insufficiently informed, insufficiently integrated into its great task, and to some extent, insufficiently supported. These are all aspects we intend to pay much more attention to in the coming years. Conversely, the overall burden was also enormous, and so far, only a select few have been able to bear it sustainably. We have observed which parameters provided support in these individuals, and we also intend to incorporate these aspects more fully in the coming years.

With this book, we address you as an energy-based consort. Firstly, for your personal benefit and for the benefit of your shared companionship / covenant. Secondly, many energy-based consorts still get lost in the challenges they face, and so, we urgently need successful role models and helpful mentors in regard of the energy-based covenant.

And yes, you're right: You need relief for your crucial task, and your human self and you as a whole, absolutely must have a calm, safe, and stable environment, so that you have the necessary resources to successfully navigate the remaining stretch of your journey. Your human self and your human body must be completely well, and we haven't given enough consideration to this aspect in our planning of energy-based covenants.

Currently, some individuals within an energy-based covenant are no longer willing to engage in a human love relationship with their energy-based consort. Too much has happened in recent years, and too much has separated them on their shared path.

We will dedicate the first part of this book to this aspect. The goal is for your wounded human self to be able to process, heal holistically, grasp, and understand what happened the recent years.

We also want to consciously engage with you and discover what can helpfully support future partner couples so they can navigate this initial, often challenging phase with less difficulty.

If you like, find the answer within yourself: Will you give up or keep going regarding your own energy-based covenant? Keep asking until you know clearly.

If you continue on this path, it won't get any easier. Honestly, another challenging and demanding process lies ahead. One that will occupy you intensely for the next few months. At the same time, we're being very honest and direct with you: if you don't complete this process, you will leave this planet in the coming years. This is something you may feel within yourself from time to time, and perhaps even long for at times. One of your goals in this human incarnation was the energy-based covenant and the associated (high) tasks. If you don't achieve this one goal, you will remain here until you have achieved the other goals. After that, there will be no reason to stay anymore. It might sound nice, when we write in one of our books, "You are here with a mission / task" or "You are an active human part of Project Earth." The truth, however, is: You have chosen a very strenuous and challenging incarnation!

Your current human life is guided by your essential task. And you are now, growing more and more into precisely this situation. One of your essential tasks is the energy-based covenant. Another is the active human membership in Project Earth. Both will increasingly occupy space in the coming years: in your consciousness and in your daily life.

This presents a profound challenge that each individual must address in their own way, pushing their respective human self to its limits.

We thought this era would make things easier for the human part. Yet, we were wrong. The only difference from before is your open consciousness. This allows you to absorb information that was previously inaccessible. Said information can potentially support you holistically, because it will allow you to better understand and contextualize your current life. This, in turn, will enable you to deal more consciously with the immense demands placed upon you.

There are currently no "beneficial blueprints" readily available for the challenge of an energy-based covenant, because each of you is a pioneer here and must first develop what will then, make it easier for those who follow. This means that your essential self is currently focused on clear goals, and it helps you, if you are aware of this and consciously know what they are. In planning the energy-based covenant, we have paid too little attention to the fact that the holistic state of each individual human self forms the basis of all success. It is the holistic state of each individual self and the holistic state of each individual body that limits or enables.

And so, your holistic well-being is once again at the center:

- How are you, here and now?
- How comfortable are you with your current life?
- Do you know exactly what you need to feel holistically well?

Please continue to grapple with these questions until your whole self is completely well and holistically healthy. Your own well-being must be your primary focus in order to move forward.

Your human body has also changed in recent years and may even be in the process of becoming a light-based human body. Therefore, it too requires new and often different things. And it's important to be aware of this.

Well, let's embark on a journey together. May you be successful along the way and receive some conscious support.

“We” are, in this book:

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

May this book serve you and support you!

Warm regards

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

## 2. Your human self

Your human self is your current human identity. A self that has its own needs and characteristics and requires careful and conscious nurturing, if it is to reach old age. Something we are currently striving for very consciously.

So, what exactly does this self need to feel completely at ease? That's what we'll be exploring in this chapter.

Your human self is one of the key parameters for your successful progress. Therefore, its well-being must be consciously at the center of your next few weeks. Of course, this is always a very individual matter. However, there are also some aspects we would like to explore in more detail below.

### **Security**

Security is central to the human self. A human needs to feel completely safe to remain well and healthy in the long term. At the same time, insecurity is an extremely significant issue in contemporary society, and this aspect therefore presents a considerable challenge.

Successful processing begins with appropriate awareness, and that's what we ask you for, in a first step.

Your complete safety must become your central focus. In every area of your current life.

And if you like, allow us to ask you a few more questions:

- How secure are your current human relationships?
- How safe is your home?
- How safe are you in your professional environment?
- How secure are your finances?

Please consider these questions in your current everyday life and allow yourself to recognize where adjustments are still needed. Be honest. Simply honest. Give full and conscious space to the here and now. Express yourself openly, without immediately committing to change. Let everything be, without judgment. And then, allow it to change for your own highest and best.

Well, how secure does your human self feel in relation to your energy-based covenant?

If you like, we invite you to explore this question in the energy-based realm of Atlantis.

## **Exercise**

Retreat to a quiet, undisturbed, and beautiful place, make yourself comfortable, and take a few deep breaths. When you're ready, allow us to accompany you to said place. You'll know when you've arrived. Take your time to settle in and get your bearings.

If it feels right for you, sit in the circle to your right and allow anyone who can and wants to support you to join you. Wait a moment until everyone has arrived, and then, openly express what you carry within you regarding your energy-based covenant. If it feels right for you, allow those who are empowered to support you. Furthermore, consciously allow what serves your own human self to unfold in the highest and best way possible.

You will know when it is over. Give thanks and consciously return to your own space. Once there, consciously stabilize yourself and rest for a while so that what you have just experienced can be fully integrated.

From an energy-based perspective, you've both been incredibly successful. However, from a human perspective, much has happened that has caused hurt and often left a false impression.

Therefore, we'll use the next crucial aspect of a human self (clarity / awareness / the right information) to illustrate what happened from an energy-based perspective: at your first conscious meeting and in the years that followed.

### **Clarity / Awareness / The right information**

When the two energy-based consorts meet for the first time, they are magnetically drawn to each other. They feel a connection that defies easy description, and they are deeply interested in the other person. Often, it is then that they realize for the first time how comprehensively they can perceive people: their counterpart seems almost transparent. So many aspects can be perceived, even without words. There is intuitive attraction. There is interest and there is a deep connection. Yet, there is much more than interest and sympathy. There is love. Pure and unconditional love. Again and again.

At the time of their first encounter, a romantic relationship is usually not on the radar for either part. Yet, they are both repeatedly drawn to each other. They view the connection purely from a human perspective and try to categorize it solely in human terms.

Yet, both of these approaches are detrimental to them and their relationship, because an energy-based covenant cannot be viewed, managed, or even categorized purely from a human point of view. But if you lack the necessary information, you have no other choice. Logically.

At the same time, the fundamental vibrational frequency of both partners begins to rise as a result of their first encounter, leading them both into intense inner processes that challenge them to their limits. Many covenant couples also took on additional tasks, cleansing and clarifying societal issues or the theme of "feminine - masculine" during the first few years. We initially thought this would be manageable. Many couples did indeed successfully complete all these tasks. What we underestimated, however, was the fact that each of them also had a human life to navigate, and their individual selves didn't understand what was happening to them. This in turn has led to various injuries and mutual overlaps.

The male partner, for example, in the course of his "task of purifying human masculinity," acted out undesirable masculine behavior, thereby reinforcing its disintegration. The female partner, however, merely registered his undesirable masculine behavior and mentally overlaid him. He grasped her thoughts, and it deeply hurt him. She should have known he wasn't like that.

But presumably, he misjudged her. And so, as a counter-reaction, he then overlays her with "false thoughts." Something that, in turn, affects her and hurts her, and so on.

This is just one example of what feels like a thousand other similar situations. And at some point, the "negative burden" simply becomes too much and gains too much power to continue on the path unburdened. If you recognize yourself in what we've just written and understand that you are still deeply hurt, and if it feels right to you: allow things to gradually become clearer over the next few weeks. So that you may become fundamentally free of it.

To put it more directly: It is now up to you to consciously and continuously work through this. So that you no longer block yourself.

When you first encounter your energy-based consort on a human level, your entire human life begins to move toward a fully fulfilled and truly authentic existence. This happens slowly and mindfully, optimally adapted to your specific environment. Nevertheless, at first, it may seem as if you are losing your human life. Things and people are constantly moving away from you, and you can only perceive the loss and the resulting emptiness. Here, too, you are only viewing things from a purely material, human perspective, unaware of the "bigger picture," and therefore, unable to grasp the beauty of the process.