

OMNEC ONEC



The Venusian Trilogy

My Message

Essence of Spiritual Teachings

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Essence of Spiritual Teachings



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Part 3

**My Message**

**Omnec Onec: The Venusian Trilogy**  
Autobiography and Spiritual Essence by Omnec Onec  
Part 3 “My Message”

More information about Omnec Onec: [www.omnec-onec.com](http://www.omnec-onec.com)

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## Contents

### **My Message**

[Introduction](#)

[Understanding the Physical](#)

[Learning to deal with the Emotions](#)

[What effect the Causal has](#)

[The Mental Process](#)

[How-to-just-be-Program](#)

[The Function of the Etheric Body](#)

[The Soul – the real I](#)

[The Laws of the Supreme Deity](#)

[About Karma](#)

[Spirituality and Religions](#)

[Meditation and Contemplation](#)

[Journey of Soul Technique](#)

[Mantras and their Benefits](#)

[Healing and Self-healing Procedures](#)

[Energy – Ways to feel and use it daily](#)

[Love and Relationships](#)

[Venusian Understanding of Death](#)

[Knowing the Life Plan](#)

[A Spiritual Journey](#)

[The new Supreme Deity or Sugmad Expansion Ray](#)

[Acknowledgement](#)

[Biographical Data](#)

[Glossary](#)

[Recommendations](#)

# Introduction

In the following part, I go more into detail of the spiritual concepts of the Venusians which are based on the Laws of the Supreme Deity – our planetary teaching, in which spirituality and science are two faces of the same thing and by which we have grown in so many ways.

Here, I describe our Venusian concepts of ourselves in relation to the world around us and the other existing dimensions above or below us or as we like to understand all around us and convey our view of every living entity from a Soul point of view.

It is a guide to help you not only understand but balance and harmonize all the non-material bodies within the physical body. It is a step-by-step guide of how to properly care for the physical, astral, causal, mental, etheric, and Soul bodies.

This information is not only to help you to get a better understanding about life and about yourself. It is also to help you to balance and harmonize your inner bodies. Step-by-step I will impart our concept about how to take proper care of the physical, astral, causal, mental bodies, and the Soul body.

This information is based on my experiences here on Earth and what I brought with me from Venus. Much of the information is also based on the needs I have encountered in my relationships here on Earth and especially what I have learned through media encounters and workshops. My life as well is a great learning experience for me as an individual, and as I learn I try to share with all I can.

Since entering into the physical body I have found of course that in this material world you encounter limits as it is on each dimension. For each dimension of existence has spiritual laws that govern the extent of what we can or cannot experience in that particular existence or dimension.

The following guidelines can help you to understand and to absorb the following information in the best way: First, patience is very important as everything needs time to develop. Also the spiritual bodies need adjustments to new experiences. It is all individual as you each are. Every experience is not always sensational but sometimes very fine and subtle. We must learn to become sensitive to fine experiences.

A further good preparation for the teachings in this book and for life in general is a sense of humor. I have found that in the physical world where you cannot always control the conditions that happen or exist, that one can try to view it



with a sense of humor. It has helped me through many trials. Learn to laugh at yourself and then it does not hurt so much when others laugh at you. After all we are not perfect yet!

Please don't get me wrong when I use terms like „must“ or „should“ in the following text. Of course you as an individual are always free to choose whether or not you want to do something. Don't take these terms as my instructions to you but rather as your own directions to yourself if you want to change something.

The first part is about the maintenance and care for the physical. I know it is boring but after all we all still have a physical body! Since we reside in the physical we must at least understand it because tolerating it is not sufficient. Because to tolerate is only to accept but not to really care – and we must care about the whole self.

We need the body in order to be able to exist, communicate and move around. You will learn it can be wonderful. I had to learn the hard way, and I am trying to make it easier for you. The body is a vehicle for Soul: Soul is the driver, the body the car. Now who wants to drive around in a dirty, beaten up, rusted, broken-down car?

# Understanding the Physical

In the Venusian society we have a concept of spirituality as a balancing of ourselves on all levels.

You must take care that the physical body is healthy and balanced. We must be able to work within our own physical limitations and accept them, also to use them to our advantage.

First to accept each of ourselves as unique and individual is a must. To see ourselves as we are and realize the beauty that is individual we must set our own standards and not accept standards set by others. That does not mean that we are perfect and do not need to work on ourselves. It means we need to find what works for us individually.

Anything you undertake should be something you will enjoy or you will soon lose interest. I love dancing and I attribute it to myself being able to stay in shape. I am short and slim but would quickly lose my shape if I did not love to walk. I take long walks because I enjoy nature. You have to fit your exercise to yourself and your life style. Sex is also a very healthy activity. (It helps to have a partner.)

Eating habits are also important. There are plenty of books about diet. However, it is important to eat a balanced diet, but not to become fanatical about anything. Because then you have upset the balance of your physical self. You once again have to make the choice as to what you are comfortable with. If you eliminate meat from your diet consider that all living things are Souls and will one day evolve into the human state! All plants, minerals and animals are Souls, incarnated in different existences for experiences. When their particular purpose is served in this state they leave the physical and return into a higher state of existence.

So we must choose to eat what benefits us and not worry that we are destroying something. This is why we should appreciate whatever we eat. Souls are incarnating countless times and for different purposes as minerals, plants, animals, etc. for example to serve us as food. That's why it is very important to bless our food and to be grateful for it. So don't feel guilty about what you eat, but find the proper understanding and remember that you yourself served the same purpose before you became a human being. Before our human existence, we have existed as all the other life forms mentioned before.

You destroy your own body by overindulgence of any kind. You have to pay attention to how your body feels and responds to different foods, because we all are different.

Being vegetarian is good, but to eliminate meat, cheese, eggs, fish all from the diet is not necessary. Remember balance is important. Do not use the way you eat to feel superior to others. You cannot attain spiritual perfection through diet. However, you can be healthy balanced and above all not judgmental of others in the process of learning.

Find your best suited diet and physical exercise and stick to it. If you cheat once in a while, do not feel guilty, enjoy the break, but do go back to your system.

Remember we are all beautiful Souls inside this physical structure. We must try to reflect this in our appearance to the best of our abilities.

Personal dressing or grooming habits are vital. We must care how we appear. It will make you more self-confident if you feel that you look good. I do not mean you have to look like a movie star. But to be well groomed and neat and clean is important – also for those closest to you!

You must not just say appearance does not matter. Of course it does! If you have went around only wearing black don't you think you could brighten your image a little? Find clothes that are comfortable and attractive. Try a few different colors, fall into a new image. Break old habits and discover the hidden you. Do not be afraid to try new ideas. You can always change. But it is essential to be clean.

Do you think that cleaning house is nothing but an unpleasant duty? This doesn't have to be so. Turn on your favorite music and get going! You'll soon find out how much at ease you and guest feel in a neat and tidy home and how nice it is to always find your stuff. Letting go of unnecessary things is also a must in the physical world. Our body is able to take care of itself but is our responsibility to take care of our home, without being fanatic about it, though. All this is part of our living in this dimension. And when we are able to accept this as a natural part of our physical experience, our lives become more pleasant.

Being creative is another important factor in being physical. It actually helps to stimulate the energy that constantly flows through the body. Unfortunately many people do not consider themselves as creative. Being creative does not mean you have to be a great artist. It means to find a way to express yourself and your feelings.

You are being creative if you see shapes in the clouds, if you find a use for

something that someone else discarded, or if you repair something with wire or tape because of necessity. Everything that people have created was out of necessity. They needed something and created it! Because we are attuned to the Creator and are part of that energy that created us we are by nature creators ourselves! We create families, societies, means of travel, and communication. Extend this further and focus on the ways you can become more creative. Remember the more you use your creative energy the more creative energy will flow through you.

# Learning to deal with the Emotions

Many of our emotional experiences originate not only from our existence here, but also from previous lifetimes which are within our Souls taken into this life as memories or experiences.

Emotions are a very essential part of existence. These relate to every part of our being – how we physically look and feel, how we mentally function to our ability to relate to everyone and everything around us. It is easier to become emotionally unbalanced than almost any other functions, because the emotions are constantly in motion or use.

Life is an emotional roller coaster, constantly changing as our experiences. The emotions take us up from one existence to another. The dimension that controls and supplies the emotional body is the Astral Plane. To exist there is to rely on the feelings and experiences and to exist in an emotional state of consciousness. This is fine if you exist on the astral in the astral body. However, it is difficult to rely only on the emotions on the physical.

From birth we are affected by touch, taste, sight, sound, and even smells. These senses supply us with our first emotional patterns in this life. Basic emotional patterns are reactions or responses to things around us, such as smiling or laughing when we are content, crying in discomfort or fear. Eventually we progress from basic emotional behavior and create ties or bonds to people or comfort.

As we grow older we also encounter emotional crises and create emotional conflicts in our relationship to people within our daily life. One can even become emotionally addicted to certain behaviors or comforts – even to other people. Then emotional imbalance occurs. Also when we no longer can control our emotional behavior we have an imbalance. Sometimes these occurrences are caused by a physical chemical imbalance.

Emotions have a lot to do with self-confidence. Many find that because of some deep emotional traumas they have difficulty when encountering similar situations that caused the trauma. Many spend their lives avoiding such situations and running from these experiences. Sometimes this behavior becomes habitual and one is not aware that they are carrying unnecessary emotional baggage. Some look to drugs, alcohol or some other emotionally stimulating activity as a means of escape. Others are institutionalized as a result of not

understanding or being able to cope emotionally. All these people can be helped.

As the emotional body is a primary important function we should strive to be emotionally well and balanced. Misinformation, mistreatment and a lot of social teachings are directly responsible for many emotionally ill people.

Do not let all that you have just read frighten you into an appointment with a psychotherapist or into doing self-analysis yet. The first step to being emotionally happy and balanced is to be able to understand why you feel like you do. Perhaps it is simply that you are just finding out that you are a Soul inhabiting a physical body, and to be able to view yourself this way is a giant step!

All emotions are usually normal reactions. However, we must not become so emotional that we lose control. It is easy to become emotionally involved or attached. You are your best judge as far as understanding your own emotions. Sometimes in an emotional conflict we should only take a break, step back and examine the situation. When we feel that we are becoming too emotional we must learn to control our own feelings. One of the biggest causes of conflicts is trying to control or force other individuals to see or feel the way we do. To recognize that each person has the right to feel and think from their own perspective changes a lot of conflicting situations to one of understanding and acceptance. Always ask yourself about the way you are reacting emotionally. You may be surprised at how much of it is habit. You may find that you really feel different after all.

A good exercise for the emotions is to make a list of what irritates you. Then list things that you fear. Then list what makes you comfortable, happy and sad. Try to understand these feelings and why you feel certain ways about certain experiences. Try to overcome your fears with remembering that you are an eternal Soul and that everything also is relative. Try to understand anger and to imagine smiling instead of feeling angry.

It helps to write down a real traumatic emotional situation that deeply affected you. Write it down and you have released it. Then find someone to share it with, someone you trust. You will be surprised at how much relief you feel.

We must all have emotional outlets or something we enjoy doing for relaxing. It is good to also pamper yourself sometimes – a good massage for example. This is always physically and emotionally therapeutic. I like a nice scented bath with candle light, incense and music. Of course meditation is also very good for the emotions. For a special meditation procedure read the chapter about Karma.

You will find that if you can control your emotions you will function better

socially and it will do wonders for your career. Of course understanding how you function emotionally does wonders for personal relationships as well.

Personal relationships with family, close friends or a partner rely on you being honest about your feelings and dealing with conflicts as uncontrolled emotions happen, not letting them build up until there is an overload and having angry outbursts. If someone says or does something which hurts or upsets you then you should say so calmly at the moment. Letting people know how you feel is important. If you have a family member or a past friendship that ended in hard feelings it is important to solve this by contacting, writing or talking to them. If this is no longer possible, because the person doesn't live in a physical body anymore, you can do this in your imagination as well. If you don't, this conflict will stay with you creating an unnecessary karmic debt or tie.

As a more aware person you are responsible for your actions and situations. It is up to you to make the first step to clear up misunderstandings and conflicts. This way you free yourself of this. Even if the other person refuses to accept their part or does not want to discuss it or forgive then you are still free as you have taken the responsibility for your part and made an effort. Then it is only their problem as you have taken care of your involvement. You have freed yourself of the unnecessary emotional baggage and solved your part. You can only be responsible for yourself and do what you know is correct for you and your well-being. You are not responsible for their reaction or lack of understanding. Each individual must be responsible for themselves. They must choose their own way and find their own truths. We must accept their way and they must accept our way – without judgments. Because to judge is not to let them be as they choose.

You can never force another person to see things your way. As individuals we all have our own perspectives and feelings. No two Souls are the same; no two human beings are the same. We must learn to accept and know this to be true. You can only change your own perspective working on yourself. However, you can always share your understanding with others as you should do. Perhaps you can learn to see things from another perspective. If quarrel arises because of different opinions you may consider that perhaps both are correct, just because they are individuals and therefore different.

We should realize that there are no superior race or people, no superior knowledge, no superior religion, no superior country or world, that we all are here for the same reason to experience and learn in the physical world all we can, so that we may begin to learn in other dimensions what we cannot comprehend here; when we learn to accept another's right to his or her

individual feelings, emotions and veins, then we can begin to have a mere balanced emotional self.

It is important to recognize the different emotions – anger, fear, joy, aggression, pain. They all are important. You must be able to have them all and accept them, not become too involved so that you as Soul do not have control. You can always become overindulgent – that is not balanced – but only you as a person know your own individual limits. You are the only one who can control them. You must find your own balance.

Some people overeat, overdrink, oversmoke – even indulge too much or become addicted to anything like for example sex. Persons even become addicted to each other or situations out of habit, not wanting it so much but using it to compensate for some emotional lack or need. This is a danger. But when we learn about our emotions and understand them, we are able to see if we are using something or overdoing out of emotional attachment. It is important to be able to see our faults.

So sit down and ask yourself a few questions about your behavior: Do you react emotionally out of habit or do you really feel that way? Have you become overindulgent? Can you recognize when you have no emotional control?

Answer these questions on a separate paper. Also write down what your definition of love is. Write down all you can about all your feelings. Do you do things that you really enjoy or what others expect of you? Look in the mirror and ask: Who am I? Am I someone whom I know or someone that has been created by other's ideas of me? Do not let other people control your life. Set your own standards. Do not try to compete or be other than what you are and what you want. You have the right to feel and act the way that really makes your life easier and to be happy. You will feel much better when you recognize and accept all your feelings as a part of you!

Learn to be like a baby. They can express themselves without being self-conscious – even loudly –, either discomfort or joy. Both are a part of life. The baby loves every part of its body and the processes. They do not worry if they will be loved or how they look. They only love and want to be loved. For what you send out – returns!



## What effect the Causal has

The causal dimension does directly and indirectly affect our lives. This is where all the records of your past incarnations are kept. Those who are spiritually adept and advanced have access to these records which are also referred to as akashic records. Each Soul can reach this level of consciousness. Many individuals and spiritual groups actually do past life therapy and readings. These are often referred to as akashic readings. Also many have experienced past life regressions on sessions. Sometimes these are helpful to learn about one's experiences and relationships within this lifetime by learning about one's past experiences, as they give a clear picture of one's relationships and experiences that are taking place now, to determine if it is a karmic or an unneeded experience that one has created.

You as an individual do create and choose your own life and experiences even if you do not consciously remember. Nothing happens by chance. Each Soul before incarnation chooses the life they are to live based on past connections to other Souls and particular experiences one needs to advance.

All these past choices, lives and experiences are stored in the causal bodies on the causal dimension which is a part of all Souls. Sometimes the psychologists refer to it as the subconscious mind.

If Soul chooses a life experience but does not learn from the experience and does not advance, then unnecessary repetition occurs. Unfortunately this takes place much too often – due to the limited teachings in societies here. If you do not know yourself to be Soul and are not aware of the other dimensions, you do not know that you choose this experience, which makes it more difficult to learn. Then you spend a great deal of time struggling, feeling confused, not understanding why you are here.

Once you learn to accept that you chose to be here, once you stop struggling against the experiences and see them as something for your own advancement then you are on your way – no longer stuck in the experiences. When you lack understanding, you become emotionally involved and mentally stressed – usually resulting in creating even more karmic debts for yourself! The statement that an experience that does not kill you will make you stronger is correct!

Learning to accept each experience as an opportunity for learning is a great step in making life easier to understand.

There are many keys to oneself recorded on the Causal Plane. Every Soul has the ability to read their own past. I encourage this greatly, for all of one's past lives have much to do with what one is now and where one is now!

As Soul you have the ability to visit all of the dimensions of that I talk here. Soul has no limits except those which it creates itself. The Soul can at will leave the physical and travel to any destination. You have a body for Soul to exist in on each dimension. That body corresponds to that particular dimension's vibrations for the protection of Soul, so that Soul can and does have a vehicle for each plane of dimension.

In the chapter "Mantras and their Benefits" I have laid out for you these dimensions and their correlating mantras. These mantras change the vibration of Soul and allow it to experience and travel to the dimension they represent. One must of course ask for one's own spiritual protector to keep the physical body free of unwanted entities. Also tell your conscious mind that you will remember all you see, hear and experience. Sometimes the mind refuses to accept that which has not been programmed or is accepted as logical or believed in the physical realm! To reconnect the causal self with the conscious thinking mind one must insist that one will remember. Why? Because the mind is a tool for creating and recording. Soul is in charge. Too many believe that the mind is what is in control. What a mistake! But that is because the ones who wish to control want most to believe this. However, once we start to learn the truth, we are in control, not controlled! Then we no longer believe what others tell us. We know better. You must know – not believe. To believe something is subject to change. To know is unchangeable.

If you practice meditation regularly you begin to become adept in the Journey of Soul (you find more about the Journey of Soul in the chapter "Journey of Soul Technique"). If you demand for the mind to remember an experience you reconnect the causal to the mind. You also put Soul in full control as it should be, for you are Soul.

You need to understand all of your experiences, past and present, in order to be complete. One must accept all that one has done and been as a part of what one is. Every experience, whether it be divided into negative or positive, are valuable experiences that Soul needs for perfection here in the physical. Soul can then advance to learn in the other dimensions beyond this physical that which this body and brain cannot comprehend.

If we reconnect all the selves within this body – the physical, emotional, mental, causal and the etheric self – and see that all these experiences and all these selves are part of Soul's experience then we can begin to see how vast our universes

are, how great we all are and how wonderful it is to be connected with all things created and be a part of that which created all! So accept the causal as an important part of all Souls, for it has the key to that which we were and that which we are. Then we can really know our true selves as Soul.

# The Mental Process

The mental process is a process for recording and remembering based on what you learn as a part of functioning in this particular existence. While the Astral Plane is based on emotions is thinking the base of the mental.

The mind and brain are much like a computer which must be programmed or fed with information – usually language, mathematics, and logic. Most information is based on what concepts are physically accepted as reality. Many scientists, doctors and teachers focus on the mental process of learning. If a person becomes too mental then anything that is not logical is rejected. Therefore we must understand and use the mental process but not become so caught up in it that we do not allow ourselves to understand concepts beyond the physical existence.

Most great scientists and inventors of the past were visionaries. They allowed for the possibility of realities beyond logic or accepted concepts. They were great thinkers but also had learned to work from higher levels such as intuition and gained great perspectives of so called reality.

Einstein was such a man. He allowed himself to overcome the logic of accepted reality and go beyond to think that perhaps there was existence beyond the physical understanding. He realized that time and space are man-made concepts.

Nikola Tesla went beyond the accepted concepts of energy and found new sources of energy yet to be discovered or understood by most scientists of today.

Unfortunately most people only learn within their limited borders of reality and have to repeat so many lessons as they are not really thinking as an individual. They go through their lives accepting what they were taught and do not believe anything else, much like robots. Repeating the programs that were given them they learn from the teachers, parents, churches, culture, and the leaders of their societies. They accept that they are white, black, yellow, red – protestant, catholic, Jewish etc., or they are European, American, Asian. Then they are socialists, democratic, republican or left wing never asking if they really believe this, only repeating what they hear and finally consider it to be their own viewpoint. Even to be prejudiced is also learned.

The mental or thinking process was to be used as a tool for learning and creating. However, it has been manipulated by our societies as a means of controlling people, not allowing them to think for themselves but being

programmed to fit into the scheme of designs and organizations of those who control. They are successful because most people fall into the trap. The trap being that you have no choice but to believe or be a certain way in order to fit in and be accepted by those around you. You believe you are victims of circumstances and need these agencies of control to exist here. In a way perhaps it is true – due to the fact that you contribute and support this world by thinking the way those who control want you to think!

How can you overcome it? It is really simple: Ask yourself questions about what you really believe. Do you indeed think that certain Souls inhabiting a certain colored body makes them inferior? Do their religious beliefs really make them good or bad? If they are also the result of their society's programming are they not also victims? You are only a victim if you accept their truths as your own. Do not be a creature of habit going through life like a robot repeating the programmed messages like an answering machine. Wake up. Take a stand for yourself. Change your perspective! Allow yourself to really think about what you believe. The difference between you of Earth and us of Venus is that we do not believe something to be true. We know it to be so and understand the truth.

What is reality? Reality is only the perspective or view of someone or something. In order to understand you must be able to change your point of view, to accept that each individual has their own view or perspective of reality.

An example: You can look at a chair and it is small enough to sit on it for us human beings. To an insect it is very large and it can take much time to travel from the leg to the seat! It feels solid to us, however, to a photon it is only a collection of atoms and the photon can pass through! To us it looks stationary or still. But if you are in a spaceship in space the chair is spinning with the planet! To people in other countries they cannot see the chair! Yet it exists in your reality. So your perspective of the chair is relative to your point of view only. That is your reality, but not the only reality!

So we must learn to accept other views of reality and allow ourselves to think in terms that do not seem logical. We must not challenge other's concepts of reality but accept it as their view of reality. We all can only experience our own point of view. Each individual has the right to their own view or experience. Now you can see how we can learn to change our perspective or view.

Next we must learn how to overcome the limitations of what we think we have learned! Learning is a never ending process. Even when this temporary existence of life cycle is finished you still learn on other levels of consciousness that are beyond your limited human concepts.

Remember there is no superior person, culture, religion, only choices that we make. However, maybe you are taught that one religion, race or country is better than another. These are mental concepts and do not exist in reality. When I see or meet someone I do not see a black Christian or a white Catholic and so on. I see a Soul inhabiting a physical body. Many are caught up in concepts of themselves. We are all in the learning process and much of how you think are other people's concepts, not your own. However, many of you have accepted these concepts as your own.

Also remember that if you believe and accept these concepts and believe that there is such a thing as superiority then you create much tension and conflicts in your life. To be superior one must find fault with others that they consider less superior. Therefore conflicts arise and disagreements over beliefs. However, when you see things from Soul's level you know that these are false concepts, not truth. The truth is that whatever an individual chooses to study or satisfies their needs is good for them and they have the right to choose for themselves, just as you do.

There are many teachings available on Earth, because there exist so many levels of consciousness. One can only find what they can relate to or understand according to their individual consciousness! Therefore it is correct for them. However, you can change your consciousness and then you will find that you are no longer satisfied with many things you learned. That is advancement!

When you expand your consciousness, then you begin to seek new answers to new questions. However, many never advance; they only believe whatever they were told and continue their life stuck in the program that was given them – by parents, teachers and society.

It is possible to change the thinking process. If you wish to be all that you were created to be, you must be willing to change and grow! Realize if you can that whatever you think or imagine is reality. If not yet in the physical it already exists on one of the higher dimensions.

We are now experiencing realities that your great-grandparents could not conceive of – such as computers, cable TV, satellites, space travel. At one time these were only existing possibilities. However, someone knew that it could exist and because they thought and imagined these concepts they became reality.

So the power to change your world lies in each individual, it only needs the desire to make the change happen. So the future lies in yourself and the ability to create this by your thoughts. Remember wherever your attention goes the energy flows. So if you focus attention on negative issues you reinforce it with your

energy. So you must make an effort to consciously focus your energy and thoughts on what you really desire.

Most people have been programmed to unconsciously focus on the negative. That is why Earth has so many troubles within its societies. You must change the thinking process and reprogram yourself to use your energy in a constructive and positive way.

We have many abilities that lie dormant because they are never stimulated or used. Mental telepathy is possible for all, except that in your societies they are not considered common but rare gifts; most people believe that only a few possess such powers. In reality there are many abilities that you are created with but they cannot be used until you know it to be so.

Now the question is: How can I stop believing and learn to know? I am including at the end of this chapter a program to replace all the misinformation. However, remember it takes an effort of will. No matter how much important information you receive it is useless unless it is applied to your life daily. So the choice is yours.

Continue to be a robot or be a real individual able to think and create your own reality.

# How-to-just-be-Program

I am

In the present – the now

All is perfect, whole and balanced.

I don't believe in old limitations and lacks.

I don't judge but accept and understand.

I am as I was created to be – perfect and whole.

Free of the past it has no control only to learn from it.

I open myself to the wisdom that is part of that which created me and is part of me and within me.

I move on to the new, forward to release old patterns.

The more resentment I release, the more I can receive and give love.

I love all as I wish to be loved. I see myself as an individual – unique and special.

All my experiences have formed the facets of the special jewel like no other which is myself.

I see myself as Soul and this body only as a vehicle for this world.

I am part of the Creator and the energy that I come from.

Every day I am what I choose and think thoughts that create what I choose. I allow all to be what they choose.

I am balanced in all I do.

I am not a victim of circumstances or other's standards but the master of my destiny. I am whole. I achieve the greatness that I am.



# The Function of the Etheric Body

The etheric is the first dimension Soul crosses when leaving the pure spiritual planes. It is the division between the non-material or pure energy and the material dimensions. It is the first body Soul has for protection in the lower material worlds, planes or dimensions. It is also the dimension that controls our concepts of faith in the Supreme Being as God. It directly is responsible for our ability to know ourselves as Soul and to allow us to understand our divine connection to the Creator.

All saints, spiritual leaders and masters draw their energy from the etheric. It is each Soul's direct contact to spirituality. It allows us to know and believe in God. It is an essential and necessary link to our spiritual development. It is from there that we have the surge of faith and ultimate spiritual power to believe and know of the power of God, to be able to feel it and use it to convince others. It is the connection of Soul to the higher Godworlds! Here it is where all spiritual energy flows from the place where Soul and all that is began. It is our divine link to the Creator. All miracles, the power of prayer, healing and the will to be great begins. This is the dimension that we strive to reach ultimately before we are spiritually complete in these lower worlds as we journey back to that which we came from!

We journey from that which created us, not aware that we are to experience ultimately through thousands of incarnations, that we are a part of that which created us, but with the knowledge that we are, and an understanding of that which created all and the aim to become a part of it and become creators ourselves.

Much of this knowledge falls into oblivion once we reincarnate into a new body with a new mind and have to spend a long time to become acquainted with it and to learn how to use it and understand all the new experiences. So therefore much is stored away in the subconscious selves which operate and experience much in the non-material worlds as Soul whereas our conscious mind knows very little of this great knowledge, ever seeking that which is already in us.

Few Souls reincarnate with all knowledge and experiences intact, not separated but whole and fully aware of all. These are the ones who no longer have to return into the physical but choose to come and share all with those who open themselves and desire to know, bringing with them the truth of our creation.

Of course, there are those who laugh and ridicule these individuals and it is a struggle to overcome these difficulties. It takes perseverance and strength for there is a constant battle between the negative powers which rule the lower worlds and those who bring truth and light. However, inside most is the deep feeling that they know what we bring to be true. This is the etheric self trying to reconnect all the experiences of the true self to the physical self that resides here!

Many great spiritual beings have come and gone and will continue to do so until all Souls are enlightened and the Earth eventually changes to the divine place it should be – with all beings here understanding and accepting each other as Soul and disregarding the division created by the controlling factors here, just as time is a man-made concept to divide one's days and years here. In reality it does not exist. Your time here in one's life is equal to a grain of sand for Soul is eternal and shall always be.

So it is vital that you reconnect to the etheric and overcome the so called subconscious self and connect all within you so that there is no division anymore.

## **The Soul – the real I**

In the past chapters I have been driving home this point of understanding yourself as Soul.

For those who do not understand our concepts of the creation of Soul I have a simple concept which I will disclose to you. I have tried to help you understand all the parts of yourself that you know of – the physical, emotional, mental, causal, etheric, and now Soul, the real you. All these are necessary parts of a human being to help you function. Soul is the essence, the part that remains in control and intact always, life after life. Even though you have a connection to all living entities you were created as an individual and shall always be so, because each Soul has its own individual experiences that will not even be the same as the ones of another!

When we learn to change our perspective and view life and experiences and others as Soul, from a Soul point of view, we have the great ability to view things as a whole, not separated, not from the emotional, mental or personal life situation, but with a greater understanding of ourselves and a greater acceptance and understanding of other Souls as unique individuals, without judgment or resentment but acceptance and love – as it was meant to be.

The concept of creation is as follows:

Take a centrifuge which is used to spin material at a fast rate or speed. Then you put into this centrifuge rocks, sand and water, and you will see that the materials begin to separate. The rocks which are a heavier material will fly to the outer edge of the centrifuge, and as you look toward the center you see less and less material – the sand, then water and in the midst only air.

This is like the dimensions. The material of our physical world could be compared to the rocks – lying on the outmost edge, and each lighter material representing the dimensions above the physical or beyond the physical. The center part, the air, represents the pure spiritual or non-material dimension. This could be compared to the God planes or the place of creation!

All energy spins in a spiral like formation, even galaxies. This is the secret of creation, for all energy forms a vortex around all living things creating its own magnetic field. So every living thing is not unlike a planet as it has its own vortex of energy.

The Creator is not a being but a great intelligent mass of the most powerful

energy and with unimaginable knowledge. To be sure that It would never cease to exist It procreated from Itself all the universes, galaxies, life forms and Souls to continue in a never ending cycle of evolution and recreation.

We as Souls are part of this plan to build, grow, and continue to gain knowledge, power and be omnipotent and omnipresent always without end, and there is no end to the creation or evolution of Souls. We are and always shall be flowing like a spiral from what we were created, to learn, grow, become powerful and eventually return and become a part once again of the power that created us, only with knowledge and experience that we lacked in the beginning of our journey. So we shall always be a part of that which created us and that is why we must eventually learn to create what we wish – be it for the good of all that we are a part of.

When Soul was first created it was only pure energy, light, that did not know it existed. So it began its journey from the center of the creation down – across the etheric, the causal, the mental, the astral, and the first stop, the physical.

Remember: The etheric allows Soul to remember and feel its spiritual connection, the causal to store its experiences on all dimensions, the mental to be able to think, record and communicate, the astral to feel, then the physical to experience all these functions in order to learn from each life incarnation.

So Soul is sheathed and protected on its journey by a corresponding body from each of the before mentioned dimensions. How wonderful and great it is to be!

When Soul first came to the physical it was not in the human form, oh no, sorry to disappoint you. There is an evolutionary cycle that must be followed as all living things do. Even planets as you may have read in my book “From Venus I Came” go through cycles of evolution!

So when Soul first arrived in the physical on whatever planet in whatever system it first went into the state of being and experiencing as a mineral, yes mineral, the mineral state of existence. Soul has to be every mineral on every planet in every solar system and serve a purpose in every existence before it can advance. What? I can hear the gasps. What a blow to the ego to be a lowly mineral! Well, Soul must be everything in order to understand everything!

Experience is the only true teacher. So use your imagination. What experiences can a mineral have? What purposes can a mineral have? Well, there are minerals in water, for plants, for animals, for humans. What about rocks for homes, tools, jewels? Wow, there are many possibilities we overlook being the great humans we now are! So Soul spends some thousands of years incarnating over and over in different mineral states waiting for the opportunity to serve a purpose, for its

existence has to mean something. I know on one hand it is frightening, on the other amusing. Actually it is quiet beneficial.

Finally after you as Soul have exhausted all the possibilities of being a mineral you graduate and advance to the plant stage. Now you go through the same procedure being all the plants, serving all the possible or imaginable purposes on every planet, everywhere. You can for example be a tree providing timber for the construction of houses, or a vegetable being food for other beings, or a beautiful flower. Is it not delightful, to find out how vast our history really is!

Just as before when you have no more plant options left you get to incarnate as an animal! How delightful! Of course you get to be wild, domestic, serve as food or musicians or beauty. But you must be all – fowl, fish, bird and mammals, just as before everywhere within all the known and unknown universes or galaxies.

Finally after this you get to become the wonderful human being – or sometimes not so wonderful. For as before you must be all that human beings can be, all races, sexes, mentalities or lack of. That means being evil, a murderer, retarded, a genius, a musical-artist and so on; you name it; this you have been or will be. Are you exhausted by the idea yet?

Well, do not be discouraged. By now most of you have almost all of this been in the past, otherwise you would not be evolved enough to read this or be interested. Does that make you feel better? I hope so, for no matter what you have experienced or been, you are still a unique Soul.

Between all these mind-reeling lifetimes, and before Soul is reincarnated in any new cycle of its chosen destiny, the it has a period of rest on a special part of the astral realm where it is tended to by older Souls who have chosen this as their own particular mission after their physical incarnations are complete. These angelic like beings care for and help Souls choose and adjust to their new life to be. It is like a nursery for Souls, where the Soul recovers from the previous life cycle and prepares for the next. It is a place of recuperation and regeneration through love and devotion of these special care-takers.

I have come to make it already here and now easier for you, for the more you learn now the less you have to go through!

Now as you have learned being a human being is more complicated because you form families and sometimes relationships – be it personal or within work – that you may or may not want. However, you cannot blame anyone for you have free will and choices, unfortunately many are made because of confusion or a feeling you have to, most are made because you have not been properly informed or you have been misinformed, unfortunately.

That is exactly why I wrote this book to help you. If your head is reeling by now, take a break, meditate, have a drink, a walk or whatever you do to relax.

Now you have an idea of what it is like to be Soul as we all are. It is very important to never forget, to remember this just till the end of your life here. This gives you the opportunity to advance faster. I hope it also helps you to understand yourselves on all levels as it was meant to do, so that you can have a greater perspective and help create with your own presence and power the world as it should be – with room and acceptance for all Souls in all forms. Seeing as how we have all been these different life forms should we not have greater compassion and love for all things that are? Should we not love and accept every Soul and respect them for their individual struggles to exist? Should we not try to help those confused by the information they receive? Is it not our duty as ones who know more, to share and help those who are wandering around, committing terrible injustices toward others? You must understand that with knowledge comes responsibility for how we continue to be! For if we know better, we shall be better. There is no good nor evil, only ignorance.

However, it is not to be used to be superior but to enlighten and be always thankful to our Creator for allowing us to know what is true and right. That is being Soul, the real you!

# The Laws of the Supreme Deity

There are seven basic laws and seven divine laws of the Supreme Deity.

The seven basic laws are:

1. Know ourselves to be part of the Creator.
2. Be thankful for the experience of existing.
3. Not judge but accept all beings.
4. To know we have existed as all living forms.
5. Fulfill our responsibilities in each life cycle.
6. Obey laws of nature and societies in which we exist.
7. Learn from mistakes so as not to repeat old lessons.

The seven divine laws are:

1. Love all living creations.
2. Use our energy to support our worlds.
3. Share knowledge and wisdom.
4. Understand the equality of all Souls.
5. Never use power to manipulate or control.
6. Know that Soul is immortal.
7. Give thanks to the One Divine Being daily.

These laws have existed since creation began. If one knows, remembers and lives according to the laws of the Supreme Deity, it is possible to overcome much Karma and have a vast overview of oneself in relation to all existence. Unlike man-made rules these do not apply to only limited teachings or societies, but encompass all life existences, and they do not interfere with any social or religious beliefs.

These laws allow for individual choices and freedom where ever Soul is at any time. Soul can still abide by the teachings or laws of chosen spiritual paths or societies.

The “Laws of the Supreme Deity”<sup>1</sup> also help one to advance with acceptance instead of judgment of other living entities – to better understand them from a Soul’s point of existence as the Supreme Creator intends and allows us to exist!

<sup>1</sup> See also “The Venusian Trilogy”, part 1, autobiography “From Venus I Came”, chapter 2



# About Karma

Karma is perhaps often misunderstood. Many regard Karma as a punishment for past or present deeds. In reality Karma can be positive or difficult experiences. Karma also can be rewards for positive deeds or actions. All depends on the individual Soul – the awareness, the experiences and the responsibilities of each particular Soul.

The more aware one is and the more responsible one becomes toward one's own actions and relations, has a lot to do as to the amount of Karma one accumulates whether it be negative or positive. This is why I keep repeating throughout this book and in my encounters with individuals the importance of recognizing one's own part in misunderstandings and involvement with family, loved ones and mere acquaintances. The more we keep our relationships clear, harmonious and balanced, the less we have attachments and ties with other Souls. This eliminates unnecessary Karma or lessons. The more we take care now, the faster we can progress, because we then do not need to repeat experiences we have not yet learned or taken on responsibility.

Basic Karma is accumulated not only in the physical but on the other dimensions as well. This is necessary for each Soul's development and interaction with other Souls. So basic Karma is carried with us to help achieve and learn.

Unnecessary Karma is unlike basic Karma. It is created in past and present life situations through attachments to emotional situations and the lack of understanding of the importance of our part in clearing these up before we end that particular life cycle. Any unfinished business does not cease with the existence of our particular body in any life cycle. It must be cleared either through reincarnation in the physical – with whom ever – or on another dimension as you encounter the Soul or Souls with whom you still have something to clear.

Then there is good Karma that which one reaps in turn for selfless caring for others and for good deeds. Good Karma can be through sacrifice whether it be emotional, mental, physical and so on. But it must not be done so as to get a reward but as a true unselfly act. If one's life cycle ends then the good Karma can be awarded or experienced on other dimensions or in a future physical incarnation.

The difficult part is to always to take care to keep one's relationships balanced and free of traumatic unsolved situations, and not to become too egoistical or attached to people, material wealth, or to feel superior in any way. For all experiences are for our benefit and learning – not to belittle others or control. In reality from a Soul's point of view the negative and positive does not exist. All experiences are relative and important for the balancing and perfection of the Soul.

I have used the examples of basic Karma – negative and good – to help you understand that Karma is not a punishment but more of a result of your individual life choices and involvement with others Souls on your journey from creation into your physical existences. It is also effective in the other dimensions, in case you no longer have to be part of the physical. However, all depends on you – on your choices and how much you learn, accomplish, and – most of all – the responsibility that you accept in these life cycles and experiences.

So Karma is only the result of cause and effect. You always want to be the cause, not the effect.

A lot of what I experienced was not because of my own Karma, but the influence of being a child within the karmic relationship between my stepfather and my mother. I felt a strong urge to protect my mother, she should be protected from a violent man. I was placed in this situation to learn about the emotional stress that people go through. Even though there is a lot of suffering involved, we learn a lot by going through a traumatic experience. It gives us the ability to have compassion for others in similar situations.

You don't need to be a victim all of your life. Try to find out whether a recurring situation is necessary for you to learn a certain lesson, how you can learn from it and how to break the circle. A problem coming up again and again is a karmic problem that you need to resolve. And it will appear again and again until you have learned the lesson. Deliberately question it and reject anything that is no longer necessary. As soon as you stop struggling against a difficult situation and accept it as a valuable learning experience, life gets easier.

In the penultimate chapter you will find a “[A Spiritual Journey](#)” – a visualization exercise that can help to look at a problem from a distance and to let go of it if it is no longer necessary.



# Spirituality and Religions

Religions<sup>2</sup> are like steps on the path to God. I understand and respect all religions and I believe that their place in the societies is very important.

Being part of a religion which is established in our social structures is part of the individual learning process and growth. All religions impart a sense of purpose and faith in a higher power to those who feel connected to it. Basically, the religions teach to do good, to be kind and understanding. They are therefore very valuable, as they give guidelines to people on how to be a good person.

A younger Soul has a need for guidance by certain guidelines to help it focus on what it considers to be good and correct. Without this outer guidance, it would lack the necessary means of alignment for its own life. Religions can be lifelong means of orientation. More mentally oriented people find their guidelines and their valid answers in science. They only believe what can be scientifically proved and what matches their own concepts of logic. They don't accept miracles and don't believe in the spiritual worlds. Other people's beliefs are limited to the material worlds and their need for spiritual wisdom is very limited. Many believe that death is the final end.

As Soul develops, it will come to a point where it can accept and absorb more comprehensive information. In these times of change, development is speeding up and many shadows come to the surface. This happens because much more light and love than ever before is reaching Earth. One effect of this process is that many people are losing faith in the established religions and become very anxious. They have more and more questions that their religions cannot answer.

The original intention of the Creator or God, as I understand It, is to allow free will to people to choose their own experiences. Many churches and religions limit this free will by their rules, regulations, and structures. They deprive the individual from his free will to choose what is right for him. From the perspective of the Supreme Deity there is no good and no bad, as everything serves the purpose of Souls experience and development – and there is no judgment, whatsoever.

Spirituality is different from religiousness. Religions usually are limited to what you may or may not do and believe. Spirituality on the other is much broader, because you learn to use your own energy and to be an individual, free person. As long as you are drawn to a certain religion and follow its rules, you cannot be free in the same way.

If you decide to open yourself to more extensive, spiritual information as given in my books, these information will enhance all you have learned from your previous religious teachings. Everything you know from experience is very valuable, as these are now your own individual teachings which you can share with others. Sharing is an important part of being human and supports the balance of Soul.

# Meditation and Contemplation

Today meditation is lumped together with esoteric and new age concepts. The opposite is true. It is very ancient and universally known. It is one of the oldest practices and yet had to be reintroduced because of dominating religious organization's condemnation of its use in the past. It was associated with pagan teachings or occult uses. In reality it was and is used to focus on the inner self and to view the other dimensions not related to the physical.

Meditation is a way to tune into that energy source that gives the life force to all that is, to become aware of it and become a part of it, to be able to direct and control the forces that already exist within and about oneself.

We are not victims of circumstances as the ones who wish to control us wish us to believe. We have a choice to be the creators of our destinies. As Soul we have free will over every experience and everything we encounter in our journey through our many incarnations. So do not be a victim of circumstances, but master of your destiny!

## Meditation Techniques

There are many meditation procedures. Being unique and individual you must experiment and find one that is beneficial and works for you.

The Sufis spiral around spinning rapidly until the physical body collapses and Soul is believed to be sent spiraling away! There is the yogi who has a special cross-legged sitting position. You may lie on your back or sit comfortably in a chair. I believe it is important to be as comfortable as possible, so that you do not experience a cramp or an uncomfortable part of your body. The back should be straight but not stiff. The hands should touch or fingers clasped, thumbs touching. Feet should also be touching or if lying down cross the legs. This creates a channel through which the energy flow is directed. It flows from the crown chakra<sup>3</sup> down to the feet and then around the body through the hands. By all these parts touching the energy can create a vortex all around the physical self. Of course you can concentrate on one specific chakra if desired.

You should focus the attention on the area just above and between the eyes – as if there were a viewing screen there. Focus with the mind, not with the physical eyes. You should always take three deep cleansing breaths to relief tension and rid the body of negative energy.

Soft music is helpful to play and focus on after you repeat your selected mantra

(see chapter “[Mantras and their Benefits](#)”). There are many CDs for meditation available.

Choose ten to thirty minutes that can be uninterrupted and quiet. Earplugs are also helpful. You can meditate anytime that you choose or even while lying in bed as preparing to sleep. If you fall asleep it is alright as most of us learn on the other dimensions while in a dream state.

## **Contemplation**

Contemplation means that you are pondering a particular issue by consciously dwelling on it. You can contemplate about a problem or anything that’s on your mind by inwardly taking an in-depth look at it. If you are working on a business project, go into contemplation and just focus your attention on the subject. Being an active mental process, contemplation helps you to open yourself for spiritual experiences.

In contemplation, keep your attention focused in one direction and absorb all you can physically, emotionally, mentally and spiritually from whatever you focus on or choose as a focus point. You can also behold a star, a candle, a crystal, a river, the sky – even on another person. Learn to just be and be free to experience whatever you can.

## **Experiences in Meditation or Contemplation**

Experiences in meditation or contemplation are subtle and you have to condition the senses to respond and the subconscious mind has to be programmed. To rely on the experiences to the physical, mental and emotional experiences you must repeat to yourself that you wish to remember what you experience, see or hear. Also always ask for your spiritual protector or guide to ensure that you are safe from unwanted disembodied entities.

Notice any lights, patterns, sounds or change in feelings. Do not have expectations, just learn to experience and accept. Relax and enjoy. Remember do not compare your experience to someone else’s experience. You are an individual and must have your own experience. Be adventurous and try different techniques. You may create your own way!

Some people find looking at nature a source of inspiration and a kind of meditation. Others find dancing is a way. You must learn about yourself and what really inspires you.

2 The term “religion” leads back to lat. religare = reconnect and can be interpreted as the “reconnection with God”. According to the author, the spiritual name “Omnecon” means “Spiritual Rebound”. It could be said that Omnecon conveys spiritual information independently and provides a comprehensive range of content with the intention to trigger the inner

reconnection of the individual with his true, divine self, Soul. Compared to this, many religions are more structured and connected to outer forms and belief regulations. (publisher's comment)  
3 You find more information about the chakras in the chapter "[Mantras and their Benefits](#)"



# Journey of Soul Technique

While the so-called astral projection limits the experience to the astral dimension, the Journey of Soul allows temporarily the departure of Soul from the physical existence. Astral projection means to leave the physical body in the astral body which is attached to the physical by the silver chord. Unlike this the Journey of Soul technique enables you to leave the physical body without the connection of the silver chord. You travel with light and sound and have access to any dimension you wish, where you can gain knowledge or make an experience for the benefit of Soul while still existing in the physical.

In the next chapter I have made available to you mantras for each existing dimension including the physical realm. Each dimension actually has many divisions that would take many years of exploring to understand and recognize and of which I could write a whole book. Paul Twitchell, the founder of Eckankar, has described them within numerous individual lessons for students. His books are available<sup>4</sup>.

I have condensed the different levels for simplicity to fit our busy lifestyles without losing the essence. For thousands of years these were secret teachings taught by many chosen spiritual masters from many worlds and many cultures. They are ancient – older than Earth. They were brought here and placed under protection by ancient masters of the spiritual hierarchy so that they always would exist and not fall into the control of ones who manipulate or wish to keep them for selfish reasons from the common people.

In the early 1940s and 50s the plans were laid to make these teachings available to the masses, as it was known that people's consciousness was changing and the New Age was nearing. This is now also part of my mission along with many other teachers today, so that truth can prevail over the negative powers that control Souls with fear as a tool for manipulation. At least each Soul has available the choice once again!

The first step is of course to recognize that you are Soul, not the physical body or mind. The second step is knowing of the different dimensions and the mantras for each one. The third step is to practice daily the meditation procedures. But above all is the desire to experience without fear!

Of course, you must chose a time when you will not be disturbed by physical noise or interference for at least twenty minutes. Close your eyes and bring

yourself in a comfortable position – sitting straight on a chair or on the floor or lying relaxed in bed. You must clear the mind of thoughts and concentrate on the inner self. Be aware of the heart beat and breathe slowly and rhythmically. Relax the whole physical body, free yourself of tensions – be it mental, emotional or physical.

With eyes closed watch yourself bundling up all these tensions and discarding them in the ocean of light. They will return if it is to be. It is better if you are in a dim lighted or darkened room so that the images within are not interfered with. You must decide where you wish to travel and for what reason, then choose the mantra for that dimension (see next chapter). Then repeat the mantra out loud six to nine times, breathe in and as you exhale sing or chant the mantra as long as the breath allows, letting the sound encompass you.

Ask your spiritual guide for protection. Look for any point of blue white light. Also pay attention to any color or images, letting yourself be drawn into whatever you are visualizing. Be aware of any high pitched sound – a whistling or humming or any subtle noise taking place inside of one's ears. Be aware of any tingling or feeling. Sometimes one feels as if the top of the head or the third eye area opens. Follow any light or image. Focus on it and become it. It may be subtle at first but will intensify with daily practice.

If you return and remember anything, no matter how insignificant it may seem, write it down. If you feel as if you doze off and sleep in, this is quite normal. This happens when one is not ready to consciously accept the experience, but it will change as one gets used to it and practices. Eventually the subconscious will reconnect to the conscious mind and the connection will remain. It has to be reconnected out of use, much like an electrical appliance that has lain around and in which the connections have accumulated dust. It has to be burnt off to renew the circuit. So it is with the inner connections of each being! It improves with use – do not become discouraged. Perseverance and patience pay off!

The mantra HU (HU is an ancient name for God and is chanted in a long drawn-out way like HYOO) can always be used as it is powerful and encompasses all the dimensions. You may also practice before going to sleep. Good luck and good journeys!

## **Relaxation methods as preparation for Journey of Soul exercises**

## **Deep Breathing**

Take a deep breath through your nose and breathe out with your mouth wide open. Do this slowly up to six times, then continue to breath normally.

Tighten and relax all muscles in the body one after the other. Begin with the feet, then legs, belly, shoulders, arms, hands, neck, face, especially jawbone and eye lids. Joints like knees and elbows need special attention. Check if the whole body is fully relaxed.

## **Visualization-Techniques**

### *Phantasy journeys*

You are floating, flying, or vibrating out of your body.

You are shooting out of your body like a rocket.

You are floating above valleys, seas, mountains, and plains like a glider.

Take a step back and look at the back of your head with the thought: “That’s not me, that’s only my shell.”

### *Yo-Yo*

Visualize the up and down movements of a yo-yo.

Direct it with your third eye.

Push it away from you and fetch it back again.

Become the yo-yo. This yo-yo is Soul, your true self.

### *Vibration*

Listen to a soft humming sound. Let it get louder, until the vibration lifts Soul out of the body.

Practice these exercises alternately and regularly. Repeat them until the pictures are getting clearer. Develop your own techniques.

With these exercises you develop your ability to experience the Journey of Soul consciously.

<sup>4</sup> The books by Paul Twitchell and the current Living ECK Master Harold Klemp are available in bookstores and online directly via the publisher DAS GUTE BUCH [www.dasgutebuch.net](http://www.dasgutebuch.net) (Europe), or [www.eckankar.org](http://www.eckankar.org) (outside Europe.)

# **Mantras and their Benefits**

This is an introduction to the Venusian understanding of the different dimensions, their corresponding colors, sounds and the mantras that represent the vibrations of these dimensions, also to the benefits that they have on us living here in the physical. It is essential for practicing the Journey of Soul as I have described in the last chapter.

On the following pages are individual listings, features, directions and benefits for each dimension to help you in your daily life here. I have found them very helpful to me. I hope you enjoy and practice these!

## **The Meaning of Mantras and Chakras**

Mantras are very special ancient words or sounds which have been chosen by spiritually ascended masters of the physical or non-physical planes. They are powerful words or sounds. Repeated by using a special breathing technique and concentrating on the spiritual self, these mantras have the power to generate energies which are relating to particular dimensions.

Mantras can shift Soul into non-physical dimensions to gain inner experiences. They also have a beneficial effect on the physical, emotional, and mental self as they help to transcend the physical existence and can transform confusion into calmness, peace, and understanding. So if you sing or chant a mantra you are feeling better because these spiritual realms are the true home and the birth place of Soul. By bringing these experiences back into the Physical Plane, you will have a clearer and a more balanced perception of yourself and your experiences. Usually, mantras are part of meditations and are chanted with concentration.

Chakras are spots of energy in different parts of the physical body. They correlate to the energies of other dimensions directing them to those parts of the body which are attuned to these energies. Chakra points are also the location of the endocrine glands. Energy is not only flowing into the body through the chakras, but they also serve as valves to get rid of depleted energy. Thus the non-physical bodies can respond to the experiences made during meditation or other stimulating situations. The chakras enable us to consciously or subconsciously keep in touch with the other dimensions. Meditation helps us to become aware of the energy flowing through these areas and to consciously direct it.

### **Mantra for the physical dimension**

ALAYA is the mantra representing the physical dimension and is spiritually in harmony with the specific vibrations of the physical level. Pronounced “Ah-lah-ya” it should be repeated at least three times very slowly while visualizing the color green that symbolizes the physical. The predominating sound is thunder and drums. These represent the basic vibration of the physical.

When involved in physically strenuous activities this mantra is beneficial in creating the balance of energy and strength needed to reinforce the physical self.

#### **Mantra for the astral dimension**

KALA is the mantra representing the astral dimension. Chanted loudly it helps to make experiences on the astral dimension from this level. Pronounced “Kah-lah” it should be repeated at least four times very slowly while visualizing the color pink which is the color of the astral.

The sounds that predominate the astral are the sounds of the ocean. This mantra is beneficial for balancing and harmonizing the emotional body. When you are in very stressful emotional states or have difficulty controlling the emotions it affects everyone differently depending on one’s feelings. It can make you cry or feel happy – both are beneficial in balancing your feelings.

#### **Mantra for the causal dimension**

MANA is the mantra for the Causal Plane on which the experiences of Soul are recorded. It is therefore beneficial to bring past life remembrances in one’s subconscious mind to the surface. It is pronounced “Mah-nah” and should be repeated slowly at least five times. The color of the causal is a golden orange and the sound is tingling bells.

#### **Mantra for the mental dimension**

AUM is the mantra for the Mental Plane. It is pronounced “A-oh-m”. It should be repeated at least six times slowly while visualizing its representing color of blue. The sound is of flowing or trickling water. This mantra is beneficial for stimulating the thinking process for those who use computers, do typing or are teaching science. It balances and harmonizes the thinking process. It can eliminate confusion and stress related to the mental process.

#### **Mantra for the etheric dimension**

BAJU is the mantra for the Etheric Plane. This is the first shell or body that Soul takes on when after it is created it starts its downward spiraling journey to the lower dimensions and their divisions – the negative and positive planes or dimensions. This is beneficial for inspiring or creative work. It is the closest to Soul. It is pronounced “Bah-ju”. It should be repeated slowly seven times. The color violet should be visualized as it represents the etheric. The sound of this dimension is a humming sound or the sound of bees. It can be a deep humming.

It stimulates the creative energy within oneself.

**Mantra for the Soul dimension**

SHANTI is the mantra for this dimension. It is pronounced “Shan-tee”. It should be repeated slowly at least eight times. The color of the Soul dimension is pale yellow. The sound is stark wind. This mantra is beneficial in harmonizing all the before mentioned bodies and creating a very peaceful feeling of contentment. Also it is beneficial in healing physical injuries, emotional crises, mental illness or depression or difficulty in any area of one’s functions.

**Mantra for the Anami-Lok – (God) Dimension**

HU is the mantra for the dimension called the void of creation where all energy that created all there is and all Souls flows from. It is the center of creation. It is pronounced “Hyoo”. It should be repeated at least nine times. The corresponding color is white, the sound is music of the universe, which cannot be described in words. It is beneficial for spiritual enlightenment, helps to raise the consciousness and changes the perspective view of an individual. It is where we began and shall seek to return to for all knowledge.

Each of these mantras raises the vibration of Soul to the level of the dimension it represents and allows a learning process to be experienced there.

Here you find a summary table of the single dimensions and their corresponding mantras, sounds, and colors:

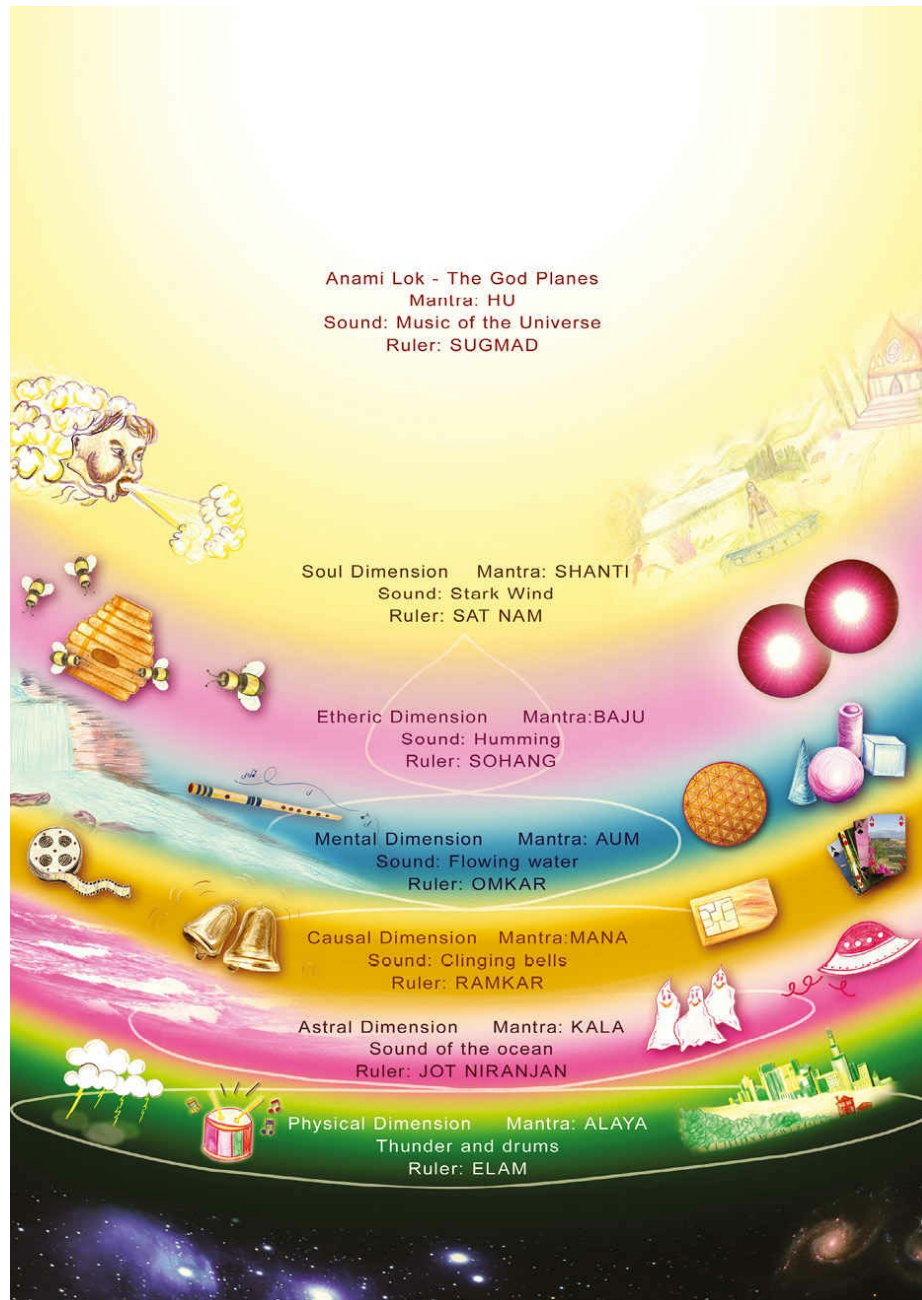
Dimension	Mantra	Sound	Color
Anami Lok (God Plane)	HU	Music of the universe <i>(cannot be described in words)</i>	White
Soul	SHANTI	Stark wind	Yellow
Etheric	BAJU	Humming of bees	Violet
Mental	AUM (OM)	Flowing of water	Blue
Causal	MANA	Ringing of little bells	Golden orange
Astral	KALA	Ocean breeze	Rose/Pink
Physical	ALAYA	Thunderstorm	Green

The different dimensions differ from each other in the density of their vibrations of light and sound.

In the spiritual worlds, the separation of time and space, as we experience it in the physical realm, does not exist. In so far, all these levels exist within you or rather within your Soul consciousness simultaneously. When singing a mantra to connect with one of the dimensions consciously, you address to all other levels of consciousness at the same time. This counts especially for the mantra HU (sung as “Hyoo”), as it encompasses all dimensions.

No matter if you sing the mantras inward or outward – by practicing your range of experience widens and your spiritual consciousness altogether grows.

# The Godworlds



*On this chart, you can see the names of the different levels of consciousness and the corresponding mantras, sounds, and rulers. You can download this illustration for free on [www.omnec-onec.com](http://www.omnec-onec.com).*





## **CD “The Journey of Soul”**

My guided meditation-CD<sup>5</sup> “Journey of Soul” was developed in cooperation with music producer Wulf Wemmje and many talented musicians who lovingly contributed to this project. For them it was a gift of love and I am very grateful for the wonderful music and their inspiration. Without them this CD would not be what it is.

The production of this very special CD took several years, because the musicians came to the recording studio at different times. And the sounds of nature were compiled and recorded with much patience. As an example, for the Etheric Plane I followed a bee in the garden and caught his buzzing with the microphone. In the studio, Wulf multiplied the hum with the result of a warm, beautiful sound which is so typical for the etheric dimension.

The CD contains the characteristic sounds of the seven commonly known dimensions. It can help you to practice the Journey of Soul by visualizing the respective color, singing the mantra and enjoying the musical sounds. This meditation-CD is very rich in variety and you will find that you are going to have different experiences every time you practice and that you will never be bored!

There are people who occasionally meet in groups to practice the Journey of Soul together and to share their experiences afterwards. I have even heard that spiritually teaching people use this CD to enhance the energy of the group and to tune themselves in to their common spiritual work.

I wish you a pleasant journey!

<sup>5</sup> This CD and more CDs from Omneq Onec are available directly at the publisher DAS GUTE BUCH: [www.dasgutebuch.net](http://www.dasgutebuch.net) and through every bookstore. Please take a look at the [Recommendations](#) in the last part of this book!

# Healing and Self-healing Procedures

You must know that you as a divine being have the power to heal yourself. It is much better to heal oneself rather than trying to heal others. We should always love and comfort others, however, one must have permission to heal others and must be aware that sometimes a condition may be karmic or any learning experience for that particular Soul. So precautions are to be taken before attempting to heal other individuals so as not to break any spiritual laws. Also one should be aware that they might take the illness upon themselves as it being a kind of energy that must be transferred elsewhere. Therefore it is important to understand that we do not have the power to make such decisions. There are laws of the Supreme Deity that all the experiences one goes through have been chosen before this lifetime by each individual Soul!

If you are concerned about someone that you care for who is ill then you must follow the procedure listed below to insure that you are protected and that you are not taking away an experience that is necessary. Remember this life is transient and Soul is eternal and immortal. Usually the most painful and difficult experiences are the most valuable for learning. If you wish to help others then first you must discuss it with them to be sure it is not against their own particular beliefs. You do not want to interfere with one's own choices. Then you must tell them that if they are not healed it will be up to the highest power. If they are healed it means that it was not a necessary experience and if they are not then there is a lesson in the experience.

It can be done in their presence or even from different locations. Time and distance do not affect such divine powers. If done with the individual they may lie down with feet touching or crossed, eyes closed focusing on the third eye area with the mind as if there were a TV screen on the inside of their head. They should take three deep breaths and relax. You sit straight and relaxed in a chair nearby, feet touching, hands clasped. You take three deep breaths and also focus on the third eye area.

Now you visualize this person's face in a snowball. Then you visualize yourself taking this ball and throwing it into the ocean of love and mercy. It is a stream of blue-white energy made up of advanced Souls' and ascended masters' energy. It flows from the God center through all dimensions and universes. You picture the snowball being absorbed into this stream, becoming part of it. Then you say:

“In the name of the Divine Creator, I ask that if it is to be that this illness be taken away. We accept your divine decision whatever it will be. I give thanks to all that is. Baraka Bashad”.

Then you are finished. You may do the same procedure even thousands of miles apart as long as you have discussed it with the person before. You may do it at night while lying in bed just before sleep. Just let the person know when you will do it, so they can be relaxed and receptive at the time, also their ability to draw upon the energy themselves is important. It is always important that we understand that we may use this energy which is a part of us but that we are not really doing the healing. It is a combination of our knowing that it is possible and that we are directing the energy. But if the ego becomes involved and the individual takes the credit then it becomes dangerous because it is sort of a manipulation of the divine source of energy. We must always acknowledge the great source that generates the energy and be grateful for the ability to use and direct this energy but not say we are doing the healing.

To heal oneself one must follow the same procedure only visualizing the illness of oneself in the snowball. Lying down is very good as one is more relaxed and focused.

Another procedure is to see the person's or your own face and surround it with pure blue-white light energy and ask for protection for that person or oneself and always send love to the individual and see yourself surrounded and protected by the same light and energy. Try to feel the warm energy as it flows through and around you. The more you focus on this the stronger it becomes. However, one must know without a doubt it is so.

It is always good before any meditation or healing to call on your own particular spiritual guide or guardian to protect you from undesirable entities so that they may not attach themselves to you and use you for their desires. Such experiences have been witnessed and documented in the cases of so-called possessions by individuals. These are unfortunate incidents that occur when a person attempts to experiment with occult and psychic phenomenon without proper understanding or protection. It can be a very devastating if not destructive experience and can lead to an unnecessary end to one's otherwise planned life experience, causing one to have to reincarnate and go through certain lessons unnecessarily.

Many beings on their quest for spiritual enlightenment fall into traps of experimenting with such dangerous experiences. However, most of us have already gone through these ordeals and shun such things because of a deep fear from the past and know that it has already been experienced and do not have the

ability or desire to encounter such things again. Once Soul has experienced or learned a certain lesson it avoids such experiences out of remembering and not feeling the desire to repeat them. Sometimes however, human beings fall into traps because of unawareness and not paying attention to their own feelings of precaution.

Always take the time to ask yourself why you want to heal someone or yourself, examine the reason to be sure it is out of love and the desire to help and not for the feeling that you need recognition or a sense of accomplishment. Remember to live in harmony and balance; to face the individual responsibility of your life is a very great accomplishment. To be aware of such energy and to use it the proper way without breaking spiritual laws or endangering yourself and others is important and also a great accomplishment.

To love all and oneself as a part of the Creator and as the Creator created you out of love is a giant step on your path of existence.

## **Energy – Ways to feel and use it daily**

Everything that exists is made of energy at different vibrations. In the material worlds energy moves slower and becomes more dense or solid. The higher you go beyond the physical the faster is the vibration of energy. That is why it is difficult to perceive these energies in the physical body. They are usually beyond the ability of our human eyes and ears. Only at times we may be sensitive to them as Soul. Whenever you hear the high-pitched sounds in your ears or beeping, whining, it is the sound of the other dimensions entering through the chakras, and it is heard inside oneself. The connection is made by the correlating spiritual body that belongs to that certain dimension.

For instance when a person meditates and repeats the mantra for a specific dimension and is focusing on the color and the sound that represent that dimension, they may hear the sound of the dimension through that body, whether it be the astral, causal, mental, etheric or Soul Plane.

Within your physical self there are all these other bodies that Soul picked up on its journey from the dimension in which it was created. As it crossed these planes or dimensions it picked up a protective shell or body for protection. Being pure energy Soul cannot exist in the lower dimensions without a correlating body that is made of the same energy as that dimension. So inside the physical are many other energy bodies.

The physical body is made up of the same energy as all things in the physical surroundings. So it is a vehicle and a protection for the other bodies and Soul. As Soul leaves the physical it also drops or leaves the physical body in the physical dimension and as it journeys higher it leaves behind on each dimension the shell or body of that plane. It only picks up the bodies as it enters the dimension again when needed.

If you watch a propeller or fan blade before you turn on the motor which powers the movement, the blades look solid, but when their movement increases and they move faster they become invisible. So as energy increases it hangs into another form of existence.

Now the energy that flows through and supports all life is the Creator or God as most here know it. We are all as Soul part of this Creator and Its creation. We all have a divine beginning and purpose to our existence. We are sent to the physical to learn and experience all that Soul can. Part of the growth from not

understanding or knowing we are Soul is to know this and then become creators ourselves. To create your own destiny is what we do.

We choose our life before we are born into the physical and then spend much time struggling against that which we must learn. When one learns to accept and goes through whatever happens, then you are on your way to learning at a faster rate and having a higher understanding of oneself and life.

Now to be able to feel the energy and direct it is simple. It only takes practice as does anything. You may sit with your back straight, feet together to create the best connection between you, the Earth and its energy and to allow the energy from the cosmos to flow.

You always take three deep breaths to relax your muscles of tension. You do not close your eyes for this. You place the palms of your hands together in the prayer position about three inches from the body and in the center of the chest area. Hold them pressed tightly together until you feel warmth. You may also rub them together about seven times until they become warm. After you feel both hands become warm slowly separate the hands about four inches and bend the fingers toward one another, as if you would have an invisible ball floating between your hands. Play with the distance, but don't mutually touch your hands. Focus your attention on your hands and become aware of a slight electric tingle between them that is jumping back and forth the fingertips. Now lower one hand slowly, then the other. You alternate each hand and raising and lowering you can feel the change in energy.

You may also try it with a friend. After you both have separated your hands and feel your own energy then turn toward one another keeping hands apart. Do not touch the other's fingers, there must be at least one to one and a half inches apart. Slowly pull hands far apart and feel the energy intensify as you bring them close again. Now this energy flows through and around us and if we have the chakras open it flows in more. Of course, awareness has a lot to do with it. It is there but goes unnoticed. The key to its use is to know and direct it with your thoughts. The more you use the energy the more powerful it becomes. Sometimes you may feel your hands become hot, then you know that there is a strong energy flowing.

When you meditate you are drawing energy in at will and it interferes as you repeat the mantras. Meditation is a kind of spiritual cleansing of all the bodies as the energy flows in the dissipated and polluted areas and used energy flows out to be regenerated.

Every living thing has its own energy field. When you are out in the nature try

to build up the energy in your hands and hold them close to the trees, rocks and plants. See if you can feel the energy. Also if you take off your shoes you can be regenerated with the powerful energy of the Earth itself. Did you ever take a moon beam shower at full moon? It also generates its own special energy.

Energy can be seen by trained or sensitive people as auras. Have a friend sit in a chair by a blank white wall. Now stare at him indirectly without really focusing. Take in the wall around them as well and you will begin to see a faint outline of them. The more you practice the clearer it becomes and even color will appear!

It is important for you to try and put your attention on positive things and not reinforce negativity with your energy. Remember where your attention goes the energy flows. So do not put attention on what disturbs you or causes emotional stress. Focus on good and constructive experiences. If you worry about becoming ill or a war or anything you are reinforcing it and may cause it to happen. Always bless the war stricken places. Always know that good will prevail and do not foresee doom and negativeness. I know that if something irritates me and I pay attention to it, it seems to become worse, but if I just put my attention elsewhere it does not bother me. So you just take your attention and energy away. Therefore you are using your energy in a constructive and positive way. Then you are doing your part to create a better world for you and others!

## **Operation Peace**

Hereinafter I am giving you an example for how everyone who wants to can use his energy to positively influence different crisis situations on Earth. This idea had been suggested to me by my spiritual masters and the Planetary Brotherhood. It's a way how every single person can use their energy together with others and therefore create a powerful united force. During a seminar in 1995 with participants from all over Europe, including children, Wednesday has been chosen for this purpose. Operation Peace has been introduced in all my seminar ever since.

I cordially invite you to participate in Operation Peace, to concentrate your own individual energy and to unite this energy together with people of all belief systems and therefore create a spiritual, united force. As we all have a super energy source within ourselves, we are all direct channels of the Universal Source. Everyone for themselves and all together as a combined force, we can transform war into peace and share in a whole, undivided world. When concentrating our energies for this purpose, we also have the cooperation of the Spiritual Hierarchy and the Planetary Brotherhood.



All who want to spread the light and be a part of Operation Peace can participate by sending energy every Wednesday at any time of the day by meditating, praying, or in their own individual way. Learn to concentrate on this force and use it for the healing of the Earth. Be one force – one cause; one idea – for a more harmonious life on this beautiful planet!

Here are some exercises that will help you increase your energy – you can find more in the last two chapters!

### **Power Punch for every day**

You must stand with your face to the light of a window. You close your eyes and take a deep breath in. You exhale as if forcing all negative energy out of yourself.

Then you take another deep breath, and as you inhale you visualize light energy being sucked in through all chakras and especially the crown chakra.

You feel the power of energy. That is your life force that connects you with all living things created by the one infinite power source. It is unlimited. So absorb as much as you want, you must see it flowing in and around you.

In the center of your body, the solar plexus, visualize a red alert button. Imagine it being activated by this energy. It starts to glow and soon you are glowing, now filled with energy.

Operation Push is in action! Now you can accomplish all you desire and be a supreme example to everyone around you.

Now open your eyes, give thanks to life and all it can offer and be a powerful force of the One.

### **Sweet Dreams Vision**

As you prepare for sleep and close your eyes you say to yourself:

“I am surrounded by the light, I am protected by the light, and I walk in the light. God is the light, I am the light.”

Then you visualize this light surrounding and protecting those you love. With this warm light around and within you sleep peacefully with pleasant dreams.

# Love and Relationships

True love is not an emotion or an expression – it reaches deeply into our true existence, for love is the source of creation. We were created by the Creator out of Its love for all things. True love is the energy which flows out from the Creator and supports all life forms. Without it, nothing can exist. Therefore we are all universal beings and not limited to one existence. There are no limits to love.

Love is abundant and free and is most important for our life. It never fades, and you never have to worry about it.

We are all individuals, different and unique. These differences don't need to be reason for conflicts. They should rather contribute to our appreciation and understanding of each other's uniqueness.

Every experience you go through, positive or negative, is important for your unfoldment. Sometimes you just have to accept what is happening to you without too much resistance. Take a step back to see what the experience was trying to tell you. What did it do for you? What did you learn from it? This is absolutely essential. Don't look at it as a punishment or as something unnecessary, because everything happens is for a very specific reason.

It is important to see yourself as a precious, special jewel – a unique jewel, because all your experiences are uniquely yours. And all of these experiences and all of these capabilities have formed each facet of this special jewel that is you.

The more love you give, the more you receive. And then you feel good about yourself, because you have become a channel for something very beautiful.

Each of you has the ability to be a good channel. Everyone has this energy flowing through them. You only have to become aware of it and to control it by being aware of your thoughts and the focus of your attention. Try to send love and blessings to everything and to be a positive force for the good and for the love that is flowing through you from the Creator.

## Soul Mates

Soul decides whether it wants to live in a male or in a female body before it incarnates.

A Soul mate is a part of Soul and no outer person. It is really just part of

yourself. As soon as you realize that you are complete without an outer partner and you are no longer searching, then you have reached a Self-Realization on the Soul level. The search for an outer Soul mate is an illusion.

As Soul can decide about the gender it wants to be born with, it can choose to have a series of male or female incarnations. Depending on its body, Soul learns more about either male or female qualities. If Soul chooses to come back in an opposite and therefore unfamiliar body because it wants to learn to accept it, it may be attracted to persons of the same sex. This has to do with Soul's memories of its previous lives which don't match its present physical body. Let's say it lives in a female body but still carries strong memories from a male incarnation.

Finally, Soul comes to the point where this doesn't matter anymore and it knows that it carries both polarities within.

All experiences are about being a human being. As soon as you know that you are Soul and realize that you have both energies within you, you have found your balance.

## **Love and Relationships in the physical world**

As human beings we experience complex relationships with other people and create karmic relationships with other individuals. When Soul is created, hundreds of other Souls are also created at the same time. All these Souls are traveling together through the various dimensions having mutual experiences and relationships until they reach the physical dimension. This goes on throughout the entire existence of Soul – it reincarnates together with the same group of Souls over and over again, forms relationships and advances together with them.

Love is different for each individual. It can overwhelm the physical senses or be subtle. It can be used either to create or to destroy, to manipulate and to control, or it can be given freely.

In the physical world, love is one most powerful emotion which expresses itself in countless ways, especially in relationships between partners.

One type of relationship is where the partners don't communicate or share and build walls around themselves. They stay together for appearances, other outer conditions, or certain fears. They tolerate each other but grow apart.

Another type of commitment is where the partners cannot accept each other's desires or can't forgive misunderstandings or mistakes. This form requires fighting and violent outbursts for cohesiveness brought about by apologies and a sense of guilt after having hurt each other with words or deeds. The partners are

on an emotional rollercoaster, bound to separate.

The last type is the best and strongest of all. It is where partners share in everything, accept their individualities and try to fulfill each other's wishes. It takes trust, honesty and a willingness to share for being able to understand and forgive the other's mistakes. Communication is important.

Once you as Soul have experienced love in all forms, then you are ready know the true, unconditional love. Unconditional love encompasses all and accepts all there is. To love unconditionally means to love in the Creator's way and to let love flow in its purest form.

# Venusian Understanding of Death

Unlike you of Earth we of Venus look at what you call death as a transition from one existence to another or the ascension to a higher existence. So death is for us more a joyful event, a kind of graduation from the limited to a less limited kind of existence.

Also unlike those of Earth all Venusians know their destiny of existence and are prepared when the time comes to leave the place where they formerly existed.

Venusians also do not have the aging process that the physical beings encounter. In the physical after we manifest a body we can live 500 of your years and on Venus several thousand years. It is not as long as you think if you allow yourself to overcome the limited concept of Earth time. As Soul is immortal we really live eternally, so what is a few thousand years! By the way, this means that eternity is not a very, very long time, but “no time” – a permanent presence in the here and now.

So as you can see our concept of time is different as is our concept of death. The only thing that changes is the location of your next existence and that is based on what you have learned in a particular life existence. Then you as Soul manifest wherever it should be according to what is yet to be learned and what has been learned or fulfilled. And as we are all truly individual this place can be very different from Soul to Soul and be located within one of the many universes, planets and dimensions that one can exist on!

We Venusians do not see our passing as something sad or feel loss because we know as Soul they still exist and our relation to them changes from life to life. When you understand and know these things it is easier not to form attachments to each other or to animals and things. We know that we own nothing, we only use what we need, but all belongs to the Supreme One. All that is, is Soul – that is all that that we can control.

When you are controlled by others or by circumstances it is usually due to the influence of a particular lifetime and accepting the circumstances, concepts and beliefs of the world in which one is placed. This happens because if you are physical you have a physical body and a new brain and in learning to adopt you lose the memories of what or where you were before. It does not help if the people who are your peers are not spiritually aware and are also caught up in their existence and have also forgotten. Books like these and others that intend to

reinforce people about their universal origin are a way to break the cycle and prepare people to understand themselves as Soul.

Now the people on Venus or any other of the places existing in the dimensions above the physical have a big advantage. Because we do not have to deal with a new body and brain out of physical material or deal with the shock of being physically born, our memories of previous lives and experiences are not deeply affected nor are our memories buried in the subconscious as it is with a Soul that incarnates through a physical birth. Therefore we are able to adjust to our new environment with less struggle than those in the physical.

However, you do not only have to adjust to a physical body but have to learn a language and are exposed to many emotional conflicts. That is why the physical existences are so valuable – and there are many thousands of lives you as Soul spend there. It is a necessary preparation. When one learns to overcome all the conditioning and is able to see beyond it and develop a Soul understanding then you are at the end of your physical incarnations and are well prepared to learn at the higher levels. Therefore we must make an effort to learn all we can, knowing that we never know all!

## **Venusian Ceremony for the Transition of Dimension**

The following ceremony is done mentally on the astral as we have no need for physical language. I have transformed it to a physical language suited to your understanding and concepts.

On Venus I was still too young for this ceremony. I have later learned it from Uncle Odin and have received the permission to make it public.

There is a special temple on Venus for the ceremony. It looks like gleaming crystal. It has three steps leading into it. The three steps stand for the three states of man's consciousness. The first and lowest step stands for the causal nature of man, the second step is the mental process and the third step is for the spiritual development sometimes known as the trial. Then there are three arched doorways – the center one for the person who is to make the transition, the left one for all the Venusians who wish to participate in the ceremony, the right one for the spiritual teachers and higher masters.

First as you enter, the radiance of light is very bright. It takes a moment for the eyes to adjust. Then in the center is a raised square platform with seven stairs leading up to it. The seven steps represent the seven divine laws of the Supreme Deity, the laws you must live in order to be advanced enough to participate in the ceremony.

There is a large circle surrounding the platform about 50 feet in circumference.

It is made of pure red gleaming crystal and there are bands of gold encircling that with a band about two feet of pure white crystal in between the two gold bands which are about one foot each. This circle is surrounded by three rows of benches, each row containing four seats. You can see also on the outer edge just beyond the last gold band all the zodiac symbols, some familiar to Earth and some more ancient.

Above the platform in the domed ceiling is a circle of large round different colored crystal lights, each one representing the zodiac symbols of Venus. Venus has 13, Earth twelve. Each planet has its own number of symbols. Unlike Earth our symbols do not represent animals but the energy that controls and supports our planet.

The platform is gold and so are the seven steps. As the Venusians enter there is complete silence. All sit in deep meditation focusing their energy on the one to ascend the platform. Then you can hear a faint singsong music and feel the energy intensify. You notice all the thirteen circular crystal lights beginning to glow and shine on top the cubic like platform. You also see beams of light from each Venusian sitting around the circle. They are generating the energy with their concentration to enable the gateway to appear for the transition.

As the pleasant sound grows stronger along with the beams of multicolored lights on top of the cube you see a flame of many colors appear on top of the platform. As it grows to about ten feet in height you then see the one who is to transcend. Slowly and with much grace and dignity he or she approaches the stairs and walks into the flame.

Slowly the flame and pulsating lights along with the sound dies down. Silently the Venusians walk out of the temple with a contented look of joy and inspiration on their faces. The ceremony is completed. This is repeated for each individual who is to transcend from the astral Venus.

# Knowing the Life Plan

We all choose our life cycle before entering, knowing the time span we shall exist, knowing our purpose and karmic involvement with other Souls. This is true for all Souls – even the ones born into the physical. However, with the struggle here in the physical, with encounters with strong emotions and with the complexity of the physical learning process, much of the memory of the previous existence and of the choice we made, the details and length of life and the way it shall end are almost forgotten.

If our parents or guardians here were to remind us that we were Soul, that we came here out of choice for whatever reason, it would be easier to remember and overview what lies ahead.

Once I learned of a case where a young girl remembered her life plan. In a TV documentary there was a story of a family in California – a mother, father and their two daughters. The oldest daughter became fascinated with angels around age 13. She also began to tell her family that she did not have long to be with them here on Earth! They did not want to believe this of course. However, the girl continued and insisted that they be prepared.

The parents were not too concerned as she was not depressed or occupied with any suicidal tendencies. However, she began to study esoteric books and to collect stories, books and calendars about angels, as well all sorts of angel pictures and models. She even baked special cookies at Christmas – angel cookies. As well she had taken on an angelic appearance and grew concerned with helping others who were depressed or unhappy. She accomplished all she set out to do. She graduated with honours, sang in the school-and church choir. When anyone asked her about her intentions for college or a carrier she would say: ‘I will then not be here anymore.’ ‘How can you say this?’ they would ask. ‘Because I know that I only chose to be here for a short time’, was her answer.

When she was 18 her prom came – a dance celebration for high school graduates, the first formal occasion for young people, one, every girl looks forward to, as you get to dress like a princess going to a ball. She had her prom and a handsome escort and was happy! Then, in the automobile drive home there was an accident: Out of six people in the car she was the only one killed.

Her family was sad. While going through her belongings in her room they found a letter, dated the day before her death:



*Dear Mom, Dad and family:*

*Do not cry over me. I am fine for my time here is done and I shall have to leave. I will always be near in spirit and we will all reunite when your time on Earth is finished as well. I had a wonderful life – friends, a beautiful home and a loving family. For this I am thankful. We each choose our family and time. Love knows no boundaries or limits. It can always be felt and experienced. Take care of my angel collection!*

*Love you*

*Angela*

The family cried and hugged each other and upon returning downstairs found a fresh baked angel cookie on a plate in the kitchen – still warm! They knew it was from her a sign that she was ever near. In her honour they opened a store that sells everything to do with angels.

However, stories like this do not often occur. More often any memory or the ability to remember or even communicate with immaterial friends is discouraged and often dismissed as a child's fantasy. As Soul, now as a child, is expected to respect its parents and elders, it begins to doubt or become inhibited to discuss or share these experiences – because of a lack of understanding by most people here or a fear of being ridiculed and feeling separated and not accepted. So these memories become dull or buried in the subconscious.

There is so much wisdom and knowledge that every Soul has, that it is wonderful to be able to reawaken these memories. That is what I and others like myself are here for – to change the consciousness and perception and allow more truth and the past existence to be experienced by each Soul, so that they may accept their universal existence! There are more aware parents today who accept their children as Souls in their care, and help them to retain this experience and knowledge while they are living with them! This is the beginning of the New Age of the Earth.

On Venus and as I said on any dimension above the physical these memories of Soul are always recognized and nourished by those around it as it enters its life cycle there. Because you are incarnating on a higher, more aware level without divisions and without the many diverse consciousnesses that you have in a multicultural planet such as Earth or planets like Earth in other universes. Remember, there has to be in each solar system or universe one physical planet that is divided and full of confused and misinformed beings. This is necessary, because as we are struggling through a maze we are able to complete and overcome our experiences there. So eventually Soul can say – yes, I have been

there, yes, I have done that! Then it begins to see without the divisions and learns to live without judgement and overcomes the confusion, fear and anger, and learns to accept and love life and all it has to offer – not fearing death – but seeing it as a chance to overcome limitations and to graduate to a higher place of learning.

Because we lack aggression, fear and much suffering on Venus as we have all graduated, we step above these experiences. We do not encounter accidental or traumatic death situations. Of course we love and care and form families and communities and share an emotional attachment to others. We also have learned that every separation in every life cycle – be it physical or otherwise – is only temporarily for we are immortal and never cease to be.

So we joyfully help Soul on its journey as they progress, knowing we shall miss them as we have shared our lives with them, but keeping their memory alive within our Soul, looking forward to reuniting with them elsewhere as I have experienced this here on Earth. The meeting of old Soul friends, residing in new bodies and new situations – how joyfully it is to have them sometimes recognize me! Then I know that indeed I am not a stranger here on Earth, only an old friend, sharing and encountering and reuniting with all my old Soul buddies! Then when our life here is done we can rejoice and be happy to have finished some very difficult lessons and have shared much joy and beauty – knowing that this is not life's end, only the beginning of a new existence!

For example, my Venusian mother Shawik knew that upon my birth she would complete her particular life existence on Teutonia and finish her relation to myself and her family there. My father Deashar had difficulty with this but knew it was to be accepted. He also knew that he would continue his work and would not have the time to contribute the care I needed. My parents had a long life together before my birth. I was too young to participate in my mother's transition ceremony. But all was known and chosen by each Soul before it came to be.

Usual there is always an underlying touch of sadness at parting, but this is natural as we become attached to others. It is a lesson to learn to overcome, to find joy in the benefits, to share in the advancement of those we love and not make it difficult for the passing Soul to leave because of our own selfish desire to keep them with us.

As I have said no matter what dimension on which Soul exists there are still lessons to learn and difficulties to overcome. Even if a place is considered in comparison to physical standards to heaven like or fairy tale in appearance there are always different types of difficulties to overcome!

When you are happy with a situation, it usually complies with your life plan. The natural feeling of something being “right”, even if there are difficulties and obstacles involved, comes from yourself as Soul, as you are guided by true self. But when you are uncertain about a certain decision, or if you have sorrows, doubts, or fears, this means that there is something wrong.

Of course, also unexpected situations occur. Everything has its legitimate reason, its time and its term. You are always learning something, even if your conscious mind does not always understand the lesson right away. Practise to replace criticism and judgment with love and acceptance!

You as Soul know what is right for you and what experiences you need. If you feel that something needs to be fulfilled or if you truly want to accomplish something and are happy when you can do it, then this is something you have chosen as Soul. Of course, there may be influences from different sides which can make it difficult for you and will stretch your patience. However, by meditating and practising spiritual exercises, you are connecting with your inner guidance, Soul, and consciously bringing peace and balance into your existence. Always remember: This life here is just a small grain of sand at the eternal beach of the Ocean of Love and Mercy. The truth is that eternity belongs to you.

# A Spiritual Journey

This spiritual journey is helpful for awakening your feeling of oneness with your true existence and memories of the greater self.

Prepare for a journey: Lie down in a quiet and darkened room. Meditation music is helpful, also incense.

Close your eyes and picture yourself breathing in pure, cleansing air. Visualize it entering your left nostril, imagine the air filtering through your brain, through all your thoughts, throughout your entire body, picking up any and all darkness and negativity, all body impurities. Visualize that darkness leaving through your right nostril, in through the left cleansing purifying air and out through the right.

Imagine the air that comes out of your right nostril being dark at first, then becoming gradually brighter as it cleanses your entire being, both mentally and physically. With continual slow, rhythmic breathing the air will become gradually clean.

Breathe in clean air and out clean air until a cycle, round and round, in and out is formed. Continue this until approximately ten minutes of breathing has taken place.

Now imagine yourself venturing forth on your spiritual journey, berobed in pure shining, protective white light. Begin walking slowly, purposefully through an enchanted forest. You are following a golden light, and you are treading a path lined with beautiful trees of all types, sizes and varieties.

See the branches of the trees. They are very low, low enough to reach and to touch. You are able to touch them without straying from the straight path, two feet wide, that leads you through the forest.

Look at the bark of the tree, although some of the trees have rough, exterior bark, you are able to see the soft, inner core beneath which gives off a glow where the life force exists.

Continue walking and look to your left. Beside the path sits a small bearcat. It is friendly and playful. Reach down and pet it and watch it respond lovingly.

Walk on following the golden light. Ahead is a beautiful lake, filled with sparkling, clean water, which comes from a mountain stream. The lake nurtures multicolored lively fish, and it enters out into the ocean of life.

As you stand before the pulsating ocean of life remove a drinking cup that rests just over your heart – your cup.

Hold it heavenwards and mentally – if you like physically as well shout up the words: “Love! Love! Love!”

As you watch the sky above you, you see a beautiful love vibration gathering from the four corners of the heavens. One bright ray of light comes from the north, another one from the south, another from the east and again one from the west.

They meet, merge and form one almost blinding ray of white light.

This ray is filled with heavenly love from the angelic beings, and is beaming down to you. It is splashing into your cup, filling it as it transforms itself from light to a milky pink nectar.

It flows into your cup until it runs over the brim and anoints you.

Now lower the cup to your lips and drink the nectar. Drink it all. Drink down this delicious heavenly love, which bears an apricot like taste. Feel how it glows and warms every part of your body.

Look at your cup. See how it has changed. Look within it and without. See how it has been transformed from holding this heavenly love. Put your cup back into your heart and enjoy the warmth in your body.

This is your first step to awareness. Next you feel yourself begin to float. You are rising higher and higher.

As you look up, you see a huge glowing cloud descending to meet you. It is white, tinged with gold. You rise higher. It comes nearer. When you reach it you climb aboard and rise even higher.

You are rising above the Earth. You are rising above the clouds. You are rising higher and higher.

You move beyond the Earth, beyond the stars, beyond this dimension, moving through many levels of various colors to reach the beautiful crystal city in the sky.

Step off the cloud and see before you a crystal river of cleansing, sacred holy water. This holy healing water cleanses within as well as without. It removes all scars, hurts, pains, regrets, burdens, and leaves you clean.

Wash yourself. Dip your whole body into the water. It has a perfect temperature and it only rises as high as your heart.

Watch as troublesome annoying habits, addictions and problems float away. Then clean and pure get out and walk to the opposite shore.

This is the second step.

This is the time to make a decision without regret. If you have a problem you wish to solve, a decision to make, leave it also floating on the water.

As you stand on the opposite shore see these things bobbing on the top of the water. Now you are facing these problems, you are detached, separated from them. You have severed the emotional attachment to you. Face the problems and say this:

“In the name of God, if it is for my good or gain, rise! In the name of God, if it is not, then let it sink from me!”

If the problem rises return to the water, snatch it from the air and clutch it to your bosom. It is for your good and gain.

You may always test the problem again in the same manner to see if you must continue to carry this.

If the problem sinks and is gone let it be. It is not for you as you have made your decision and have completed the test. You must turn away from the river and climb the grassy hill in front of you.

As you climb toward the top, program yourself positively. Be truly proud of your effort toward self-improvement. Vow to move away from any negative, unwanted habits.

Now at the top of the hill you see a beautiful golden chalice, encrusted with jewels. The huge chalice is filled with a golden substance. It is the distillation of the highest love available – unconditional love. This love will transform you, for it is even above that of heavenly love. It is directly from the source of all that is.

You have been filled with heavenly angelic love, you have cleansed yourself in the crystal river, washing yourself within and without. You have made any necessary decision with divine help. Now drink from the golden chalice of the Creator’s love. Drink every drop. Vow to be from this moment on a source of unconditional love yourself.

Whenever you interact with any living thing, picture yourself as being filled with their love and it flowing from you to persons, animals, plants. It flows through the top of your head and fills you continually. It is always replenished.

As you finish drinking from the chalice, set it down and look toward the horizon. See there a beautiful crystal city and in the midst looming up the golden spires of a golden temple. You rush to the temple. You are now prepared to enter its vibration.

See a gigantic door nine feet high, three feet wide. It is open. Enter and discover the three highest vibrations: love, wisdom and knowledge.

Awaiting you are your higher self, your guardian angel, your spiritual guide and master. You will learn your true purpose on Earth. You will remember your mission. If there are past life remembrances in connection to your present you will learn of them here.

All you learn will be for your good and your gain. These will prepare you for your birth in the stars. This is your starbirth.

Now return fulfilled and ready.

# The new Supreme Deity or Sugmad Expansion Ray

I have received from the spiritual hierarchy the task to share the following information from Robert Scott Lemriel with you as the culmination of this anthology:

„We are moving into a golden age of spirituality. As we enter the twenty-first century, a creative fountain is being opened, and many more people will be able to manifest that which is of the higher worlds.“

*Harold Klemp, “ECK Wisdom Temples, Spiritual Cities, & Guides – A Brief History“*

“One must use their insight to see this statement is actually a contemplation portal or inter-dimensional doorway and they can experience it with their own curiously imaginative and adventuresome nature.

What follows is the contemplation seed I’ve been referring to and much more:

With the true inner imaginative seeing of Soul or Atma, imagine a fountain on the Soul Plane in the fifth far higher dimension above any physical worlds like Earth. It is located in a beautiful garden by a vast palace. This fountain has a fifteen-foot high statue of the Governor or Lord of the Soul Plane named SAT NAM standing upright in a wide marble-like bowl. The lovely curved bowl is set upon a intricately carved solid white marble column that supports the bowl about four feet up from the lush green ground.

SAT NAM’s statue appears completely bald headed but he’s eternally youthfully middle-aged, bronzed of skin tone with two gold bracelets on each of his upper arm and he’s wearing a white skirt from the waist down to just above his bare ankles and feet. His hands are down near his sides with the palms open facing outward. A radiant white-golden nectar or liquid light is pouring form his palms down into the white curved marble bowl, filling it with the liquid that is gracefully pouring out over the entire circumference of the rim in an even unbroken sheet to gracefully drop down to the ground and vanish behind a



surrounding circular marble sitting bench. This circular bench rests several feet above the ground on twelve gracefully curved and carved marble support legs. Those who discover this place radiant with this new fountain can sit on the marble bench and listen to the unusually sweet, high toned soothing new sound that issues from the fountain nectar or luminous water-like liquid.

Twelve very beautiful radiant golden cups are hanging upon golden hooks surrounding the bowl's outer rim. You can dip one of these cups into this radiant substance or nectar and drink it, if you have the adventuresome courage of Spirit for all the new awareness that can be expanded within you that's now emanating from the Soul Plane awareness and beyond.

This radiant liquid is not water as it is understood here on Earth; but it appears that way in texture. It IS a New Ray of The Ancient ONE, Supreme Deity, HU or whatever you may wish to call this creative reality – that which is beyond, behind and supporting all this is.

The above then encapsulates the contemplation seed but you can expand it from there and the sky is the limit once you start down that majestic and enthralling awakening road, because this New Ray did not exist in The Ancient One or Supreme Deity's Continuum until several years ago. It has the unique purpose of drawing out from the subconscious of the individual being all implants, engrams and aberration programs to place them within a pure white transparent energy sphere above the individual so they can objectively and subjectively see them for the first time without being negatively affected by them.

The real innate Divine awareness of their origin surfaces and they simply remember and know they have the opportunity to have the negative subconscious programming stuff permanently disintegrated or turned back into simple pure energy. If one chooses to have the little demons that haunt their dreams at night (so-to-speak) removed, than the expanding SAT NAM awareness will instantly remove this stuff. What remains behind is the wisdom of experience and the result is an awakened being that now can be trained and uplifted at an incredibly accelerated rate to become aware of their a true co-creative God consciously status with Ancient ONE or SUGMAD, SAT NAM, the Primordial Mahanta and even the more profound mysterious Silent Ones.

This may be somewhat difficult at first to grasp but this fountain has been brought into existence for one purpose and that is to permanently retire what is known as evil from existence. This can only be because something far, far better has finally been created and evil or fear is no longer necessary in the now awakened expanding SUGMAD of being to train Souls.

The old system brought into existence hundreds of billions of years ago (the status quo in the upper and lower worlds) is remaining in place for administration purposes. However, a firestorm of new possibilities is taking place now in the upper worlds among all beings and this New Ray is now emanating out into all existence through the established creation via the Governors or Purushas on each plane.

A network of fountains and the golden pyramids that surround them are manifesting into existence invisibly stationed on planets, under oceans, between planets in space and between galaxies. They are made of a substance that is not of the dual or polarity consciousness worlds; but they can exist in them with the remarkable ability that nothing, no power, force, weapon or being can affect them, nor alter their purpose in any way, should they be detected and they have now been turned on. This cannot be reversed.

Technically and by prior Spiritual Law the ability to manifest that which is of the higher worlds in the lower worlds (and especially on a planet like Earth that has been purposefully entirely retarded and suppressed) was not possible for anyone living outside of a protected Spiritual city or Golden Wisdom Temple area because of the negative nature of the lower plane Lords. That nature has been to see that Souls remain trapped in the lower worlds unaware of their true Divine Nature that is actually a co-creative individuality of the Supreme Deity, HU or Sugmad with great-untapped potential.

The Governors of the lower worlds are now being transformed from the subverting nature from the inside outward at this moment and when that is complete the lower planes of creation will begin to be made into Divine mirror planes of being that exist within the dual current negative and positive polarity systems.

During this process, “fear” or “evil” will be removed as an artificially created emotion that has been subconsciously carried through Souls residing in the lower worlds for countless ages. A way has been found to free Souls and simultaneously inspire them with the flame of a spiritually passionate and enthusiastic courageous sojourner that is driven with childlike wonder to become a co-creative being with the higher purely positive dimensions and the ONE SOURCE behind all life, while personally exploring these worlds.. They can do this when “evil” or “fear” (same thing) is no longer used as a pitchfork to drive them in an upward direction.

Statistically, that old way has never even remotely been a very effective way to inspire God realization or freedom of the individual. However, the new Supreme Deity, or SUGMAD Expansion Ray has been tested and found to be true,

necessary and kind and it is being implemented throughout the entire creation from the highest to the lowest worlds.

The very real greater problem of The Supreme Deity or The SUGMAD has been to solve the grand dilemma of the lower world systems. A great part of itself in the form of individual Soul or Atma beings have remained unconsciously living out lifetimes under the lower world laws that were made so very, very, long ago and they haven't been returning home. The command inherent within each individual is to return home from whence it came; but, the negative nature of the lower Purushas or Governors is to swindle, trick, lie, delay, pervert, subconsciously implant and divert Soul from ever being able to carry out this inherent commandment that was placed within them in ancient history. That is the old way of "evil" or "fear" and one should remember that "fear" was never meant to be permanent and in the end it is erasable from Soul's experience at any rate. Pleasure full enriching, uplifting, consciousness expanding or enlightening experiences are NOT erasable EVER.

Just a little practice with the imaginative technique about the new fountain on the Soul Plane of awareness and how it can transform your awareness here on Earth, will reveal awakening results that are truly beyond amazing. You will naturally do this in your own unique way during the awakening of Soul's true purpose to become a free and lovingly trusted co-creator with the Supreme Deity. You will simply begin to know, see and understand far more about what is coming and where you creatively fit into this dynamic transformation in the Expansion Ray of the Supreme Deity, SUGMAD or HU of being.

This new awakening and expansion of the Supreme Deity or HU happens only once every few hundred billion years. You will discover for yourself that we are now at the beginning of this event that will safely and non-destructively transform and uplift forever the past negative Eck-Vidya (science of prophecy) destructive vision for Earth and dynamically uplift its unfortunately deeply subconsciously suppressed people to become part of an amazing new world. Then planet Earth will be accepted into a wondrous Galactic Interdimensional Alliance of Free Worlds. Earth's near future destiny is most certainly NOT what anyone thinks it is.

Now it must be boldly stated that every man, woman and child living on Earth today will soon know, without a shadow of a doubt, that many highly evolved extraterrestrial benevolent human and other loving beings exist beyond good old planet Earth.

That great question of whether or not the people of Earth are alone in the universe will soon finally be answered once and for all time.

All the best in the Spirit of truth, necessity and most certainly kindness”,  
Robert Scott Lemriel, 2011

# Acknowledgement

I would like to thank Robert Scott Lemriel for the record of this special message and Stanley Schultz who forwarded it to me in writing and who not only supported my spiritual work since the late 60s but who is also the father of two of my four wonderful children, Tobi and Zandar. My very special thank goes to my publisher Kouki Wohlwend for publishing this important information as an amendment to my autobiography and spiritual message.

I also thank Anja Schaefer for all her careful and persistent work and for translating this text into German.

May the words of this message touch your heart and inspire your creative imagination to deeply absorb the energy of the Soul level and to again become consciously One with the Creator and with all that is. The future is here and now!

With love and deep gratitude – Baraka Bashad! – May the blessings be!

Omnec Onec, 2012

## Biographical Data

1948 (according to Earth calendar) born on the astral of Venus  
1955 Journey to Earth and stay in Agam Des, Tibet  
1956 Journey from Tibet to Tennessee to grandmother of Sheila  
1962 Journey to Sanibel Island, Florida to Donna and C.L.  
1963 First rape through C.L.  
1964 Move to Chicago  
1965 Rape through Pedro  
1966 Birth of JoJo  
1967 Living together with Stan  
1968 Birth of Tobi  
1969 Encounter with Eckankar and Paul Twitchell; Manuscript "From Venus I Came" develops  
1971 Birth of Zandar  
1974 Attack of Pedro; loss of twins, heavy disease  
1975 Separation from Stan  
1977 Marriage with Bud, Birth of Jason  
1984 Divorce from Bud  
1986 Living together with Emanuel  
1991 "From Venus I Came" is published in the USA; first public appearance at UFO-congress in Tuscon, Arizona  
1992 First public appearance at a UFO-congress in Germany; first workshop  
1993 Appearance in the well-known Jerry Springer Show (TV) together with JoJo, Tobi and Zandar  
1994 "From Venus I Came" is published in Germany, first tour through Europe  
1996 Death of Donna  
1998 Double-CD "Message from Venus" is released  
2000 CD "From Venus with Love" and second part of autobiography "Angels don't cry" are released  
2009 Stroke and retreat  
2011 Re-release of all books in German with the publisher [www.dasgutebuch.net](http://www.dasgutebuch.net); promotion tour in Europe  
2012 First release of all books in English as a compilation edition "The Venusian Trilogy"



# Glossary

## **Agam Des**

A spiritual city on Earth, situated in the Hindu Kush Mountains in northern Tibet; home of the God Eaters; the spiritual leader is the ECK Master Yaubl Sacabi. Agam Des lies at a supra-physical level and can only be visited in the Soul body.

## **ALAYA**

The mantra for the physical dimension sung Aah-laa-yaah.

## **Amual Abaktu Baraka Bashad**

“May the universal love and the blessings be”

## **Ascended Master**

Masters with God realization who are operating above the physical realm as co-workers of God

## **Astral dimension**

The level of feelings, emotions, Flying Saucers, spirits and in particular the level of the plant kingdom.

## **AUM**

The mantra for the mental dimension, sung Aah-OoUh-Mmm

## **Aura**

The magnetic field encompassing a person in the colors white (true spirituality), yellow (soul consciousness), indigo or violet (intuition), blue (wisdom), orange (healthy), red (life force), green (energy).

## **Baraka Bashad**

“May the blessings be”

## **Causal dimension**

The level of memories, patterns, and a repository of all experiences from all the different lives of Soul in all situations of being, saved in the Akashic Records that encompasses the past, the presence, and the future. Inventors find here, mostly in the dream state, their inventions. In particular, this is the level of the animal kingdom.

## **Eckankar**

The Ancient Science of Soul Travel ([www.eckankar.org](http://www.eckankar.org), .ch, .at, .de)

## **ECK Master**



God-realized Masters from the Vairagi Order, the detached ones

**ECK-Temples**

Temples of Golden Wisdom at the diverse levels of consciousness which can be visited through out-of-body travels; physically reachable at the Eckankar center in Chanhassen/USA

**Elam**

The lord of the physical universe; he is controlled by the lords of the higher worlds and serves mankind in all physical matters

**Etheric body**

A very luminous body which Soul encompasses itself in the Etheric dimension.

**Etheric dimension**

The highest level of the polar-consciousness worlds and source of knowledge through intuition, in particular the level of the enlightened humans, home of unconditional love and unlimited wisdom.

**Fubbi Quantz**

An Eck Master and abbot from the Katsupari monastery in the Buika Magna Mountains in northern Tibet

**Gare Hira Temple**

A temple of wisdom situated in the spiritual city Agam Des in the Hindu Kush Mountains

**God Eaters**

Masters living from cosmic energy in Agam Des; although they have a physical body, they can live far beyond average human lifetime.

**God Realization**

The state of God consciousness

**Gopal Das**

The Living ECK Master, Mahanta, and Founder of the Mystery Schools in ancient Egypt at the time of the Pharaohs.

**HU (HUUUH)**

An ancient name for God; sung internally or externally as a love song for God

**Journey of Soul**

The movement of consciousness in the Soul body through the different dimensions with the aim of God-Realization.

**KALA**

Mantra of the astral dimension, sung Kaah-Laah

**Kal Niranjana**

Lord of the physical worlds, the negative force, the God of time and space

**Karma**

The law of cause and effect as drive for the Souls development of consciousness

**Katsupari Monastery**

An ECK Monastery and Temple of Golden Wisdom in the Buika Magna Mountains in northern Tibet. Abbot of the Monastery is the ECK Master Fubbi Quantz

**Klemp, Harold**

The current Living ECK Master, the Mahanta (since 1981) with the spiritual name Wah-Z (Waah-Zee) or Z (Zee)

**Levels of consciousness**

Physical level (matter), astral level (feelings, emotions), causal level (memories, behavior patterns, karma), mental level (thoughts, power of imagination, intellect, knowledge), etheric level (intuition, wisdom, love)

**Living ECK Master**

The spiritual leader of Eckankar, the God-realized human leading Souls from the lower worlds to Self-Realization and God-Realization. The line of the Living ECK Masters goes back several millions of years to the first ECK Master, Gakko.

**Mahanta**

The initiated of the 15th circle, bearer and expression of the highest consciousness, an incarnation of the SUGMAD, the Supreme Deity, the Living ECK Master

**MANA**

The mantra of the causal dimension, sung Maah-Naah

**Mantra**

A charged word of power, an instrument to get in harmony with the Divine Spirit and thus reach Self-Realization as Soul and finally God-Realization; sung internally or externally, mostly connected with a spiritual exercise.

**Mental dimension**

The level of the mind, the logos, the science, the thoughts, the intellect, in particular the level of the conscious human being.

**Nuri Bani**

Light and sound

**Physical dimension**

The level of the material universe, of situations in time and space, of all visible manifestations and bodies, in particular the level of the mineral kingdom

**Rami Nuri**

The ECK Master and caretaker of the holy book, the Shariyat-Ki-Sugmad, in the Golden Temple of Wisdom in the city of Retz on the astral level of Venus

**Ramkar**

The lord of the causal dimension and all lower levels

**Rebazar Tarzs**

An ECK Master and teacher who trained many ECK Masters including Peddar Zaskq (Paul Twitchell). Rebazar lives in a hut in the Hindu Kush Mountains, but is able to manifest everywhere; he also served as the Living ECK Master and Mahanta.

**Retz**

The capital on the astral level of Venus

**SAT NAM**

First manifestation of God on the Soul dimension, lord of all dimensions above and below. Force, light, and sound as the creator of the whole creation.

**Self-Realization**

The knowledge of being a part of the Supreme Deity having the same attributes like IT or the Creator

**Sohang**

The lord of the Etheric dimension, through who divine power of creation flows. His name means "I AM IT".

**Soul**

The individualized expression of the Divine in all Universes and Worlds, a drop in the Ocean of Love and Mercy, eternal, almighty, immortal, indestructible; being a part of the whole the Soul is provided with all attributes of the Creator.

**Soul body**

The body that Soul utilizes on the Soul dimension to make experiences in the worlds of God; an instrument of self-knowledge and Self-Realization.

**Soul dimension**

The level of consciousness of Soul-Realization, where beings realize themselves as Souls.

**Soul mate**

A myth, as Soul (not the psyche!) is complete at all time and at any place. Soul is not dependant on a mate, a partner, or a companion.

**Spiritual Exercises**

Creative exercises, meditation, concentration, contemplation, mostly with the

focus on the “Third Eye”, a place between the eyebrows, as preparation for spiritual experiences on the higher levels of consciousness.

### **SUGMAD**

The Supreme Deity, the Ocean of Love and Mercy, the ONE, the All-Encompassing, HU, All in All, God, or whatever name one would like to give to IT.

### **Temple of Golden Wisdom**

ECK Temples on the different dimensions, lead by the ECK Masters; serve as training centers for the growth of Souls consciousness.

### **Teutonia**

The city on the astral level of Venus in which Omnec Onec was born and where she lived for approx. 140 years (of our time) until she volunteered to spend the rest of her life on the physical level of Earth and to work as a spiritual teacher.

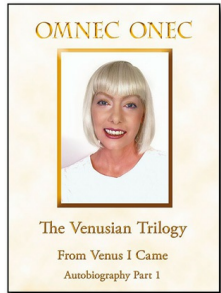
### **Twitchell, Paul**

The Mahanta, the Living ECK Master from 1965 until his translation from the physical to the higher worlds in the year 1971; he brought the Eckankar teachings that were kept secret until this time to the human consciousness by publishing books and giving lectures and seminars. By doing this, he initiated an era of a total new self-conception of humans and their world on Earth.

### **Yaubl Sacabi**

An ECK Master guarding the Shariyat-Ki-Sugmad, the holy book of Eckankar, in the spiritual city Agam Des; he served as the Living ECK Master, the Mahanta, during the age of the Mycenaeans in Greece (between 2,000 and 1,700 B.C.)

# Recommendations



## **THE VENUSIAN TRILOGY – FROM VENUS I CAME – Autobiography Part 1**

Omneec’s first book “From Venus I Came” is a unique classic in spiritual literature.

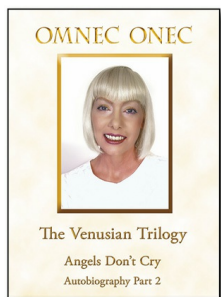
It’s the first part of her autobiography in which she portrays her life on the astral level of Venus. In a very detailed and clear way, Omneec describes the surface, the society, and the life on the astral dimension of planet Venus. Additionally, Omneec speaks about the adventure of how and why she decided

to manifest a physical body, and about her journey to Earth in 1955.

This book was first published by the US Col. and UFO investigator Wendelle C. Stevens in 1991 in the USA.

### **Contents:**

- CHAPTER 1 From Venus I Came
- CHAPTER 2 Laws of the Supreme Deity
- CHAPTER 3 Tythania Canes of Age
- CHAPTER 4 In the Womb
- CHAPTER 5 The Venus Plane
- CHAPTER 6 Teutonia
- CHAPTER 7 The Creative Life
- CHAPTER 8 Earthward Bound
- CHAPTER 9 Brotherhood of Planets
- CHAPTER 10 Agam Des
- CHAPTER 11 Sheila
- CHAPTER 12 My Earth Family
- CHAPTER 13 Compared to Venus



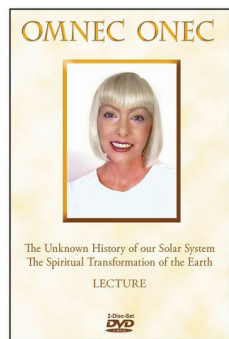
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- CHAPTER 2 My Earth Family
- CHAPTER 3 Living with a dictator

CHAPTER 4 A light at the end of the tunnel  
 CHAPTER 5 Chicago  
 CHAPTER 6 Longing for love and understanding  
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- Second dimension: the astral (6.23 min)
- Third dimension: the causal (8.24 min.)
- Fourth dimension: the mental (7.03 min.)
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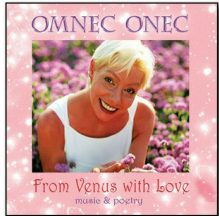
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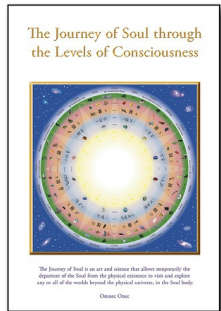
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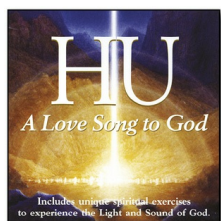
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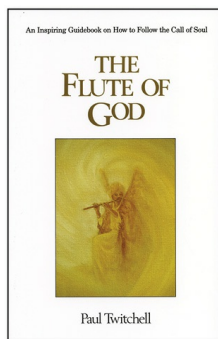


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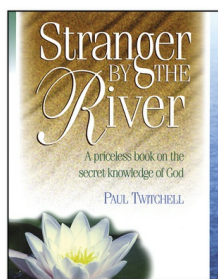


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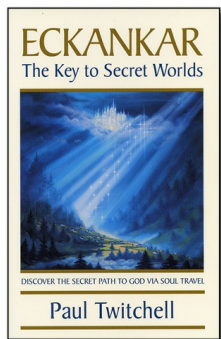
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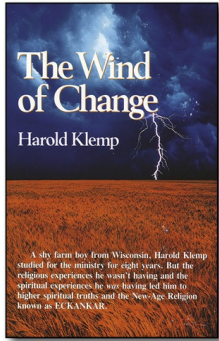
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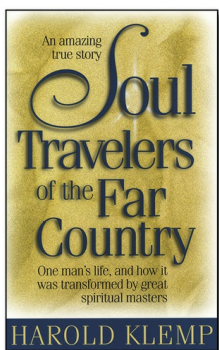


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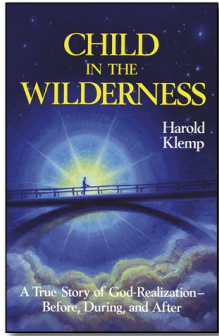


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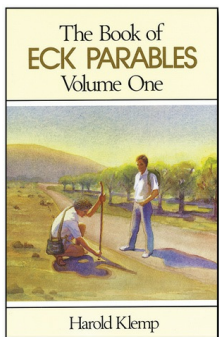
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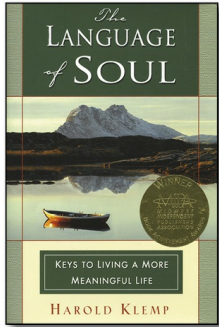


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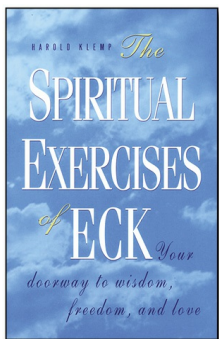
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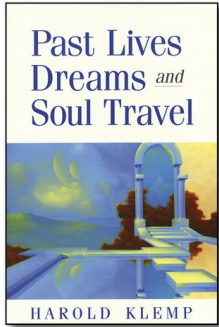


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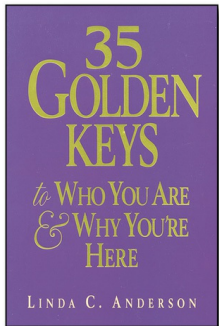


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