

## Light of Lemuria



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Channeled and copyrighted by Linda Colibert

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## **Light of Lemuria**

**The Light of Lemuria attunement connects you to the Lemurians and strengthens any already existing connections. This is an empowerment system that helps develop and enhance psychic abilities, helps bring forth the hidden memories of the distant past in which the Lemurian and Atlantian cultures existed. You may have been a part of this culture in a past life, and if so, you may feel the echo of truth in the information contained in this manual. For the distant memories that have been hidden for so long will begin to surface, teaching you the way of light, love, and empowerment. Look beyond this lifetime. Look to the past, and then to the future, because it is now that you can make a difference for tomorrow.**

**The Light of Lemura manual covers a bit of Lemurian history, gives information about the Cave of Initiation, the Crystal City, seed crystals, interdimensions—or alternate realities or timelines, healing, telepathy, colors associated with the Lemurians, and What the Lemurians Want You to Know. The Lemurians offer peace, love, wisdom and great healing to you. They have assured me that it is time for this information to be brought forth, time for Humanity to know and ascend.**

### **Note:**

**The following information is what was given to me by my Lemurian Guide. You should take what feels right to you, and leave the rest. Each of us may have varying perceptions of the information, but the basis of it will ring true to anyone with a strong Lemurian connection. I am only giving the information given to me as it was given, and have interpreted this information to the best of my ability. Keep an open mind, and allow your own perceptions and interpretations to guide you.**

## **Light of Lemuria**

### **History and Culture**

**The Lemurians lived in the Pacific, off the coast of Chile. It was toward Hawaii, but closer to Chile, though some Lemurians did choose to spread out upon the Earth in our physical realm. While most of the Atlantians that chose to remain in the physical realm went to Egypt and Greece, the Lemurians went to Japan, the Polynesian Islands, which includes New Zealand and Easter Island, and eventually to Hawaii.**

**The Lemurians are a peaceful society. Their lands were lush, green, and beautiful. The Lemurians were happy, and their lives were filled with love, peace, and harmony. Each person did the work they loved and enjoyed doing. They were able to do this because they understood that the**

**Universal Laws allowed them to create what they needed in their lives with thought and intention. It was easy for them, and there was no struggle to survive as it appears for us today. Their society was heaven on Earth. The Earth was and is sacred to the Lemurians. They did not pollute or harm Mother Earth, for there was no need to do so. They walked in wisdom and understood that everything is energy and that the world as we know it is a reflection of ourselves, our inner thoughts and beliefs. Nothing is solid, nothing is stationary, because energy is always moving, changing, and creating. The Lemurians knew this and understood that lack and limitations are an illusion that is created by ourselves. For the Lemurians, everything was in harmony, connected, and energy was always flowing to and through them and back again to the Source.**

**(It is at this point that I am told to tell you that the Lemurians do not hold any thoughts of blame or any negative attachments to what happened to them and their society. It simply happened. All is forgiven and is considered to be lessons to be learned in order to avoid the same thing being repeated again and again. It is their goal to teach, not blame or judge.)**

**At that time in history, the some of the Atlantians did not walk in wisdom. These were the few who were in control of the Atlantian society. The Atlantians were a more technological society. While the Lemurians did not view technology as bad, and even knew that some of it was and is necessary, they were not dependent upon technology to survive and as a way of life.**

**The Atlantians became obsessed with technology, dependent upon it to sustain their lifestyle, much as we are becoming today. The few Atlantians who controlled technology in the Atlantian society, dominated everyone else. The few were wealthy and greedy (and this does not in any way confirm or say that wealth is bad, because it most certainly is not if it is used in ways to help others, rather than harm or deprive others.) The Atlantians in power were consumed with a desire and lust for more and more power. (This has caused the downfall of every great civilization that we know of.)**

**To the Lemurians, everything animate and inanimate has a spirit. Animals, plants, and minerals--everything is just as important as anyone and anything else. The reason is that everything is energy—the same energy is in everything that exists and it comes from the Creative Source or Spirit.**

**Therefore, everything is divine and everything is Spirit. All is sacred. But to the Atlantians—especially the few that were in power, nothing was sacred except the lust for power. They believed that everything existed for their benefit only—they felt they were superior. They had lost their spirituality and become disconnected from the Creative Source or Spirit.**

**Because when you cut yourself off from and disconnect from Spirit, believing that you alone are the most powerful and fit, you isolate yourself**

from “Oneness” and your reality then becomes totally self centered. The Atlantians were strong physically and larger than the Lemurians. They were taller, with an average height of 7 feet tall or more. They had lots of children, often with Humans and occasionally with Lemurians, though this was rare. Children were often considered expendable because they could always have more children. They chose one usually as their favorite in each family, and the one was conditioned to be superior and dominate.

This is the attitude of the few that were in power, not all of the Atlantians felt this way, but they did accept that the few in power ruled and went along with it. The few in power were highly educated, in the best health, and had all that they needed provided for them. The many Atlantians that made up the majority of their society, were kept ignorant. They were schooled, yes, but they were only taught basic things, they were not encouraged to be creative, because they might begin to question and think for themselves instead of being so easily controlled. They were taught to be docile, to go to work, do their jobs, and not cause any trouble for those in power. They were paid, they did their work, but they were kept down enough to keep them working and producing and cooperating. The majority did not feel they were being controlled—they did not see it. They were happy for the most part. Occasionally a few rose in their aspirations, but generally, they were not taught the truth of the Universal Laws and how to apply them. They did not understand that they could do better, that there was so much more to life. Spirituality was lost to them. Everything was practical and had to apply to the physical realm in some way. Nothing was sacred—it was a loss of Spiritual connection, a separateness from everything that existed. The lust for power still somewhat dominates in our world today, which is why the Lemurians want to teach these lessons—it is a hope of preventing the same things from happening again.

The Lemurians had few children, as children were and are sacred to them. They knew that Mother Earth could not support an overpopulated society without great suffering to all, including the Earth itself. They were and are very shamanistic and very spiritual.

The Atlantians were not evil or bad—they just did not understand and allowed the lust for power to overwhelm them. While they also knew of telepathy, wisdom, and the ancient secrets of life, they became obsessed with technology as a means of power and control, and lost sight of spirituality. Most humans today are descendants of either the Atlantians, or Lemurians, or both. Or if not, then they have been either Atlantian or Lemurian, or a blend of them at some point in past lives.

When the Atlantians who sought power (and remember, that not all of them did, but the few in control prevented the others from achieving anything of substantial power—making sure only the few received the teachings of empowerment, and keeping the majority somewhat ignorant and in need of having to work for those in power—which in a way, is a form of voluntary

slavery--they were not owned, but could not survive without going along with the few in control), began to lust for more power, they began to conquer other people and societies. The Atlantians were war like by nature, and their Warriors were powerful, very much like the Romans at one time. They believed in conquering others to gain more power and keeping everyone else submissive. At one point, they decided to invade Lemuria.

The Lemurians were peaceful and they working in harmony with nature and the Creative Source or Spirit. They never bothered anyone else and they were more than happy to teach their ways and wisdom to others should they be asked. They were content and happy in Lemuria, though a few had wandered to other areas of the world and settled there. The Atlantians in general were more adventurous and curious.

The Lemurians were and are very telepathic and completely in tune with Mother Earth, which allowed them to become aware of the Atlantians intentions. The Lemurians began making preparations. The Atlantian Army was deployed. The Lemurians fled, but not without securing their Crystal City by moving it or sinking it within the Earth. The Island of Lemuria was still there, but the Crystal City was hidden within the Earth itself. The Lemurians are multidimensional Beings, and understood then as they still do, that nothing is truly solid—all is energy. Some Lemurians fled to other parts of the world, most to Japan, Polynesia, and then eventually some (many were descendents of Lemuria which had a blend of mostly Polynesian and Lemurian heritage and cultures ) went to Hawaii and settled there. There were a few, who also went to other areas of the world. Most of the Lemurians went to other dimensions, or alternate or parallel realities within the Earth to the Crystal City, which they had enfolded within the Earth, and to other planets. They willed it to be so, each creating their own reality, yet sharing energies, and staying connected to each other and those left behind.

Most Lemurians were gone by the time the Atlantians arrived in Lemuria. In fact the Atlantians had already begun to conquer other areas of the World before this and before their demise. A few Lemurians remained in Lemura and refused to leave the lush area of the Earth, (the Island had not yet sank—the Crystal City went within the Earth and was hidden so it could not be found by the Atlantians). Those Lemurians were killed, or enslaved and soon died. They would not reveal the whereabouts of the Crystal City. Eventually, the entire Island sank into the Pacific ocean—it took time and a lot of energy by all of the Lemurians to sink the entire Island. Collectively they worked to do this in order to protect the Crystal City that was hidden within it.

The Atlantians had natural abilities of telepathy but it was dormant in them. Those in power knew of the spiritual laws that govern all life, but refused to acknowledge it and worshiped technology as the provider of life, necessities, wealth, and power. Remember, the Atlantians were not bad or evil, they just did not understand, and it was not money that corrupted

them, or even technology—it was a lust for power. They were competition based, believing that there is not enough to go around for everyone, and that in order to have more, they had to compete with themselves and others. When you compete, you are actually acknowledging that there is lack and limitation—this is a false belief. When you feel there is not enough, or that someone must lose for you to win, there is the foundation for illusion that one is not as good as another, or that only a few can have lots of money. This is just not true. While competition that is based in fun may have its place and even be healthy, when it becomes a way of life, and your outlook and viewpoint on things, your reality becomes distorted and illusions take over. This is what happened to their society—their ego drove them to ruins. The ego itself, is not bad. Without your ego, you would have no sense of self esteem, accomplishments, or courage. It only becomes a problem when you allow the ego to become out of harmony with the spiritual side of you.

Eventually, Atlantis also sank, but it broke into two parts first due to the shifting of the Earth, earthquakes, etc. One part drifted far north and became covered in ice, the other drifted further south and west, but eventually both of the Atlantis Islands sank. The Atlantians too had knowledge of interdimensions, especially the few that had been in control.

And though they survived in this manner, not many of them had the knowledge to move through solid physical things and the Earth. This is because they did not share the wisdom and information with everyone.

These mistakes serve to teach us and help show us today, what is possible, if we chose to be enlightened, and what is possible if we continue to keep knowledge to only ourselves.

### **Lemurian Technology**

The Lemurians did have technology, but it was and is organic based. It does not pollute the earth, but recycles energies to create life and beauty. Everything has a spirit and all is sacred. Water is especially sacred to the Lemurians, as it gives life to all of creatures on Earth. Water is the milk of Mother Earth and it nurtures all of life. By holding all things as sacred and respecting them, the Lemurians were highly spiritual and had ascended spiritually to very high energy Beings. Natural things were the basis of Lemurian technology—Earth, Fire, Water, Wood, Metal, Air—all were cherished and respected and used in advanced technological ways. All were clean and recycled back to Mother Earth. There was no pollution as we know it today. Everything was connected and all worked to give back and help in some way, Mother Earth, while providing efficient energy and use to the Lemurians.

### **Colors**

The Lemurians are a very peaceful, loving, and wise culture. They saw energies in certain colors that connected with them in positive ways.

Basically, the best colors to use when connecting or working with Lemurian energies are: Pink, blue, aqua, and white. These are all peaceful, loving colors that sooth and refresh the spirit.

### The Cave of Initiation

When you receive this attunement, you may experience a vision of being in a cave, or chamber within the Earth. Indeed, there is a Cave of initiation, and it is like a large cavern. It is well lit, and resembles a Great Hall of importance. This cave has a large stone table in it that looks like an altar.

You may find that you are lying on this altar like table. If so, do not be afraid. The Lemurians would never hurt or harm you. This is a symbolic Birthing Chamber. You may discover yourself on this altar table because you are being reborn. The initiation is a symbolic birth. You are letting go of the past, the painful memories and emotions that hold you back, and you are accepting the truth of who you are, where you came from, and any positive and helpful information for your present life. There are Lemurians standing all around you – these are the highly honored chiefs, and they wear deep dark purple robes with gold trim. The Lemurians have a slight build and delicate features, and are very dedicated to their work and to teaching. As you lie on the altar, one of them will touch your third eye with a large Lemurian crystal. This activates your third eye and connects you to the Lemurians. There is a crystal placed in your third eye to amplify your sixth sense, if you accept it. If it is not something you want to accept, you do not have to. You will still be connected to them and your psychic abilities will still be enhanced. They crystal they offer to place in your third eye is a gift of love, designed to help you by heightening all of your senses.

But it is not something you have to accept.

The cave of initiation is truly a birthing chamber as you step into your power and remember who you are. You will find this experience pleasant and soothing, a slow remembering and releasing of all that troubles you.

This is an opportunity for you to learn the mysteries, and wisdom of ancient times in a way that you can apply to your life today. You are new, reborn, no longer bound by false realities and illusions, but are now able to see things clearly and recognize that you hold the power to be all that you want and desire to be, as long as you walk in wisdom and the light. Peace from within and without, love, and harmony within yourself and your outer world are yours. All you need to do is shed your skin of false illusions and accept that you are whole, perfect, and complete. Everything is connected.

Everything is energy. It is beautiful and Divine. You are beautiful, and Divine.

## The Crystal City

The Crystal City is a beautiful city made of Lemurian Crystal. Lemurian Crystals are a pinkish hue, but not as pink as rose quartz. These crystals are clear, bright, and beautiful with a slight pinkish tint. They have a ladder like appearance which represents the stairway to the heavens and ascension. The Crystal City pure Lemurian Crystal. The floors are smooth sheets of it, and some of the ceilings are too. The walls of the Crystal City buildings are a lot of smaller Lemurian Crystals fused together, or joined together in some way. In areas where there is privacy needed, the crystals have white wisps all through them to prevent anyone from seeing in. In other areas, the crystal walls are clear with a pinkish tint, and yet you cannot actually see everything on the other side of the walls. This is because so many crystals are joined together to form the walls, though you can tell if someone is inside that particular room. Soft light reflects from this crystals, rainbows, and harmony. All is harmony, peace, and love. Some of the crystals themselves generate light, others, send out vibrations of pure healing and love. There are plants that are thriving within the Crystal City, and comfortable furniture, and all that is needed is there, just as it was when Lemuria was on the Earth instead of in the Earth. Everything needed is generated from Nature and all of the energies recycle.

In the Crystal City, you will find a Hall of Healing. In this Great Hall, the energies constantly generate healing vibrations and all manner of illness and disease are healed here. The energies are so pure and nothing that is not of the light can stay within these energies, it must transmute and be healed and repaired.

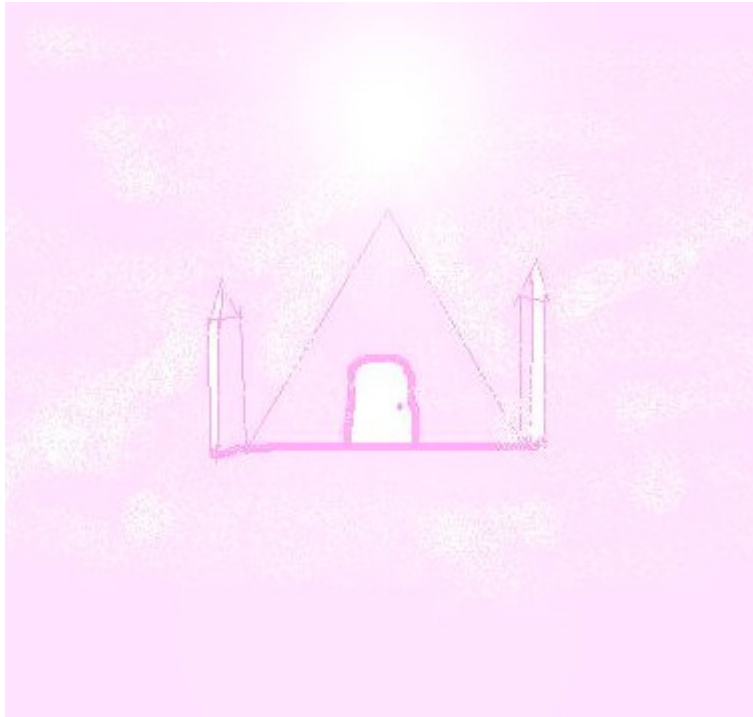
You can go to the City of Crystals in meditation and receive healing for anything you need, by simply asking permission to enter the Healing Chambers, and then once inside ask to receive the healing of the Lemurians. They will be happy to help you, for this is what the Lemurians do best.

Some of the buildings in the Crystal City are four sided pyramid shaped, others are more rounded. The pyramid shaped buildings reach toward the heavens and the sides are slightly leaning inward to draw starlight and sunlight more efficiently. The sharp points represent a more masculine energy and are very powerful. There are some rounded dome shaped building also, these are more feminine energies, for relaxing and nurturing. Other shapes of buildings and crystals are in the Crystal City also, because geometric shapes channel different energies. The Merkaba for example is a shape that helps harmonize all of the bodies—physical, emotional, astral, auric, and spiritual bodies. It helps to harmonize and energize body, mind, and spirit. But all of the shapes have specific energies that they help direct for specific needs, and all are connected.

Within the Crystal City, you will discover more information through mediation. There are messages for each and every person who visits the



**Crystal City. These messages are meant for you alone. They are offered to you to help you on your individual path of light, love, and harmony. To visit the Crystal City, you will simply use the symbol for the Crystal City shown below and run the energies.**



**Crystal City Symbol**

**You can draw this symbol as a simple triangle with one arrow pointing up on each side. Use this symbol to connect to the Lemurians and to visit the Crystal City in meditation. Draw the symbol on the palms of your hands with your finger and visualize the Crystal City. It may appear a bit different to each of you, because it will always reveal itself in a way that has the most meaning to you. The symbol of the Crystal City can also be used to call on the Lemurians for healing, guidance, and enhanced psychic abilities. They want you to learn and grow and to be happy and healthy.**

**Once you are inside the Crystal City, you may ask to visit any area of it, including the healing chambers if you need healing. The Lemurians will clear away any energy blockages, and open up the channels within all of your energy fields so that energies will flow freely throughout your body, mind, and spirit and so that you will be cleared of stress, negativity, and worries, that may lead to or cause illness or disease.**

**Always thank the Lemurians for their help.**

**Lemurian Seed Crystals**

**Lemurian Seed Crystals are very high energy crystals. They have the hint of pink to them and they have the stairsteps or ladder edges on them to help you with ascension. Lemurian Seed Crystals will help with healing, with removing negativity in your home or office so that there is a feeling of peace and harmony, and will enhance your psychic abilities. They are powerful and they do not effect you in any harsh way, but do their work gently and efficiently. They have a happy peaceful and very steady energy that will strengthen your connection to the Lemurians when you word with them.**

**Lemurian Crystals sometimes have little marks that resemble ingraved triangles—if your Lemurian Crystal has this mark, or more than one of them, it is a recorder crystal and may contain information that was stored inside of the crystal to help people of this present time. If your Lemurian Crystal has an octagon shaped hold in it, it is a key crystal and holds key information to help you and others in this lifetime on your life’s path.**

**To access this information stored in your Lemurian Crystal, you can place it on your forehead in the third eye position and allow yourself to go inside the crystal. Just allow yourself to travel inside the crystal for learning and ascension. Or you can hold it in your hands, and close your eyes. Clear your mind and allow the crystal to tell you its story and reveal its information.**

**There is much to learn yet about the Lemurians and Lemuria, and the distant past. I have given you the information as it was revealed and given to me. But my visions and interpretations of the information given to me is only one small piece of the puzzle. Each of you will be given information that will help you achieve your goals, heal yourself and others, enhance your psychic abilities, and learn and grow to ascension as you work with the energies of the Light of Lemuria attunement.**

### **What the Lemurians Want You to Know**

**The Lemurians want you to know that you are not alone, ever. You are connected to all that is. You are Divine energy and you can achieve any goal you desire. However, they want you to understand that you must always walk in wisdom and never lose sight of the Light. If you feel you are in need of help to get back on track, or you need healing, love, and harmony in your life, the Lemurians would like you to call on them, run the energies and visit the Crystal City for help. Nothing can harm you in the Crystal City and your energies will be cleared and recharged so that you can see clearly and move forward in your life. They want you to see the truth—there is no such thing as lack and limitation—these are false beliefs that you have been conditioned to believe over time. Walk in your power, in your light, and know you are safe, loved, capable of achieving great things and helping many others. You are the Light of the future, and you are also**

**the desendents of the Ancients, the Lemurians and Atlantians. Do not judge the past, simply learn from it, and do not allow yourself to fall into that trap again. Open your mind and heart, and create a better world—a beautiful world, filled with love and peace and harmony. Heal yourself, and walk in wisdom!**

**Instructions for sending and receiving attunement distantly.**

### **To Receive a Distance Attunement:**

**To receive your attunement, you will need about 20 to 30 minutes of quiet time to receive the energies of the attunement. You may receive the attunement distantly, as chi ball, or in person.**

**When you are ready for your attunement, get comfortable, relax, and take three deep breaths, exhaling slowly to relieve any stress of the day. Then when you are ready, say, “I accept this attunement for (name of attunement, and level if appropriate) from (name of teacher) now.” Then just relax and allow the energies to flow in to you, and enjoy it.**

**You will receive the attunement in the same way, no matter how it is sent to you. The difference in the methods of sending attunements varies, but the actual receiving of any attunement is always the same.**

### **To Send a Distance Attunement:**

**An attunement can be passed in person, distantly, or as chi ball method. The attunement is passed with intention in the manner that works best for you. Each person is a bit different in how they like to pass attunements—some use crystals, some use meditation, or soft music, chanting, or many other personal ways to increase power and ease of sending or passing attunements. It is my belief that each teacher knows what is the most comfortable, enjoyable, and powerful way that works best for them to pass on attunements, and whenever passing attunements you should always follow your guidance. Here is the basic method:**

**Get comfortable and relax. Take three deep breaths and exhale slowly to release any stress or tensions of the day. When you are ready, say, “I ask that (name of person being attuned) be attuned to (name of attunement, and level if appropriate) on (date and time).**

If the attunement is sent as chi ball, you must create the energy sphere by creating energy between the palms of your hands, (move them closer together and out again—back and forth with your palms facing each other to build the energy), and use visualization to see the sphere or chi ball. Then place the attunement energies inside the chi ball or energy sphere with visualization as you say, “I ask that (name of person being attuned) be attuned to (name of attunement and level if appropriate). I ask that the energies of this attunement be placed within this chi ball and that the energies be kept pure until (name of person being attuned) accepts this attunement. I ask that this (name of attunement) chi ball go now to (name of person being attuned) and continue to float around (him or her) until he or she calls it in and accepts this attunement. I thank you. And so it is.” Again, I stress this is a basic way to send this attunement as chi ball and you as teacher should always pass attunements in the way that is best for you with pure intention. You may want to seal the chi ball sphere with angelic protection to keep the energies within the sphere pure until the student calls in the attunement. You can do this by simply asking the Angels, or specific Angel like Archangel Michael to seal the energies with angelic light to protect them and keep them pure until they are received by the student. But again, you should do this in your own way. Always use the method and means of protection that work best for you.

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**The suggested price for Light of Lemuria is \$19.95.**

**May the Lemurians open your heart and mind to walking in wisdom with love, light, peace, and harmony in all you do.**

**Linda**