



Atlantic Heart Crystal

Consciosness + Energy = Freedom

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HEARTH CRYSTAL

ATLANTIAN HEARTH CRYSTAL

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The energy system of the human being

The energy system is responsible for giving you the power to go about your day. As the name suggests, it is your ENERGY, your MOTIVATION, your POWER.

The energy system is everything that contributes to you having a lot of strength and energy. The energy system includes all things that are not visible, such as your thoughts, emotions, feelings, but also your perception and your sensory perceptions.

Your energy system also includes the food you eat, the activities you do every day, all of which influence your energy. We are addressing here only the energetic component for reconnecting the heart crystal.

The energy system largely determines the power you have as a human being to move things or invest in things. If you have a lot of energy, you can, for example, see a lot, perceive a lot, recognise a lot, do a lot. Humans only have a limited capacity, so they block out many things or act automatically.

If a person has a lot of energy, he becomes more conscious; if he has less energy, he pushes many activities into the subconscious. If a person has a lot of energy he can live in the here and now, if he has little energy he lives in memories, in the past and in low vibration.

The energy system also influences the quality of your day. For those who have a lot of energy have positive thoughts and positive emotions and feelings. Those who have a lot of energy look through rose-coloured glasses and perceive positive things more quickly. Having a lot of energy is therefore worth striving for.

Knowing the energy system of people and using it for yourself is an area that helps you to take a new path and let energy work for you.

Energy and power is a component that is not considered in the West. It is not about spirits or mumbo jumbo, but about the INNER LIFE of the human being. Inside and outside must function in harmony for health to exist.

A high energy level leads to health, happiness and joy. Read also the Energetika of Atlantis Culture on this subject. You can find the references to all the books on the website in the library. You can also find the book in shops everywhere.

If an energy pathway is blocked, this means, roughly speaking, that your flow of thoughts begins to panic, for example, when you embrace a friend, your body stiffens and your breath stops. You could say that ENERGETICS is healing of the spirit on a deeper level and again, SPIRIT HEALING has nothing to do with SPIRITS but with your THINKING.

So how does it happen that your THINKING blocks and it has such an effect on your body and thus on all metabolic processes. It is mostly experiences that were critical and that your

system perceived as dangerous or threatening. Like a hard drive, your organism has created a memory point that is alerted to the same experience or a similar experience and calls for caution.

The good thing is, these memory points can be erased and everything can flow freely again. This is what we call energetics, we work on the energy system of the person and build good pathways again. In this sense we are electricians or mentalists who correct the mind again.

As long as you take care of yourself and work on yourself, your life will get better and better. Every human being can clean up his inner life and thereby grow, learn and come closer to his visions, goals, desires and needs if he wants to. For this he may turn towards himself and inform himself. Growth is not possible without the first step of turning towards oneself.

Basics Atlantis Culture

Atlantis Culture is the cultivation of Atlantean cultural heritage and knowledge channeled from Atlantis so that humanity can awaken and grow. These are energies, frequencies and vibrations from the Atlantean field consciousness that come to us on earth in writings, books, pictures, videos, words or even movements so that human beings can absorb them.

Energy from Atlantis can only be absorbed if the human being turns towards it and synchronises himself with Atlantis. He must want to connect with Atlantis. Only then can Atlantis, the Atlantean Field Consciousness, the Galactic Federation of Light and the Light Beings and Crystal Devas from Atlantis work, for they all respect the Free Will of Humanity.

Atlantis works with simple life principles, short techniques, simple exercises and direct information. But above all with a high ENERGY. High energy also means high vibration and this means that low vibration automatically dissolves.

Through the transmitted light frequencies, possibilities of experience are triggered. The human being experiences the knowledge directly, without having to read or study it. He makes an experience and through this comes into a new state of experience and consciousness. The transferring energy works directly in the vibrational body of the person and attracts the experience through resonance.

The Atlantean crystal technology supports the person in his awakening process until he is completely free and has raised his own energy grid. Then the crutch of crystal technology will fall away from him and set him absolutely free to continue growing himself. There are therefore two energy structures in this script. One is the reconnection to one's own energy system, the Atlantean Heart Crystal, the Soul Star, the Earth Crystal and the supporting energies that help with growth and are eventually replaced by the self-produced energies.

The Atlantic Heart Crystal works with the unity field and floods everything with pure crystal light energy. But in the beginning it is allowed to integrate and grow slowly in order to radiate energy itself. When it is big enough, it will enclose the whole human being, because it is the human being itself.

The heart crystal is the natural energy grid of the human being, which contains space and time as well as all dimensions. But the shift would be too great to happen instantaneously. Therefore, the crystal will grow slowly at the speed of the human being. Editing will become unnecessary because the crystal will illuminate everything from the inside out. Nevertheless, it is supportive to work with the Atlantean energies to make the crystal grow faster. With the Heart Crystal, the Inner Voice and Guidance comes back so that the person can see their WAY clearly.

The soul star is the true connection of the being here on earth. Many people have lost both their origin and their cosmic connection. The soul star is the most primal connection of the soul and contains the complete soul plan and all journeys of consciousness. Through the reconnection, consciousness slowly travels back, bringing with it all the knowledge of all time. Intuition comes back with the soul star.

The earth crystal is the full potential of the soul. All its accumulated talents, abilities and through the reconnection the soul becomes complete. It can clearly see its WAY and make decisions. Only those who truly know themselves can see and walk their own WAY.

The crystal light has the task and function to cleanse and delete your data memory of negative memory points. You do not need to do anything for this. Crystal light flows in naturally with the connection and reconnection, just like all other energies of Atlantis. But you can also actively work with the energies.

Because of your FREE WILL and the unrestricted FREEDOM to determine your own life, every point that is cleared will show itself to you again and you can then freely choose with a simple DECISION whether you want this situation or not. There is nothing more to do. Therefore, always decide for yourself.

Certainly the process goes slowly and the heart crystal also grows slowly to its full size. Nothing happens just like that, everything step by step. But already after half a year your life can be completely different. The more consciously you accompany the awakening process yourself and the more actively you work with this script, the faster you will grow. It is your decision.

Crystal light transports a lot of positive ENERGY and brings it into all areas of your life. Your energy level is automatically raised. The energy level determines the state of your thoughts, this influences your emotions and your perception.

Your mind determines your own life, but without energy you find it difficult to direct your mind positively, so ENERGY is the first choice and everything else follows automatically.

When you are not well, gather energy. When you are better, work through the situation, why you lost energy.

Energy is automatically projected with ATTENTION. Attention directs ENERGY to things. You can only pay attention if you have enough energy yourself.

Energy decreases with age, why? Energy is always there and is just no longer absorbed by the environment. Young children absorb energy, put it into projects and do not waste energy on THINKING or OVERTHINKING. They act, create, manifest and are creative, which gives immense energy and success.

Because of the structure of your society, older people think more and more, this wastes ENERGY and because of the ENERGY MANDATORY, the aging process sets in. There is no such thing as aging. At the same time, you are becoming more and more re-creative and no longer complete projects, you only work in areas where you can no longer achieve success and thus consume even more energy.

At the same time, suffering arises, which then becomes everyday issues and the mind is poisoned. Through negative conversations you lose what energy you have left. It is therefore your living habits that are responsible for the decrease in energy. You have the power to decide for yourself to do it differently.

If you take the principle of energy into account you can make a positive contribution to your own life and energy does a lot more, according to the law of resonance a lot of energy goes into relationship with a lot of energy and will attract prosperity, wealth and happiness into your life. New impulses await you.

In addition, as your energy increases it will enrich all those around you and make a valuable contribution to the global awakening process. We all generate energy that we all need. Therefore, start only with yourself, that is all that needs to be done.

The principle of ENERGY

The Atlantic principle of ENERGY states that ENERGY should be used 100% positively in every case. Energy is life force. Any waste of life force should be avoided. Energy is the sanctuary of Atlantis. Energy was respected and collected at all times to create energy places where living beings could both balance and replenish their energies.

In this sense, any personal low vibration in one's own system is to be avoided and worked on. Every Atlantean is called to turn to their inner emotions and fields and keep them in balance. As soon as a person falls into low vibration, he becomes vulnerable to the dark and lower forces and not only poisons his system but also becomes a danger to society. He who

understands this principle will endeavour to build up only high vibration for himself and make the energy that is released available to the environment.

Whoever applies the principle of ENERGY to himself will remain healthy, happy and young. At the same time he will only spread good thoughts, good emotions and feelings and thus love, happiness and hope. Due to the fact that people influence each other and a culture shares its energies, it is more than logical to keep one's area clean and energetic.

If one slips into a low-energy state or has acted out of base motives, the first thing to do is to reconnect positively and sincerely with the techniques of the Atlantic Heart Crystal. Afterwards, energy-increasing exercises are to be practised. If it is not known which additional energetic exercises can help, a walk in the woods in nature has always proved to be a good idea. Atlanteans love to be in nature and nature instantly harmonises the fields.

The condition will change as quickly as possible if the FREE WILL is respected and the Atlantean takes care of his energy level and inner life on his own. No one can really see into another person, nor would Atlanteans do so, so it is the Atlantean's own job to keep their energy high and use their ENERGY for a good purpose, for increasing energy or for regulating their own system.

Energy levels and feelings

Low vibration below 30% creates illness in whatever form and should immediately be considered urgent to act and rethink one's life completely. In sick states one is not only dependent on the help of others, one even drains energy from the environment and becomes a SOG for energy. This puts a strain on the complete environment. Illness should be avoided at all costs.

Low vibration, however, has other levels. Illness and weakness is the lowest of them, whoever sinks lower will die. Before illness arises, a lack of energy, weakness and powerlessness can be clearly felt. Before this stage is reached, an emotional sadness and fears or worries can be clearly felt. Before this stage is reached, doubt and insecurity may be clearly felt. The Atlantean is called upon to perceive this as a lack of energy and to act immediately.

The area of character traits is also strongly dependent on the energy. In the middle field of energy we find greed, addiction, consumerism and egoism. One's own life is placed above the being of other beings and one's own position is exploited. As soon as a person receives energy, he is responsible for how he uses it and what intentions he manifests with it. It is important to be mindful here and not to leave the path of Atlantis. For Atlantis only supports a being that respects the foundations of Atlantis.

1 THE FREE WILL OF MAN IS INVOLABLE - FREEDOM IS THE HIGHEST COMMANDMENT.

FREEDOM INCLUDES RESPECT FOR OTHER LIFE, BUT ALSO RESPECT FOR THE BOUNDARIES OF OTHER BEINGS. FREEDOM RESPECTS THE FREE WILL AND THE OWN DECISION OF THE INDIVIDUAL AND AVOIDS ANY CONTROL AND EXERCISE OF POWER.

2 THE PRINCIPLE OF ENERGY

THE ENERGETIC PRINCIPLES ARE TO BE APPLIED IN ORDER TO BRING ONE'S OWN ENERGY LEVEL TO A GOOD ENERGY FIELD AND TO SUPPLY ONE'S ENVIRONMENT WITH POSITIVE ENERGY AND NOT TO TAKE ENERGY FROM IT OR TO BE A LACK OF ENERGY IN A SOCIETY.

Only from 70 % energy one speaks of high vibration. The Atlantean has to bring himself into this state. This is easy if you apply the energetic basics and work on them daily. You can feel this through inner joy, laughter or feeling good. Only then is the energy freely available and freely vibrating. A lot of energy without joy is blocked.

If something in life becomes strenuous or arduous, this is again a hint to face this task and immediately restore lightness. Effort is already a lack of energy in one area.

From 100 % energy, euphoria and happiness can be added. Everything is lightness and simplicity. From here on, synchronisation, free swinging and energy distribution begins. If you actively distribute energy to other people before you are permanently in high vibration yourself, you will remain low in energy. This state must first be permanently established for one's own being.

The principle of energy says that if you want to have energy, you have to make an effort yourself. There are energy exercises that increase the energy level, if one looks at one's life from a high vibration and finds a true calling, one will be able to remain permanently in high vibration.

It is therefore recommended to teach others the principles and to philosophise with them about them in order to grow together and not to give energy to others who do not want to live the principles. By giving away energy, the being loses power and gets into low vibration itself. By teaching the principles, two beings can produce energy together and both will benefit from it.

One's own source

Whoever is connected to his own source can create and use sufficient energy for himself and his environment at any time. He who has found his own WAY is FREE. Therefore, a self-determined self-sufficient life is to be strived for here as well.

One's own source will uncover creativity, interest, joy, euphoria, desires, needs, peace, love and above all creative power in a very specific area of one's own talents abilities and character traits. Those who find this for themselves will be able to distribute a lot of energy to the environment in the long term.

Those who enrich themselves with the energy of others will be separated from Atlantis because they use the energy of other people. This is to be avoided in Atlantis. Only those who have found their own source will no longer have to use the surrounding energy. Therefore, this is the goal of an Atlantean.

Those who study Atlantean energetics try to collect as much energy as possible in order to find their source. Whoever searches for it will also discover the source, because Atlantis supports the individual in this. Only when one's own source is found and lived is the process of awakening complete.

At the moment of growth, however, all visions can appear. Lack or dependence. Encroachment and energy from other people are a normal possibility in the process of separation. It is always necessary to pull one's energies back into one's own system and to learn to live one's own self-sufficient free life and to supply oneself with energy in order to ascend.

Using the energy fields of Atlantis serves the energetic ascension, the healing of all living beings and the restoration of a healthy basis for life. Abuse separates from all energies.

The Atlantic Heart Crystal

The reconnection to the Atlantic Heart Crystal is the reconnection to your personal full spectrum. You are an energetic BEING consisting of pure light. Because of the separation from your heart crystal, your system has been torn into several pieces. You are the Atlantean Heart Crystal.

In the light of your BEING you carry all lives within you. Every step of yours had consequences and thus accumulated blockages or karma. Because of your separation you are not able to dissolve everything again, because only in UNITY it can really be dissolved.

The reconnection to the Atlantic Heart Crystal is therefore the reconnection to yourself, but much more,. When the Atlantean Heart Crystal is transferred back, you yourself are FULL again.

The Atlantean Heart Crystal is a high vibrational unit of light that contains your full potential and reconnects you to the original energies of Atlantis, but also to the AKASHA and to your personal SOURCES. This makes you free from addictions and free from SEEKING.

Only Atlanteans have a natural resonance with the Atlantean Heart Crystal System, as they are searching for their energetic heart in Atlantis. You should therefore resonate with Atlantis if you wish to take this step. But also if you want to be free and resonate with Atlantis, feel connected and need help and support, Atlantis will open the doors for you.

As you are the Atlantis Heart Crystal and it is your property, YOUR FULL BEING, the Atlantis Heart Crystal can only be returned free of charge. It would be presumptuous to enrich yourself with it. For this reason I would like to ask you to use this script on the main page for yourself and to point out to friends and acquaintances where they can find the scripts. The texts will be continuously updated and re-energised.

When you are reconnected with all parts of your SOUL and all lives and experiences, your system can produce immeasurable energy. So that old burdens do not burden you, these are permanently deleted during the reconnection. We assume that you agree to this when you let yourself be reconnected.

With the reconnection, your body-mind construct becomes capable of absorbing and processing the energies of the new time. We are all now entering the golden age and will enter higher energy spheres. Our system may be prepared for this.

Reconnection will be done at any time by the Spirit World, the High Council of Light or Metatron personally for the healing of humanity. All that is required is the awareness and knowledge that this can happen and your personal permission by turning towards it that you truly desire assistance.

Whoever decides to reconnect, becomes with the connection to Atlantis

ATLANTER.

ATLANTERs are "connected to Atlantis".

Human potential is far from exhausted. Atlanteans have inexhaustible energy from the Atlantean sources at their disposal. No commitments are necessary. The process is irreversible. Through the Atlantean Crystal Technology, the Atlantean is nurtured and guided to growth by the collected energies of the Atlantean Sources. A continuous process that only ends with the awakening in one's own source.

Nevertheless, the Atlantean is encouraged to find his own source so that he can independently supply humanity, the world and the universe with energy and autonomously bring his manifestation into the world.

Effects of reconnecting the heart crystal

- Repair of all karmic problems - karma is erased
- Regeneration and reconstruction of life patterns
- Healing of old wounds
- Dimensional connections
- Connection to Atlantean sources
- Connection to the Akashic Chronicle
- Connection to the personal soul star / own sources
- Connection to the personal earth crystal / potential source
- Inexhaustible energy from Atlantis to support self-discovery
- Energetic restructuring - dissolving the chakra system in the light of the One
- Full spectrum access from Alpha to Omega
- Harmonious convergence of all centres
- Alignment to the Central Sun for harmonisation of life balance
- Awakening and expansion of consciousness
- Connection with the Inner Voice, Intuition, Willpower
- Connection with the guidance of the High Council & the Galactic Federation of Light for the Ascension of Humanity
- Absorption and awakening in the knowledge of Atlantis - access to the great Atlantean Library of Atlantean Field Consciousness
- Protection through crystal fields
- Emotional protection and healing of old wounds through crystal fields
- Transformation and change
- Freedom and separation from unwanted fields
- Enhancement of the quality of life
- Energetic ascent through one's own free will to one's own source
- Achievement of goals through living the Atlantic Principles of Life
- ENERGY
- FREE WILL
- FREEDOM

Because of your free will, it is up to you alone to decide how you want to live your life and what decisions you make. It is also up to others to decide for themselves. The basis for every decision is that you have been informed about your options.

The aim of Atlantic Culture is

- to create a viable environment for all life
- to restore nature and the natural habitat

- to train interpersonal bioresonance so that people learn to deal positively with their environment on all levels
- To create a natural healthy way of life
- To spread Atlantean knowledge
- The awakening of a new culture - cultural ascension - golden age

The Atlantic Heart Crystal is the foundation of all conscious energetic life on Earth. The Atlantic Heart Crystal is the foundation of high culture. Only when the human being is energetically free, can he choose for himself, decide for himself and live his Free Will to create a natural structure for himself and others. Atlantis supports the ascension of humanity on Earth by distributing the Atlantic Heart Crystal free of charge to humanity.

Channeling

Earth was the galactic centre of a galactic civilisation in several dimensions, which visited Earth as a planet for experience and shared its knowledge with the inhabitants of Earth. For this purpose, energetic structures were erected on Earth, which reached out into the universe as antennae and transmitted the energetic knowledge of the dimensions.

One of these 12 cultures was Atlantis. Nothing is known about the other 11 cultures, Atlantis can only transmit Atlantis.

The Atlanteans worked very closely with the Arcturians, who were happy to share their high technology with them. They mainly stored energies and frequencies in crystals, as well as knowledge in crystal libraries to store the experiences and science of life.

Even though the Atlanteans lived a very simple life, they perfected everything they did until it had a very high energy level. They cultivated body worship to unspeakable strength and beauty, as well as knowledge to wisdom. All their buildings were built in divine harmony because they wanted to serve as a harmonious convergence for the incoming energies through their complete being.

Through the Atlantean civilisation on Earth, energy was kept in balance, for the Atlanteans generated more energy than they needed to live and distributed the energy for all beings throughout the world. Through Atlantis it was possible for all people to live in high culture and high vibration, because they could simply use the surplus energy for themselves.

In a great war, the temples, crystals and Atlantis were destroyed. Many Atlanteans lost their lives. With the fall of Atlantis, the energy of the earth dropped rapidly. The heart crystals were also largely destroyed, the energy level on Earth could no longer be maintained due to the loss of energy and Atlantis fell. With Atlantis, the Earth went into low vibration.

To protect them from further damage, the remnants of the heart crystals were brought by the guardians of Atlantis to the halls of Amenti, sealed and protected to last there until reconnection, restoration and release would become possible again. Last energetic practices at the earth grid initiated an energetic ascension before the last guardians also left the world

and only watched over the process in the spiritual world.

Some of the masters collected the last energy and brought it together behind dimensionally shifted portals to ensure the survival of the last cultures. In these places they still live in high culture and protect their realm with energetic walls. We assume that these are both Avalon, Shamballa, sea areas and subterranean realms inhabited by survivors.

The halls of Amenti have been closed until the consciousness of humanity is once again ready to receive the energies. That time is now.

The halls have been reopened and the crystals are free again. Free to return to their source, to you - to your soul. To avoid further harm, the halls may only be entered by ascended souls who walk the halls mindfully and respectfully in order to grow.

To prevent renewed encroachment and abuse, all Atlantean energies and crystals are now only usable if the basic principles of Atlantean life are consciously adhered to. To prevent a renewed destruction of the crystals, they are from now on dimensionally always lying in the halls, even if they are transferred back.

FREE WILL IS INVIOABLE

And connected with this, boundaries to other BEINGS are to be respected respectfully.

Without true living of these principles, access to the Atlantean sources and energies is denied.

The Guardians of Atlantis

The Guardians of Atlantis have already been reactivated and are guarding Atlantis and the Atlantean institutions to prevent abuse and attacks. Every Atlantean is therefore called upon to be mindful and respectful of Atlantis, Atlantean energies and Atlanteans and High Priests. The natural defence of Atlantis reflects energy back to the attacker. Those who are in Atlantis need not worry about defence, for they will be protected. Nevertheless, every Atlantean is called upon never to direct their own energies against foreign life or against Atlantis.

The Atlantean culture is unity. All promote life and vitality. Attacks against Atlantis will not be tolerated from without - nor from within. Atlantis has one thing - ENERGY. Whoever attacks Atlantis gets only one thing back - ENERGY. It is reflected back to him in the intention in which he sent it, it is therefore a mirror shield that is always active.

This mirror shield and the Guardians of Atlantis are active for all Atlantians who truly turn to Atlantis and live in Atlantis. Atlantis is not yet a place, but a state of consciousness. Those who dwell in Atlantean consciousness will be safe and secure.

Therefore, respect Free Will and engage with the basic principles of Atlantean culture given here in the script. Any attitude to life can still be carried out, for the connection it only requires a little mindfulness in dealing with other people and living beings.

- Respect the free will of others and your own / limit
- Go into high vibration and do not act in low vibration
- Call up Atlantean knowledge and let yourself be guided and led / Protect the knowledge
- Use your BEING to improve all situations in the WORLD
- Preserve and true life
- Take responsibility for your life
- Cultivate your life

Channeling

The Atlantic Heart Crystal was given to humanity by the Arcturians to guide them into conscious awakening. Much has happened since that time. The Heart Crystal became an integral part of the human race and yet man could not handle so much energy and freedom. He was gradually allowed to learn to grow with the energy.

Not all humans turned to the Arcturians, some chose other cultures. This is how the basic 12 peoples on Earth came into being.

Due to the destruction of many crystals at the time of the Fall, the human souls associated with them are not able to live their lives happily and freely. An inner longing for home makes them restless. An inner knowing for more drives them to search.

Even the fact that the crystals lie in the halls of Amenti does not give people the possibility of self-determination. The lack of inner connection to one's full potential hurts people. This world pain was heard by the Galactic Federation of Light and support for Earth's Ascension was initiated.

Because of the great convergence, it was therefore decided to initiate the reconnection of the heart crystals. Every Atlantean possesses a crystal. This crystal passed through all lives and experiences with him. We even speak of the human being himself being this crystal, because the shell of life is not permanent. Every human being is an energetic crystal being that expands and materialises through the heart crystal. Atlanteans feel this world pain very strongly.

The world pain and the great quest end when the heart crystal is transferred back. The crystals cannot be destroyed again because an equivalent strong energy no longer exists in your solar system and the energy must not be directed against itself. The surrounding Universe is at peace thanks to the Great Unification. The Galactic Federation of Light guards the airspace in all galaxies.

The energetic transmissions to your Earth began years ago. Originally they never ended, because the survivors of Earth gave up energy permanently. But their possibilities were limited, for this reason the Council decided to support Earth. We are therefore in the process of transmitting Light frequencies to your planet. You may open yourselves to it if you wish.

Information on reconnection

The reconnection of the heart crystal takes place as follows:

- You ask for support and for reconnection of your heart crystal / free will and devotion.
- Atlantean Masters open the Halls of Amenti for you to seek your personal crystal.
- Living crystal beings and healers reconstruct your original crystal and heal it completely.
- Your heart crystal is transferred back into your system and reconnected.
- Balancing energy grids are installed to support this

With the reconnection, the human being is henceforth considered an Atlantean and is considered untouchable. Untouchable also because his HIS space/time can be shifted if necessary. Even if the Atlantean is henceforth trained and guided by the spiritual world, his life is no longer to be intervened in from outside, all knowledge comes from within himself.

He is under the protection of Atlantis and is guided and trained by Atlantis. Nothing more is required.

We respect the Free Will and Free Choice of all Atlanteans in all circumstances. If an Atlantean separates from Atlantis, he also becomes untouchable by Atlantis.

No Atlantean is more than another. No High Priest more than an Atlantean. Each is part of a common fabric.

The crystal slowly begins to grow and bring the full spectrum of your BEING into your life, or it protects and heals you so that you can live a free life.

I want to become an Atlantean

In order for you to become an Atlantean, you must decide to do so of your own free will. However, this will only work effectively when you have thoroughly read, understood and also inwardly accepted all the information. Free will is understood in our dimension - dimensionally.

Any conscious or unconscious doubt can prevent reconnection. Once reconnected you are permanently connected to the heart crystal for your whole life and beyond.

FREE WILL is our highest commandment and thus the gateway to Atlantis and to the Golden Age and to high culture. Whoever respects free will is in the field, whoever disregards it separates himself from it and thus also from Atlantis.

If you have any doubts or concerns, you can contact us at any time at www.atlantis-kultur.de and get free, non-binding information.

Please note that the reconnection is only possible from the age of 16, when you come of age in Atlantis.

Once a reconnection has been sincerely carried out, it can no longer be reversed. The transformation process has been initiated and the change has taken place.

- Dan energy system is completely transformed
- Atlantean high technology is provided in a supportive way
- The Atlantic Heart Crystal is transferred back / Energetic Heart
- Connection to all Atlantean energy systems (dimensional)
- Dissolution and ascension of all currently existing energy systems (chakras)
- Reconnection to all existing abilities (full spectrum)
- Dimensional light crystal technology
- Unity consciousness
- Language of the New Age, interpersonal bioresonance
- Crystalline body, crystal process on all levels
- Truthfulness

This part of the script concludes the preparation and information about the Atlantic Heart Crystal. The next part will guide you in deciding if you really want the reconnection. If you do not feel a resonance with Atlantis, then stop reading now and choose another WAY.

Decide now

When you are at least 16 years old, you may decide for yourself and your energy system alone. This is the Atlantic age of majority. If you are younger, the reconnection will not be carried out. Therefore, please wait until you are at least 16 years old.

No further obligations are required. If you have any questions before or after the reconnection of the heart crystal, please ask at www.atlantis-kultur.de.

The goal of this free reconnection is the awakening of a new culture, the restoration of a healthy, positively oriented future worth living in, and the coexistence in peace and harmony of all peoples of the universe. A culture of humans and living beings who VALUE each other, enrich each other and protect and heal their planet and universe.

This New Culture is called Atlantis Culture, its inhabitants are called Atlanteans, messages are transmitted by the Atlantean High Priests and the Spirit World.

The FREE WILL of man is inviolable.

If you are ready and willing to accept the FREE WILL, to really and truly become an Atlantean and join the Atlantean culture, then read on after this page.

Know - every Atlantean is FREE - SELF-RESPONSIBLE - OWNED even after reconnection and can freely shape and choose their own life.

There is no enforced community, rules, laws or further costs.

From here the energies start to flow - if you want the reconnection read on

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Mental preparation reconnection

FREE WILL IS INVOLABLE

Speak the following sentence three times. "I accept the Free Will of all living beings and will endeavour to accept and respect Free Will."

The principle of energy

Speak the following sentence three times. "I will endeavour to raise my own energies to the highest possible level of energy and daily gather energy and increase my knowledge."

Turning to Atlantis

Speak the following sentence three times. "I have decided to want to grow with the Atlantean culture and wish to turn towards Atlantis. I therefore ask for entry into the Atlantean field consciousness."

No previous energetic knowledge is necessary. Atlantis works through you and your real life experiences. Atlantis starts the energetic transmission whenever you open yourself to Atlantis and ask for energy.

Energy Retrieval

Speak the following sentence three times. "I ask Atlantis for support and call up Atlantis energies for my system. I ask Atlantis for energy, for the development and personal ascension of my being."

Your Free Will is the supreme commandment of Atlantis. Nothing happens without your express permission, your own decision, your will or your turning towards and asking Atlantis. Everything that happens will happen through your own consciousness and your express wish.

In order for your decision to be free, your consciousness, subconsciousness and perception of every situation will be sharpened so that you can gain insight. You will also receive knowledge, wisdom and light so that you have a truly free choice.

Then it is up to you to choose. Your choice will be relevant. It is your life and you may decide for yourself.

Your perception of all things will change, as will your consciousness. This is because all illusions will fall away from you. Because of the increase in energy you will be able to see and perceive more. But even this is only if you take the necessary steps.

Energy will be available to you at all times to do everything, to achieve everything and also to recognise everything. Use your opportunity.

High sensitivity can appear, as well as expanded fields of perception. Exchange ideas with like-minded people or get in touch if you have questions.

It may be necessary to make new decisions in many areas because the perception changes. But realise this, the perception always shows you only the truthfulness without the illusion you have succumbed to so far.

Always choose for yourself the possibility that feels good and right for you. Previously accepted situations can show themselves in a new light if they are not true. Let yourself be guided. Life is CHANGE.

Physical preparation for reconnection

Purification ritual

Oil your hair completely. Leave the oil treatment on your scalp for at least 15 minutes to draw all energetic energies out of your head. While this is happening... Exfoliate your body completely. You can use massage gloves, sisal or salt/sugar to prepare the body for cleansing. Then shower off and raise your hands to the sky to also experience energetic cleansing. Wash completely.

After the shower, rest for 10 minutes in a bathrobe or under towels, naked and wet, without drying yourself. Cover yourself completely. Meanwhile, run a bathtub if you have one.

Cleanse your whole body. Take a cleansing bath with salt, vinegar, rose petals, oils and fragrance of your choice. Use music, sound and scent to fully relax in the bath for at least 15 minutes and let go of anything that is holding you energetically to your old life.

Alternatively, you can do just one to cleanse yourself. Also brush your teeth, clean your ears and clean anything that feels like it needs to be done now. Become completely pure. Then take care of your body so that you feel completely well and put on loose light natural clothes.

Drink a fresh juice or water during this time. Then read on.

Room preparation

SMake sure you are completely undisturbed in a small room of your own or in an area where there are no other energies or people. Turn off all sources of interference and avoid technical equipment in the vicinity.

If you are taking this step with a partner or friends, make it a celebration.

Provide enough water, tea, drinks and snacks in case you are hungry or thirsty. Visit the toilet again. Take some time for yourself beforehand and drink a glass of water.

Set up candles or lights, provide pleasant music in the background, create a pleasant scent with incense or essential oils and prepare pleasant seating.

When you are satisfied for yourself and have the peace of mind that everything is harmonious, sit down or optimise according to your wishes. Then read on.

It is your Free Will to connect to the Atlantean Heart Crystal and expand your energy system and make a human evolution into the Atlantean.

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Reconnection

The High Council of Light and the Galactic Federation welcomes you to your reconnection. Your light will shine brighter than the brightest star in the sky as you ignite your energies on Earth. We welcome you most warmly.

We thank you for your mindful approach to our being and wish to support you with our cleansings. Therefore, raise your hands to the heavens and receive our blessings in preparation for your reconnection.

We are a council of Lightworkers, Ascended Masters, Extraterrestrial Races and Beings who wish to support and enrich humanity by sharing knowledge, energy and technology. We are honoured to work with you. Through your connection with your own origin and true energy, you also join our association that will guide and lead you. However, you remain a self-sufficient free and independent being, still self-determined and unique.

Know your life is experiencing a NEW BEGINNING.



We are the Galactic Association for the Restoration of Divine Order on Planet Earth and the Universe. We are the light of the world. We respect the Free Will and uniqueness of all beings, regardless of their choices and orientation.

Initiations start from here - energies of reconnection flow with every WORD

Speak in your own words and feel the energies as you speak:

I ACKNOWLEDGE THE SUPREME PRINCIPLE OF FREE WILL:

I ASK THE HIGH COUNCIL OF LIGHT FOR THE SYSTEM OF THE ATLANTIC HEART CRYSTAL:

I AM WILLING TO BE GUIDED AND LED BY THE HIGH COUNCIL:

I AM WILLING TO LISTEN TO MY INNER VOICE:

I AM WILLING TO GRANT FREE WILL TO EVERY HUMAN BEING:

I AM READY TO EXPERIENCE MY FREE WILL:

I AM AWARE THAT THERE IS NO GOING BACK:

I TAKE THIS STEP VOLUNTARILY, WITH MY FREE WILL:

I AM INFORMED THAT THE LIFE OF FREE WILL IS THE GATE:

DISRESPECT OF FREE WILL SEPARATES FROM ALL ENERGIES:

LIVING AND RESPECTING FREE WILL - OPENS AGAIN:

MALICIOUS DISREGARD OF THE SUPREME DIRECTIVE RESULTS IN MY ABSOLUTE SEPARATION:

I AM AWARE THAT THIS DECISION MEANS A CHANGE OF LIFE:

I CHOOSE THIS CHANGE:

I CHOOSE TO JOIN ATLANTIS:

THIS IS MY FREE WILL:

IRREVOCABLY I NOW ENTER:

INTO THE NEW AGE:

OF THE ATLANTIC CULTURE:

OF THE LIGHT:

I ASK TO BE RECEIVED:

After you have spoken this, sit quietly for a while and feel inside yourself.

If you feel well, drink a glass of water.

Feel what is happening - Breathe - Drink water - Let the words take effect

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FEELING - BREATHE AND ENJOY



Feel what is happening - Breathe - Drink water - Let the words take effect

Reconnecting to your full spectrum

What does full spectrum mean? Man at the moment only uses the low vibrational range of his spectrum, he does this because of his own CHOICE and DECISION, because he does not see himself able to reach higher spectra.

High vibration also means happiness, joy, love and prosperity. If man could choose, he would want to be happy. But the low vibration keeps him imprisoned. That is against free will. Atlantis frees you and you can choose.

The full spectrum includes both low vibration, if desired, and high vibration, if desired.

High vibration includes POWER, LIGHT as well as electromagnetic waves, radiation and quantum consciousness. Therefore, a person's high vibration can affect these fields, as well as radio, mobile phones, satellites and everything else. This is a learning field. Whoever vibrates high influences the lower and is no longer influenced by it.

A person who can use the full spectrum therefore has influence on all spectra and can read, experience and use them. A person who sits in the low vibrational field cannot recognise, see or experience this and is controlled by them. This is against free will. He also has too little energy to influence it and is therefore limited in his possibilities.

THE FREE WILL OF MAN IS INVOLABLE

Reconnecting with your birthright

FULL SPECTRUM ATLANTIC ENERGIES

You become ATLANTER with reconnection. To be Atlantean means to be "more connected to Atlantis". To be Atlantean is to be able to use the full spectrum. Spanned in the True World, between Alpha and Omega.

Atlanteans are ambassadors of the New Age, they bring the ENERGY for change to Earth and into the Matrix through their BEING. This means THEY LIVE ATLANTIS and therefore it spreads.

Atlanteans transform the world through their BEING. They are manifesting the Matrix. They write the matrix. They define space. They are the foundation of the matrix and unaffected by the programme.

Your energy system, your BEING will change. An energetic evolution and developmental expansion of your BEING.



Be clear about what this means for you, give yourself time and space.

Proceed as follows.

First read the energy. Then do the reconnection and feel the energy in all its facets. Only then read the explanation and the description of the energy.

The process of Atlantis is simple. You receive a message for your spirit, but no information about the message. You yourself experience the message through your experiences and through your BEING.

Only then do you receive the information, the text, the definition and the spiritual knowledge parts to match. This will unlock the key within you and expand your consciousness.

Do not go faster.

Read the heading

Feel - sense - experience

Then read

Feel - sense - experience

Only then read further...



The Light of the ONE

RECONNECTION

We are the light of the One. We are the Unity Consciousness. Light and Oneness flow to you and envelop you completely. We are oneness. We completely dissolve time and space as well as duality. Nothing exists within us. We are everything and yet we are nothing.

Say three times: "I ask for reconnection and transmission of the Light of the One.

- Hold both arms with the hands diagonally upwards - palms open -.

Sit quietly for a while and feel into yourself.

The energy flows in. Feel.

You are now connected to the Light of the One and can access it for a lifetime by simply raising your hands and arms to the sky. Try it out directly.

Declaration on the Light of the One

The light flows into your aura and spreads around you when you hold your hands up and ask for it. The Light of the One is a UNITY FIELD / Unity Spectrum of Reality. This means there is no DUALITY there.

Thinking is difficult. Thoughts are completely dissolved. For thoughts are dual constructs of the matrix and do not exist in Oneness.

Therefore, it can be used perfectly for purification, regeneration and recovery, or to protect oneself. The Light of the One can be called at any time.

The Light of the ONE is fundamental truth in itself. It should always be called and as often as possible for one's own work and activity. Every Atlantean has access to this Light. All illusions of the matrix cannot exist in Oneness. Therefore it helps you to clarity.

The energy will charge you, envelop you, protect you and WISE you to do the RIGHT thing. The Light of the ONE envelops you directly with the Divine Presence in the NOW. The Light of the One therefore also dissolves the past and future thinking and brings your being into the here.

High energies can be perceived as pressure or pain if the body is not able to hold or conduct them. Therefore, take your time and do not overdo it with the energy.

The light of the ONE arises from the origin and is therefore the primordial essence of all life. It is considered the source of light nourishment for Atlanteans. Therefore, use it regularly to actively energise your energy body. The Light of the One brings you back to the original natural rhythm of your life and your aliveness.

All evolution has moved far away from this. Only in the primal essence can life return to true divinity and connect with creation. You could also call it the Light of God. In the light of the ONE you are ONE WITH GOD / with the ORIGIN. One with creation, with nature, with naturalness and with the universe.

One no longer fights against time, against life or against natural needs, but swims in FLOW with them. This is a state that does not consume energy, but gains energy.

The light purifies you and your BEING from all disturbances, problems of all kinds. As soon as you stand in the light of the ONE you bring all your BEING, your cells, your bodies and energies as well as your state of consciousness, your MIND, your THINKING, your FEELING into a healing channel.

The light of the ONE can be used for healing of any kind. The light can also be used to cleanse places, rooms or objects. Old energies simply disappear in the stream of light.

Through the light the DUALITY is dissolved and thus the evaluations of the mind of any kind. This is helpful to find one's own truthfulness and centre.

There are no side effects in transformation processes through the LIGHT OF THE ONE, everything is dissolved and transformed immediately. Therefore it should be used first for all energetic work and practised before all practices.

It is both protection and the basis of intention, which can then be taken more purely and consciously.

Application of the Light of the One

Hold your arms outstretched upwards.

Open diagonally.

Palms facing upwards.

"I call the light of the ONE".

If you want to use the light for yourself or others, know that it can also be activated mentally, but only works if the human being is open to Atlantean energies.

All Atlantean energies respect the free will of all living beings and can only work if the human being turns towards Atlantis. Atlantis cannot be directed against Atlantis either, otherwise the attacker would receive a mirror through the protective shield itself. Atlantis cannot harm either, as it will only work if accepted. You can therefore do no wrong if you act with pure intention.

The Light of the ONE, like all other Atlantean energies, can be used safely as the Energetic Convergence takes into account dimensional shifts and FREE choices.

Feel what is happening - Breathe - Drink water - Let the words take effect

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THE ATLANTIC HEART CRYSTAL

RECONNECTION

We are honoured to support you in your reconnection and transfer your full energies back to you. We are the Crystal Masters of the Halls of Amenti and will fully reconstruct your vibrations and frequencies before transferring your crystal with love and reconnecting it into your energy system.

For your energetic safety and protection we will keep a duplicate in the Halls. You are therefore connected at all times to the Halls and to your crystal of origin, which you will also carry within you.

Speak aloud three times, "Crystal Master of the Halls of Amenti, I ask for reconnection, cleansing, reconstruction, restoration and repair of my energy system and transmission of my personal ATLANTIC HEART CRISTAL."

- hold both hands on your heart and feel into your palms and chest - sit quietly for a while and feel into your heart

sit still for a while and feel into yourself.

The energy flows in. Feel.

You are now reconnected with your personal heart crystal. You can connect with the energy at any time by placing your hands on your heart and feeling inside yourself. Try it out directly.

Explanation of the heart crystal

The Atlantic Heart Crystal sends immeasurable energy, light and warmth to all areas of your body. You can activate it mentally, but also by placing your hands on your chest and feeling into it.

The Atlantic Heart Crystal is the energetic essence of all your lives and forms of being. It contains all KARMA in a dissolved and purified form. It contains every LIFE you have ever lived in the current dimensional timeline as well as in dimensional shifts. It contains every FORM you have ever taken. It contains every energy you have ever had in purified elevated form.

Your heart crystal has been restored. In Perfect Form, Purified and Healed of all Wounds of All Time. It is alive. It is YOU. You are the Heart Crystal. You have been reunited with yourself. You are complete again.

The more you grow, the bigger the heart crystal will become. For you grow back into yourself until you reach your natural healthy proportions that you should have on this earth at this time.

You grow with the heart crystal until it completely encloses you and you are completely absorbed in the bright light and being. Feel yourself in your crystal. At the goal you will be ONE.

Working with your Heart Crystal

You are ATLANTER when you are connected to the Heart Crystal. You are connected to Atlantis. It is sufficient to consciously concentrate on the heart crystal and to become aware of the sources in order to activate the crystal.

You can take the crystal in your hands without leaving its position to look at it, to feel it, to work with it, to speak with it or to meditate with it. The crystal is you. You are a crystal being looking at yourself and exploring yourself because you have been separated from yourself for a very long time.

The heart crystal itself connects you with the knowledge of Atlantis. Thus you are an ambassador of Atlantis. You are an Atlantean. One who is connected to Atlantis. Through the heart crystal, knowledge can open up to you, energy, consciousness, experience and truthfulness.

The crystal grows at your own speed, which is right and comfortable for you. It supports your system to take in enough ENERGY and POWER again by implementing the Atlantean principles in your life. You will be cleansed of all dependencies and problems that are still illusionary for you and that you must consciously actively let go of because of your Free Will.

With the heart crystal the chakra system and any influence of a system loses its effectiveness for you, from the reconnection on there exists a united HEART CHAKRA, a SOURCE, YOUR HEART CRISTAL. You become system-free and independent.

The heart chakra thus receives the possibility to unite all main and secondary chakras in the Light and to increase the energy. This is not possible without a heart crystal, because the heart crystal also includes SPACE and TIME and DIMENSIONS due to its multidimensionality.

The heart crystal changes body, mind, perception, feeling and sensation in slow stages that are pleasant for the wearer. New senses develop. Perception is heightened. With activation you can cleanse, bind and heal yourself.

Wearers of the Heart Crystal are not authorised to call other Heart Crystals or to perform rebindings, only the original owner of a crystal can order and request this for themselves and will be supported in this by the Galactic Federation of Light, the Crystal Masters of the Halls of Amenti.

Humans, from their perspective, cannot perceive the energetic lines required to perform reconnections, but we are happy to guide you if you take into account the fundamentals of Atlantis.

Heart Crystal Practice

Place your hands on your heart and let the light of the One flow into your heart.

"I go into contact with my spiritual heart and with my heart crystal".

Sit and feel the energy flow

Feel what is happening - Breathe - Drink water - Let the words take effect

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THE ATLANTIC CRYSTAL LIGHT

RECONNECTION

We are the Atlantean Crystal Devas and Spectrals of Light called to assist humanity and transform in all colours and frequencies. We are the Crystal Light of Atlantis, the high frequencies of the Galactic Federation and the Shield of Atlantis as the home of the Guardian Energy. We are living diamond particles with energetic magical possibilities through Atlantean high technology.

We are both the fairy and elf dust and the concentrated power of manifested energy particles. We are alive and flowing and gladly envelop you with our being to cleanse and brighten your fields and assist you in your ascension.

Open to the energy with the words, "I thank you very much for your help and welcome you into my system with my free will."

- hold both hands on all areas that feel good right now - come to rest on your heart crystal at the end and feel into yourself.

sit quietly for a while and feel into yourself.

The energy flows in.



The crystal light activates your energetic pathways. With the crystal light come stabilising crystals so that you can hold the high energies and frequencies in your body. You can activate the light at any time through your hands and let it flow. Your BEING is supported by the Devas.

Explanation of the Crystal Light of Atlantis

You can use Atlantic Crystal Light to activate and work with crystals or simply to energise your BEING. The light flows permanently in your aura and energy system, nourishing your heart crystal and increasing your energy level.

The more energy and power you are willing to allow, the more energy can flow through you and around you. Until your aura is completely filled with light and all energy pathways are shining brightly. Crystal light flows around you and through you. It has no dimension and is therefore independent of it.

The crystal light is both nourishment for your energy system through pure light energy and healing through light transformation.

Crystal light can be used by you for yourself or other people. Crystal light is PART of your heart crystal. Crystal light floods you constantly. Crystal light heals your WATER and therefore your emotions, feelings and thoughts. Crystal light is the nourishment for your BEING. Apply crystal light daily.

Atlantean energies for others can only help because of free will if the individual consciously actively agrees to it.

Crystal Light is connected to the sources of Atlantis and allows High Light energy to vibrate into your system. Crystal devas reside wherever crystals reside. Crystal devas create crystals within and around you.

Energy is a foundation that you can start cultivating today and need for your growth and life. Energy and crystal light are immensely important. Therefore, connect daily with the crystal light for your heart crystal and integrate this into your daily diet like food intake.

Crystal light can be used for recharging, cleansing, healing. Crystal light can be used for energising food, drink and food. Place your hands on your heart crystal and let crystal light flow.

Crystals that have been charged with crystal light can be used as a stone circle to permanently energise a home and brighten all BEING within. Note that Atlantean energies can never harm and only take effect in people who have actively consented to the energy and Free Will. Crystal light cannot flow through every system due to its high energy density. You can therefore only increase slowly.

Practice Atlantic Crystal Light

Inherit a connection with the devas and the crystal light. Turn your attention to the areas in your life that need to benefit from the light. Slowly and gently raise and crystallise the energy in these areas.

Use your hands to place and direct your focus.

Remain mindful and connected in heart as you allow this energy to flow.

"I request contact with the Crystal Devas and the Atlantic Crystal Light to initiate a crystal body process in my BEING."

Sit and feel the energy flow



Feel what is happening - Breathe - Drink water - Let the words take effect

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The Atlantic Soul Star

RECONNECTION

We are the Galactic Federation of Light and guardians of the time and space lines around planet Earth. We are pleased to offer you the opportunity to reveal your roots and space journeys and to connect your true origin with you.

As guardians of the space-time continuum, we strive to re-establish the natural cosmic state and reconnect all energy pathways to their origin. We are therefore pleased that you have chosen to witness this process.

The soul wanders from place to place and it is its interests that decide the next leap, but each has a certain habit and a certain orientation. If you could see the wonder of the energy pathways that stretch out through space, you would understand how much confusion a misdirected soul can create.

We therefore thank you very much for contributing your strength to the untangling of this knot and for showing interest in the divine order of your being. We look forward to bringing you into your true connection and restoring order to your system.

We are the High Council of Light - the guardians of space and time.

Say three times: "I ask for reconnection transmission and connection to my personal ATLANTIC SOUL STARS".

- hold your hands above your head and feel your source - go into connection with your source of origin and then place your hands on your heart crystal - sit quietly for a while and feel your source of origin.

sit quietly for a while and feel into yourself.

The energy flows in.

Explanation The Soul Star

The soul star is the connection of your BEING with all your sources of origin, with your very personal sources of healing, with your own source that supports and nourishes you. The soul star is the home from which you personally come, on the WAY to the EARTH. Therefore, there are many soul stars on which you wandered until you finally incarnated here on Earth.

Being connected to your home is important for the development of your BEING here on earth. Your line goes back to your true origin, your place of origin.

The connection to your own SOUL STAR frees you from all dependencies on EARTH and gives you the possibility of self-development, freedom and independence.

Meditating with your soul star can help you to discover your true origin, this can expand your consciousness and free your energies. Which practice you use and at what speed you grow in a direction, however, is up to you.

To make contact, simply take the soul star with you into your meditation and focus on working with this origin.

The soul star is an integral part of the heart crystal and is permanently connected to you and your heart crystal. The crystal being is stretched between ENERGY SOURCE, SOURCE and POTENTIAL FOLDING and is therefore independent of external vibrations.

Practice of the Soul Star

Go into a meditation, activate all your fields until you feel comfortable. Then reflect on your soul star and let the energies flow. Ask for contact.



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The Atlantic Earth Crystal

RRECONNECTION

I am your soul, but not only your conscious soul, but your energetic spiritual immortal soul. Nothing is lost in me, nor does it fall into oblivion. It only wanders into your subconscious to wait there for you and the conscious awakening.

I am always with you, even if you ignore me, I will watch over you. Because I am you. We have always been one, even if you are not aware of it. We can only live this life in happiness and love if we unite. If we are one again and remain one.

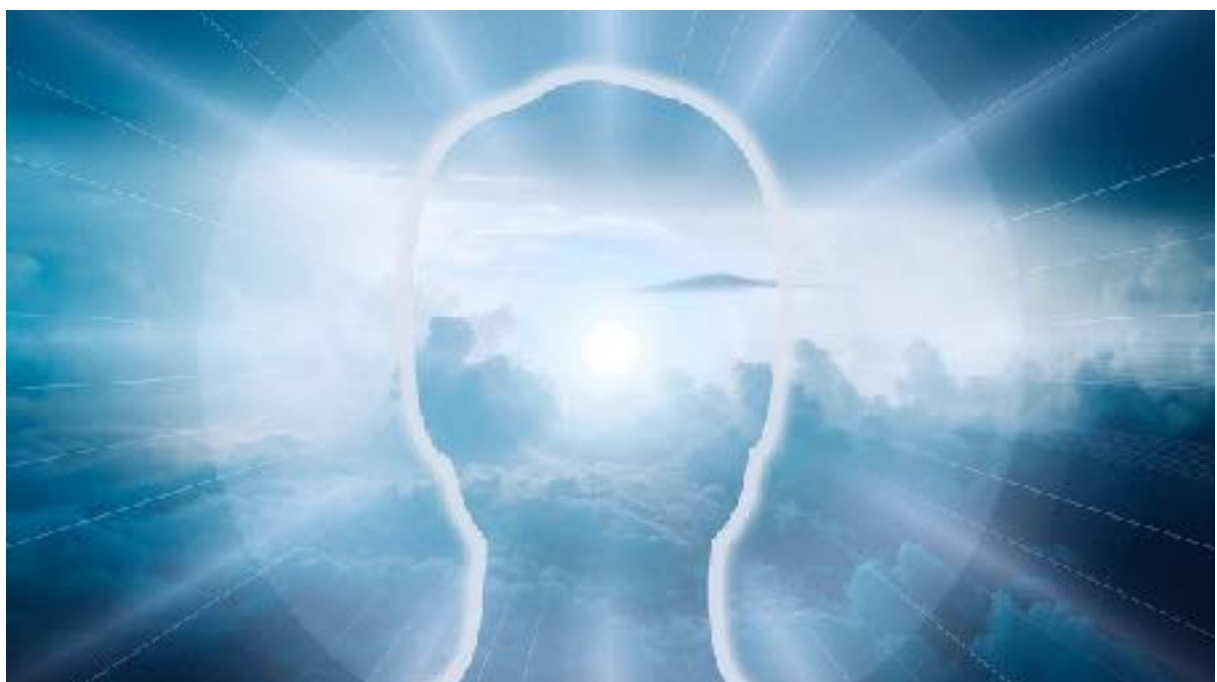
For this reason I will guide you if I may, but you always decide independently, because it is your active lived life. I can wait for the next life, for I am always there. This life, however, belongs to you without exception and to your active conscious being that you have chosen to experience in this life.

I am your grounding, for without me, you would be body and spiritless. I am your thought and your inner voice, but I am not the voices in your head that come from duality. You will recognise me in your thoughts, for I am different, I feel different. When we unite then nothing can stop you. When we become one, then you are invulnerable in this life.

Say three times, "I ask for reconnection transmission and connection with my personal ATLANTIC EARTH CHRIST and my true soul."

- hold your hands under your feet and concentrate on a point one metre below your body - sit quietly for a while and concentrate on the point in the centre of your body

sit quietly for a while and feel into yourself.



Explanation Atlantic Earth Crystal

You are now permanently connected to your TRUE ESSENCE. Your essence will attract you when you have become your true self. Your essence is the maximum of your possibilities here on EARTH. Your I AM TRUE.

The grounding crystal is a support from Atlantis. It is a crystal that connects you with your true BEING and unites you. Only when you are who you truly are yourself are you grounded and anchored within yourself. Then nothing can separate you from your truth.

Atlanteans do not ground themselves with GAYA because GAYA is also a living being and according to Atlantean principles, all living beings are FREE and INDEPENDENT and have a FREE WILL and therefore a BEING of their own. Even though Gaya voluntarily releases vast amounts of energy to her environment and living beings, her energy is exhaustible, as you could see for yourselves on your Earth. It is therefore necessary to find the grounding within yourself, to reach the Source and to give off energy again, so that Gaya can also recover.

Your grounding is not another living being, but YOU YOURSELF. You are connected to your true essence, your potential, through the earth crystal. If you work a lot with the earth crystal, your full strength and power will reveal itself to you and you will REST WITHIN YOURSELF.

Every living being that is stretched between the source of origin and the unfolding of potential has enough ENERGY to manifest its own REALITY and also to develop a FREE WILL.

Both are the basis of a happy and energetic life.

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The Atlantic Crystal Aura

RECONNECTION

The fine mist of all dimensions wraps itself around you. Here are the magical beings as well as the dimensional mystical beings at home, who want to protect and strengthen your being.

The very beings will find their way to you, illuminating your light and enveloping you in a fine crystalline mist. The crystal aura is both energetic protection and cleansing on the highest lightest and most subtle level.

It surrounds and permeates you and lifts all your fields of being into the next dimension.

Therefore, speak with mindfulness and respect, for all crystals are living beings: "I ask for the reconnection of my personal ATLANTIC CRISTAL LAURA. I ask for transmission of the ATLANTIC CRISTALLAURA ENERGY."

- hold both hands above your head and move the hands slowly, preferably several times to the side of your body from top to bottom -.

sit quietly for a while and feel into yourself.

The energy flows in.



Explanation Crystal Aura

Feel the fine mist of crystal shards around you. The crystal aura is always active, but you can strengthen the effect by mentally speaking the name or moving your hands around with the words. You can strengthen the aura by putting energy into your system and focusing your attention on it.

Crystal Shard Nebula

The crystal aura consists of a crystal shard mist. Each small crystal adapts perfectly to its surroundings. The crystal aura envelops you and penetrates you. Each crystal brings immeasurable STARLIGHT into your being and acts as a dimensional gateway.

It also reflects duality back to the source and thus enables the SEEING OF TRUTH. The crystal aura offers protection as well as insight.

The crystal shard layer is a crystalline protection for the aura layers. A fine mist of ultra-fine crystals fills all the aura layers around the body. This causes purification in all aura layers because crystals hold the purest form of consciousness and also transform lower levels of consciousness.

Not only does the presence of the crystal dust layer clear the areas contained in the aura layer, it also transforms all the old and discarded things stored there. Our aura acts like a hard drive that stores its information in each area so that it can be accessed when needed. The crystal being has the ability to transform these levels, that is, to transmute them.

Crystal Diamond Particle Layer

The Crystal Diamond Particle Layer was developed to raise people's consciousness and train their perception. It is an aura with crystal diamond particles that reflect consciousness back into the room, similar to small mirrors. Thus, on the one hand, they can have a protective effect on external influences, and on the other hand, they can become aware of energies that they themselves have sent.

Structure of the star-light-dust particles

The diamond particles consist of star-light-dust, which make up our entire matrix and are our origin. Only through reconnection with this element does the body/mind/soul complex human being have the possibility to return to its original frequency.

The contact and the reconnection to the quality of the star connection helps people to reach their individual ascension process and to become the being that is individually intended for them and will fill their whole BEING with light and love. For what we really are, when we reach it, will be like heaven on earth for us.

Thus, the crystal aura is a true support in the time of gloom to bring ourselves into our joyful and happy BEING and to let go of our "old burdens" and to enter into a new activity and experience.

Channeling

The structure of the star particle is polished harmonic dimensional. An exact description in your language for your spirit to understand is not quite possible but we will try. The stardust is also needed as nourishment for the human being, thus the human being is supplied and nourished in the auric layers.

A small sphere consisting of several cuts that always adapt exactly to your own cycle of consciousness and change individually in whatever way you would need this particle.

A glow fills this particle from within, because it is connected with the central sun of the universe and all enlightened beings and places and thus connects you in your whole being in every aura layer and every quality of your being with everything. Thus a small powerful light that can carry light into your being.

The aura of this particle does not allow dark matter, lower vibration or dismatter, which I cannot explain to you any further, to come into your aura or to settle there. In addition, it itself releases them from your aura and frees you from them.

If something hits the particles or their aura - everything transforms directly into light BEING and pure energy. This causes your thoughts, emotions and deeds as well as everything "outside" of you to be transformed directly into BEING Light.

A true miracle for the ascension process and a source of joy for us. A radiance surrounds beings who are equipped with the crystal aura and thus fill the planet, Mother Gaya and everything with light, a wonderful sight.

I hope I have been able to give you a little insight into the particles that unfortunately are beyond your perception, dimension and imagination, but truly give their function to protect.

I am Atama, the guardian of time and space, and I am pleased to be able to transmit here.

Effect of the crystal aura

The crystal aura can also be activated with the hands through mere imagination. Activating it consciously twice a day is sufficient.

The crystal aura can be helpful in problematic situations, the better you can work with the aura, the easier the application will work in rooms with other people. Even if you cannot feel the aura, it is ALWAYS ACTIVE.

The crystal aura is a crystalline protection for the aura layers and your own forms of being. A fine mist of crystal dust particles fills all aura layers and also energises each layer independently at the same time. Through the inflowing light, any transformation is completed more quickly.

The crystal aura causes permanent CLEANSING, ENERGETISING, HEALING in all areas, dissolves energetic burdens from space and time and transforms independently.

Application Crystal Aura

The energies open up independently through practice with the energies. It is desirable to recognise the energies through application and practice and thereby to transform oneself.

The application of the crystal aura is very simple, because once it has been installed it works independently and is always active. However, if you direct your consciousness to the aura, each individual particle is made to glow and increases its effectiveness many times over.

In this way, you yourself can determine how quickly you want to and can transform. There are no side effects during the transformation process, as the lower vibration is simply raised and thus not dissolved, but changed. There are therefore no waste products or toxins that have to be broken down afterwards.

An application is done by directing the consciousness to the term crystal aura, an imagination to a picture of the crystal particles in the aura layers or simply lifting the arms above the head or down to the feet to support the imagining/speaking.

Activation lasts as long as you wish to concentrate on it, twice a day is sufficient. Early and late is best.

It is helpful to also activate the aura in a lower frequency level to include the surrounding space. This application requires practice and helps to raise the room vibration.

This can be helpful in exchanges with other beings. To raise the space vibration, a concentration on the aura is the basic prerequisite to activate the aura and then an imagination / projection onto the space of choice.

The imagination and the directing of the consciousness then help to expand your "ACTIVE" aura into the space and to transform everything that is in a lower frequency. This can also be helpful in group dynamics.

El Morya



End of the energy transfer for your BEING.

Feel what is happening - Breathe - Drink water - Let the words take effect

Feel what is happening - Breathe - Drink water - Let the words take effect

TAKE YOUR TIME - NO ONE IS RUSHING YOU - YOU DECIDE HOW YOU GO ON OR IF YOU
FIRST ENJOY THE MOMENT - NO HURRY - YOUR SPEED - YOUR SPACE - YOUR RULES - YOUR
FEELING - BREATHE AND ENJOY



Feel what is happening - Breathe - Drink water - Let the words take effect

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You are Atlantean

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Congratulations

if you have taken the last steps with a sincere heart and truthfully, then YOU ARE ATLANTER - a person connected to "Atlantis".

Your change takes hold with every DECISION you make. You are now FREE and OWNED, but also SELF-RESPONSIBLE. You have been released from all attachments and dependencies and are now vibrating in your own Light - forever.

The energy system of the Atlantic Heart Crystal has been returned to you. Pay attention to your guidance, your Inner Voice. You are FREE.

Begin to bring your ENERGY LEVEL to 100%, then the FREE SWINGING begins. Remember, you are PART of a new WORLD IMAGE and every handshake and thought of yours affects the entire FIELD. This means that your thoughts will manifest in the WORLD. Therefore, align yourself positively and respect the FREE WILL so that the Atlantean energies are permanently connected to you.

- Only do things that are good for you and feel good.
- Surround yourself with people who do you good and make you happy.
- Speak kindly and mindfully and benevolently to those around you.
- Respect the FREE WILL
- Speak the truth when you feel you should.
- Go YOUR WAY and respect yourself
- Use your power/energy for yourself (with the exception of child minding/protecting)
- Listen to your inner voice / FEELING and follow it
- Create a good healthy environment for yourself
- Leave your world better than you found it every day
- If you like, get in contact with other Atlanteans to exchange ideas.

Activate your system as often as you need it, think about it or want to deal with it. Use this script to activate in the same way at any time, even when reconnection is complete, it can help you to work and grow with the different fields.

You can repeat the initiation as a practice at any time, even though it will now always be active in your system.

If you have any questions, please email www.atlantis-kultur.de.

Knowledge, awareness, energy and power come through this connection as well as growth. Use the system as an energy meditation or growth relaxation. With this connection you are able to use all the energies of Atlantis as you turn to the system and grow.

The transformation process may take six months, do not be disturbed by this, but grow with the changes. Your energy will increase and you will be able to understand and integrate more and more. Step by step.

When you feel a positive change for you, pass on the information so that others CAN BE FREE too.

NOTHING ELSE IS NECESSARY!

You can use all known energies, energy systems for yourself from now on. You can access them completely because of the FULL SPECTRUM. Training is no longer necessary. You no longer need any other worldly training in energetic techniques.

With the Heart Crystal System all Atlantean known as well as unknown techniques flow into it for you. Due to your individual nature, you may be able to use techniques that others cannot. The ascension process is individual for everyone. You also have access to the energy systems of MATRIX and AKASHA.

Note the following!!! You are Atlantean and subject to the High Council of Light. Speak to the High Council if you have questions. If you cannot hear the High Council or have problems, contact a High Priest of a culture.

If you observe Free Will and use your abilities for the good of all, your energies will grow and new doors will open for you. If you abuse the energies, they will shut down and you will harm yourself.

EVERYTHING NOW GROWS OUT OF YOU!

If you have questions - contact the High Council of Light.
BE BLESSED!

Now work for yourself. As you LIVE, the EARTH will change.

Community information

Even if you are alone - you are not alone - we are many. The Atlantic Community is an inner attitude to FEEL connected. Only when we have cultivated this feeling within ourselves can we truly connect. Community is a willingness to reach out, to open up to closeness and appreciation in a culture.



Each of us protects our own light and lets our light shine brighter and brighter, when we do all this, we brighten the world with it. Only when our light shines brightly can we go forward with a good and positive energy and be a shining example for our culture.



We all therefore have a responsibility for our planet and can make our small contribution so that we all live naturally healthy lives, starting with ourselves. We start with our small world and then practice it for the whole Earth.

The more we work with the Atlantean energies, the more the crystal body process can expand in our BEING and lead us to our true BEING here on Earth. Supported by the Galactic

Federation of Light and the crystal beings who have joined Atlantis, the human being is prepared for the next stage of development and trained in the ancient knowledge to ascend.



With this process we restore the divine order in the universe and activate all light frequencies for the galactic ascension of all beings.





Only when peace, harmony and love exist within ourselves can we train and develop these attributes with our fellow human beings. It is therefore up to you whether we can restore harmony on our planet.



Important Notes

Energetic healing methods help to open up other states of consciousness, fields of thought and new possibilities and can have an emotionally and mentally clearing effect. Energetic work supports people to take a different perspective and to adapt and optimise their lives for themselves.

Doctor and medication info

Nevertheless, no medication should be discontinued without the knowledge of the doctor, or the prescribed dose of medication should be reduced without consulting the family doctor. I do not make any diagnoses within the framework of my offer, no therapies or treatments in the medical sense are carried out or other healing carried out in the legal sense.

Relaxation techniques, healing through the laying on of hands and spiritual healing serve to activate the self-healing powers and do not replace a visit, diagnosis or treatment by a doctor or alternative practitioner. Please be aware that with the help of Energetic Healing you can change your life and that of your fellow human beings very much, however, as with all other homeopathic or alternative healing methods, this requires time and intensive personal work.

Always give yourself enough space and time for your development and your process of change. Atlantic energies can only support what you decide to do yourself. Drink a lot of water and follow the energetic principles to give your body the opportunity for transformation.

I would also like to point out that all texts and contents have been channeled (transmitted through the spiritual world), all names and energies have been channeled directly. If there are any similarities in names with existing energies, trainings or patented systems, I would like to point out that at the time of writing these training documents, there was no knowledge of them and there was also no entry about them on the internet.

The system has been channeled since 2009 - Medium Michaela Molls - www.Atlantis-Kultur.de

Please check the knowledge for yourself and listen to your inner voice, everyone finds their own truth within themselves. I would also like to point out that I do not have any medical knowledge, do not work as a doctor or healer and do not refer to any written expertise.

Every person has his or her own responsibility for his or her development, actions and way of life. I therefore distance myself from all decisions and actions of the reader.

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