

OMNEC ONEC  
ANJA SCHÄFER

SIMPLY WISDOM AND LOVE  
VENUSIAN SPIRITUALITY

*60 pages  
extract*



Omnec Onec and Anja Schäfer:  
Simply Wisdom and Love – Venusian Spirituality

Omnec Onec Official Website: **[www.omnec-onec.com](http://www.omnec-onec.com)**

Copyright © 2015 Discus Publishing  
Publisher: Anja Schäfer

Visit us on the internet: **[www.discuspublishing.com](http://www.discuspublishing.com)**

All rights reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted in any form by any means, whether electronic, mechanical, photocopying, recording, or otherwise without prior written permission of Discus Publishing.

Thank you to the proofreaders Helga Klötzer, Elizabeth Whitney,  
and Brad Markus

Omnec's Oasis Illustrations by © Anja Schäfer

Front cover design by Anja Schäfer with the use of images by © Laurent Renault/Fotolia.com and © Diane Labombarbe/istockphoto.com

ISBN: 978-3-9817441-0-1

# The Light Bearers

Those who chose to carry the light of truth for mankind, all too often may find the winds of change blow and cause the light to dim and lose its original glow.

Sometimes fate will close in like a fog causing even the carrier not to see the light.

There are the dark ones, making life seem like eternal night.

Then, deep inside the carrier is Soul, the Eternal Light - whose knowledge of truth, once again, gives power to the light.

Because the Lightbearer keeps lighting the way for other Souls who seek truth in a world of darkness, will find a whole host of truth bearers, who join in with their lights, creating a blending light that shields the truth seekers from darkness, and makes the way much easier for all mankind.

*Omnec Onec*



# Contents

The Light Bearers .....	5
Preface from the Publisher.....	10
About Omnec Onec	
– The Woman from Venus – .....	12

## **PART ONE**

### **The Unknown History of our Solar System and the Spiritual Transformation of the Earth**

The Unknown History of our Solar System and the Spiritual Transformation of the Earth – Transcript Part 1 – .....	18
The Inhabitation of our Solar System .....	18
The Earth Emerges and is Filled with Life Forms .....	20
The Battle for the Earth.....	21
The First Populations on Earth.....	23
A Group of Visitors Wants to Gain Technological Knowledge.....	25
The Genetic Manipulation and its Consequences until Today .....	26
The current Transformation Process and the Return of Lost Knowledge .....	28
Our Concept of the Creator .....	32
The Design of Creation and the Birth of the Soul.....	34
The Complexity of Human Experiences and the Meaning of Unconditional Love.....	36
As a Soul on the Journey through the Levels of Creation.....	37
The Creation of a Consciously Desired World.....	42
The Unknown History of our Solar System and the Spiritual Transformation of the Earth – Transcript Part 2 – .....	45
My Journey from the Astral Level of Venus to the Physical Earth .	45

The Preparation of my Spiritual Work .....	47
Reasons for Being Here.....	49
The Transformation Process of the Earth and Each Individual.....	50
Operation Peace Meditation Program .....	55
Sharing Information .....	57
The End of Manipulation and Control .....	58
Many Beings Take Part in the Transformation Process .....	61
The Hollow Earth Theory.....	62
The Re-Introduction of Technologies.....	63
The End of Old Karma.....	63
Transformation Phenomena in the Physical Body .....	64
An Exercise to Perceive the Life Energy .....	65
The Future of the Planet Earth .....	69

## **PART TWO**

### **Unpublished Texts**

The True Story of Christ .....	77
Meeting a Gnome.....	85
Venusian Script .....	88
Venusian Script – Given to George Adamski in 1953 by the Venusian Orthon .....	89
Interpretation of Venusian Writing.....	90
Venusian Ceremonies.....	92
Venusian Ceremonial Blessing.....	93
Venusian Love Ritual .....	93
Venusian Commitment Vow .....	99
Venusian Healing and Cleaning of Negative Energy for Environment .....	102
Interview between Omnec Onec and Marina Popovich .....	107

## **PART THREE**

### **Transcripts**

Cologne, September 3, 2011 .....	115
<b>Reading: <i>The Venus Plane</i> (excerpt from <i>The Venusian Trilogy, From Venus I Came</i>, chapter 5) .....</b>	<b>115</b>

Darmstadt, September 6, 2011 .....	131
Radolfzell, September 15, 2011 .....	143
Ostrach, September 18, 2011 .....	160
Munich, September 26, 2011 .....	171
Reading: <i>The New Supreme Deity or Sugmad Expansion Ray</i> by Robert Scott Lemriel (additional chapter in Omnec Onec's book <i>The     Venusian Trilogy</i> ) .....	<b>174</b>
Freising, September 30, 2011 .....	184
Linz (Austria), October 3, 2011 .....	191
Frankfurt Bookfair, October 15, 2011 .....	198
Frankfurt Bookfair, October 16, 2011 .....	205
Dresden, October 30, 2011 .....	210
Reading: <i>Mantras and their benefit</i> (excerpt from <i>My Message</i> , part 3 of <i>The Venusian Trilogy</i> ).....	<b>211</b>
Luzern (Switzerland), November 4, 2011 .....	222
Nürtingen, November 11, 2011 .....	229

## PART FOUR

### Projects

Operation Peace Program .....	243
Bookproject <i>Dancing on Moonbeams</i> .....	245
Dancing on Moonbeams.....	245
Collection of Experiences .....	246
Omnec's Work with Children on the Astral .....	246
Omnec's Oasis	
– A Place in Harmony with the Universe – .....	248
A Brief History of Omnec's Oasis.....	249
Omnec's Oasis – The Vision .....	252
Omnec's Oasis – The Grounds.....	254
Omnec's Oasis – The Realization .....	258
Some Quotes from Omnec.....	261
Contact .....	262
Recommendations .....	264

## Preface from the Publisher

My first encounter with Omnec Onec was in 1994 – through the TV. Coincidentally, I tuned into a talkshow and right away was fascinated by Omnec’s charisma and her calm, pleasant way of putting spiritual messages in a nutshell. “Imagination is the key to creation” was my personal key phrase that was seeded into my consciousness. It needed some time to grow, because it was not before 1997 when I consciously thought of Omnec again, namely when I opened my esoteric bookstore “Lichtblick” in Landshut, Bavaria and ordered books for the initial equipment. I remembered Omnec Onec and her book “From Venus I Came” that I had heard of a couple of years before in the talkshow. I ordered the book for myself and devoured it. Omnec’s descriptions of the astral Venus and the continuous love and wisdom in this extraordinary autobiography touched me deeply. I felt like I had arrived at home. Some months later I read her second book that was available at that time titled “Handbook of Venusian Spirituality”. This time, I decided that I had to meet this woman in person and contacted her publisher to ask for tour dates. I was directly forwarded to Wulf Wemmje, who was Omnec’s manager at that time, and he offered me to come to Landshut with Omnec, if I was willing to organize a lecture and workshop for her. Of course, I was thrilled and accepted right away.

When Omnec stood in front of me only three weeks later, I was very nervous. She was dressed all in white and looked fantastic. Her calm, loving charisma and the information that she shared with us in her lecture and workshop moved me deeply. During this first meeting, I was too excited to have a closer contact with her. Our amicable, almost familiar relationship started to develop about half a year later, when she and Wulf came to Landshut again. When Omnec and I exchanged glances in the workshop, I realized what real love is for the first time in my life. My heart was wide open, I

was very relaxed and well-balanced. This memorable experience was the starting point for our long-term future collaboration.

From this time on, Omnec and I met more and more frequently. The experiences that I had personally with her and triggered by her presence in my life could fill an entire book. One day I found myself in the situation of translating her lecture into German. This was followed by the first trips together to workshop locations, and later we discovered that we share the Oasis-Vision. Obviously it is a part of my self-chosen life task to support and spread Omnec's information, because this is what I have been doing since then. Again and again I traveled with Omnec in the German speaking countries and organized lectures and workshops. In 2008, I created her website [www.omnec-onec.com](http://www.omnec-onec.com), followed by social media activities and video uploads on YouTube. As Omnec's books were sold out and I myself unable to re-publish them at that time, I found a new publisher for her who not only published her books as a compilation edition, but also her CDs and a lecture-DVD. As an employee at the publisher's house, I edited Omnec's books, typeset them, spoke the German versions of her CDs and DVD and went on a reading tour with her in fall 2011.

During this reading tour, I recorded all book presentations and transcribed them afterwards. This resulted in the idea to compile the present book and to complement it with unpublished material.

Since 2012 I am self-employed with my publishing service. The present book is the first book that I have published through my newly founded publishing house DISCUS PUBLISHING. I hope that it reaches many interested readers for whom the messages from "The Woman from Venus" are as valuable as they are for me.

*Anja Schäfer*

PS: To be able to distinguish throughout the book whether a text was written by Omnec or by me, the name of the author stands on top of every text.



# About Omnec Onec

## – The Woman from Venus –

*Author: Anja Schäfer*

Omnec Onec is the only recorded living Venusian in our societies who came to Earth from the astral dimension of Venus with her own physical body. She became publicly known by her autobiography *From Venus I Came*. In this book, Omnec portrays in detail the history of Venus and describes why and how she was born on the astral level and why as a child of seven she was given the opportunity to lower her vibrations, to manifest a physical body. She came to Earth in order to later in her life work as a spiritual teacher and to fulfill her earthly life cycles.

*“As I was born on the planet Venus in another dimension and came to your planet as a young child, I was able to retain the knowledge and information that I had gathered as a Soul through many incarnations and lifetimes. I can keep this information intact, and what I teach people is actually what I KNOW and not what I’ve read about or what I’ve heard, but what I have experienced through many different life cycles on Earth and in other dimensions.” Omnec Onec*

The astral plane is a dimension of higher vibration that cannot be seen or proven with physical means. According to Omnec, a long time ago Venus<sup>1</sup> supported physical life very similar to the Earth today. Natural evolutionary cycles and changing living conditions

---

1 Omnec speaks about Venus, Mars, Saturn and Jupiter as the planets whose inhabitants colonized the Earth millions of years ago. They all still carry life in a higher frequency. (Publisher’s comment)

made physical life on Venus impossible, but due to the spiritual development of the people, their societies continued to exist in finer levels of vibration.

The Venusians live in tune with natural laws and the “Laws of the Supreme Deity”. They are fully aware of their connection with creation and handle their spiritual powers with responsibility.

Omnec wrote the manuscript of her autobiography in the Sixties already. The book was first published by the U.S. Colonel and UFO investigator Wendelle C. Stevens in 1991 in the USA. As Omnec was guided to focus her teachings to the German speaking countries since 1993, this first book and the next ones – the continuation of Omnec’s autobiography on Earth with the title *Angels Don’t Cry* and the condensed essence of Omnec’s spiritual teachings with the new title *My Message*<sup>2</sup> have not been published in English before 2012. In 2012, these three books came out as a compilation edition with the title *The Venusian Trilogy*.

The spiritual name “Omnec Onec” means “spiritual rebound”. It’s Omnec’s task and talent to help people reconnect with their true selves as Soul. Her Earth name is Sheila Gipson. For karmic reasons and to fulfill her mission, Omnec physically replaced the girl Sheila at the age of seven. In her autobiography and in her public appearances (see PART ONE of this book), Omnec describes the circumstances of her arrival in Sheila’s Earth family.

In 2009, Omnec Onec had a stroke. Since then, she has reduced her public activities to a minimum.

Omnec was married twice. She has four adult children and three grandchildren.



---

2 Original title *Handbook of Venusian Spirituality* (Publisher’s comment)

## PART ONE

# **The Unknown History of our Solar System and the Spiritual Transformation of the Earth**

Author: Anja Schäfer

In the mid-nineties, Omnec Onec shared the information about *The Unknown History of our Solar System and The Spiritual Transformation of the Earth* with people for the first time.

*“I first heard about the Transformation and the history of the solar system at a meeting on the astral plane to which I was invited in 1994 and which I attended with the help of a long meditation. There, the connections were made clear. Thousands of human and non-human beings from different galaxies, all intelligent and highly evolved beings, attended this meeting. It was just one of countless occasions when they got together in order to coordinate their efforts to save the Earth. Since about 1930, they tried to increase the vibration step by step in order to prevent a further destruction of the planet.”*  
Omnec Onec

After Omnec told in lectures the story of mankind on Earth and the interrelationship with today’s times of changes, many people wanted to know more – so the “Transformation-Workshop” was started. In the course of weekend seminars, Omnec shared universal truths for many years. Her information not only made a lot of sense to many people, but also touched their Souls and caused consciousness-expanding experiences.

When it became clear in 2004 that Omnec would return to the USA for an extended period of time, it was uncertain when and if she would come back to hold lectures and workshops in the German-speaking countries, so this video<sup>3</sup> was created.

Besides the unusual biography of “The Woman from Venus”, one can say that this information encompasses the essence of what Omnec Onec has to share with people. *The Unknown History of the Solar System and the Spiritual Transformation of the Earth* covers the gigantic spectrum beginning with the origin of mankind over the descent of consciousness up to far into the future of the Earth

---

<sup>3</sup> The video recording of this transcript is available as a double-DVD. (Publisher’s comment)

– the future of this planet that after the completion of the currently ongoing Transformation Process will be a total positively changed place and home of free people, people who live in harmony with nature and with the universe just as they are determined to live by nature: as free, unlimited, and creative Souls who are fully conscious of themselves and their connection with creation.

The first part of *The Unknown History of our Solar System and The Spiritual Transformation of the Earth* contains the complete information about the inhabitation of our solar system and the currently ongoing Transformation Process of the Earth. This text corresponds to the lectures that Omnec Onec held about fifteen years until she had a stroke in 2009.

In the second part of this transcript, Omnec Onec gives a short introduction into her life story and speaks about her origin, before she goes more into detail about the Transformation Process and the future of the Earth.

# The Unknown History of our Solar System and the Spiritual Transformation of the Earth – Transcript Part 1 –

*Author: Omnec Onec*

## **The Inhabitation of our Solar System**

**H**ello, my name is Omnec Onec. I'm known as Omnec Onec, that is my Venusian name. I am going to tell the story of how the human beings came into this system and eventually inhabited the planet Earth. I would like to explain in kind of a story way like I know it myself, and then I can tell you of course eventually how I came into the picture and how I came to be on your planet. It was a spiritual decision that was made by my spiritual masters and I had the decision to make whether to come here or not.

But the story began a long time ago, before the Earth was even a planet. In faraway galaxies, four different galaxies, that's what I've heard of, the first human beings came in great space ships. They were sent by the spiritual hierarchy. They were told they had to come to this system and inhabit this system, because there were no human beings at that time in this system.

There was the white race, the yellow race, the black, and the red. They have all been given the same information that they would inhabit this system here. So they travelled with their ships, and they encountered one another. They were very well understanding of all physical life. They were in communication with minerals, plants, animals. They were very consciously spiritually aware people. They

communicated without speech, by telepathic means. They considered themselves as a part of the human race and not by the skin color, or the cultures or whatever.

They created kind of a – what you would call – cooperative friendship with one another, and they worked in harmony with each other.

They arrived in this system, and they had to create new homes and new beginnings for themselves, because they knew that the thousands that they had brought with them from their home system would never return – that this was to be their new system and their new home. But they carried, of course, the wisdom and the information and cultural ways to this system. They had to choose new homes, and the four oldest planets that were inhabitable at this time were Mars, Venus, Saturn, and Jupiter. The black race chose Jupiter, because of the similarities of the system to where they were from. The red race chose Saturn for the same reasons, and the yellow race chose Mars, and the white race Venus. This was all depending ecologically on their genetics and on what they were used to as far as their environment goes. So they settled on these planets and created new lives, new homes, new communities, and they located the power places on each planet, and on each planet they decided to build a temple, and this temple on their home systems always served as a doorway to the other dimensions, because they communicated with beings higher than they were and more spiritually evolved who no longer lived in the physical. This way they could manifest through these temples technology, crystals, and different things that they needed to survive in their societies. These temples were always located at a power place, at a very special location, and they were able to determine this because of their technology and because of their knowledge.

## **The Earth Emerges and is Filled with Life Forms**

They communicated very well with each other and decided that there was a new planet that was in the process of forming into a planet. It was at this time a comet. The Earth didn't yet exist. They were all waiting for this comet to take its place in rotation around the sun and to become a new planet in this system. They all knew of this, and for generations, they watched, and they waited until this comet actually formed into a planet and took its place in the system. This planet now, of course, is known as Earth.

When they came into this system, there wasn't any human life, and this was why that they came. Their mission was to bring human life into this system that only had plants, minerals, and animals. They went to other systems, when the Earth became a planet and cooled down and took its rotation place. They decided that they would bring all manner of life to this Earth. They would bring plants, minerals, and animals of the most exotic nature and the most beautiful from different locations in our system. So they travelled with their ships and they communicated with these different and various life forms and got permission to bring them to Earth to live in cooperation and harmony for the planet Earth's benefit and beauty.

And crystals and things – they were aware of their properties as far as healing, as far as spiritual evolvment goes, so they balanced the Earth very well with these kind of life forms.

That turned out to be a very beautiful kind of a paradise, this Earth. It had all kinds of exotic fish, and bird life – at this time the Earth didn't have desert areas or frozen areas.

It had two moons, and so that they had a very harmonized environment, and they didn't have these diverse weather conditions that the Earth now has.

Word got out about this new planet Earth, and people and visitors came from different systems and different planets. There were non-human and human forms of life, but they were intelligent, and they came to see this wonder, the new Earth. The four beings were very happy with what they had created and what they had done. And they had vowed that they would protect this planet, because it



would serve a special purpose of where various different life forms could live in complete harmony and cooperation. So they were happy with this planet.

## **The Battle for the Earth**

Then there came some visitors, who weren't so spiritually evolved and weren't even in the form of human beings. They were reptilian and dinoid beings. They walked on two legs and they traveled with space crafts, they had great technology, and they were intelligent. But they weren't at all evolved as far as the spiritual understanding goes. They looked at every life form that wasn't the same as them as beneath them. And they had no respect. They started to take things from the Earth, some of the beautiful plants, some of the animals, some of the minerals, and then they got into a war with one another over who would own this planet, who would rule this planet. They created this terrible war that lasted for, I think maybe 30 or 40 years. They had nuclear weapons, and they had weapons that you only see now in science-fiction movies.

One of them made a base on the moon, and one of them on the Earth. During this war, they almost totally destroyed the planet Earth. A lot of the life forms lay in ruin and waste. And the moon that they created their base on, was totally destroyed. So the Earth only had one moon left. And after the ruin, of course, they actually left the planet, they had no use for it anymore. It wasn't beautiful, it wasn't rich anymore. And they even left the wounded behind, because they had no use for their own wounded. So they went back to their home systems.

And then the four original races had to decide what they could do to help planet Earth, and even the wounded that were left here. So they made the decision that they would take small ships and they would investigate. They only took several small crafts from each planet, and several beings, like scientists, ecologists, medical people, and tried to see what they can do for the Earth and for the wounded.

## PART TWO

### **Unpublished Texts**

The second part of this book contains information from Omneconec that was not published in printed form until now:

- The True Story of Christ (1999)
- Meeting a Gnome (2000)
- Venusian Script (1993)
- Venusian Ceremonies (1998)
- Interview between Omneconec and Marina Popovich (1994)

# The True Story of Christ

*Author: Omnec Onec*

The true story about the life of Jesus Christ is most fascinating to me. I will tell it the way I have heard it from my aunt Arena on Venus. I will relate the things that really happened in the same way as I have heard them during my studies of the Earth's history on Venus. I do not wish to discredit or condemn any religions or teachings. Take it as you wish and let it affect your life where it may.

The man that you know under the name of Jesus Christ is one of the most controversial and misunderstood figures of all times in Earth history. Before incarnating here, he lived as a Master on Venus. But his highly evolved Soul decided to balance old karmic debts by living as a spiritual teacher among the same people that he and others had led into ignorance in a former life.

After the genetic manipulation of humans on Earth, the people had forgotten their heritage and former powers. They no longer could communicate with their ancestors in the other dimensions or contact the Ascended Masters. They had become a frightened people. They were ignorant of the most basic truths, about the universe, about God, and about themselves. Physical survival and comfort was the number one care, and death was the number one fear. Religions with their rituals and restrictions had been established by the ruling officials in order to exercise limitless power and total control over the people. Limited beliefs had created a limited way of life for the masses.

Space ships were as familiar in the skies of Biblical times as are the UFOs of today. Space travelers visited regularly to help with Earth's spiritual growth. In the lands of the Jewish people, visitors from outer space were called angels, which means heavenly beings. And Biblical history is full of tales about people meeting with God

or the angels, or crude descriptions of space ships such as “ball of fire” or “wheel within a wheel”. People who know nothing of advanced technology cannot relate to it other than in their own way. In those days the unknown was usually thrown in with the religious or spiritual. Thus they believed that humans who landed in spaceships always wore white robes and who had such a peaceful and friendly countenance to be spiritual beings.

A young woman named Mary happened to meet one of these beings from another planet. She was out alone, walking the sheep, when a space ship landed nearby and one of these heavenly beings came out to speak with her. The man from space perceived that Mary was pure of thought and would not be frightened by the visit. Mary of course was awed by him, considered him to be an angel sent by God. When she asked him about this, he said, “Yes, we are all of God.” That day he gave her spiritual insights about God and about people from other planets.

They met quite often, and soon they had fallen in love. When Mary became pregnant by him, he asked to marry her. This was impossible, she said, explaining the way of her culture. A person who married outside the faith faced a horrible death by being stoned. This was merely a rule made by the priests to keep the race intact, and the visitor knew this. Mary was also frightened of leaving with him, because she thought this meant she had to die. It was no use trying to persuade Mary to join him.

In the following weeks, the visitor received the spiritual insight on what was happening. For centuries there had been prophecies in this culture that a Messiah would be sent by God to lead the people. This was the child that Mary was bearing! Knowing this, he realized that the boy must be raised among the Jewish people. He agreed with Mary that she would be able to stay and have the child. “You can tell your people whatever you want, but I would tell them the truth. You may have the child here for thirty years, but I shall have the child for the last half of his life. And I will visit him periodically throughout his growth to help him spiritually”. Mary agreed to raise her child with the spiritual teachings he had given her.

Then she went to her people and told them that an angel had appeared to her saying she was to give birth to a child of God;

# Venusian Ceremonies

*Author: Anja Schäfer*

The Venusian Ceremonies were included in Omnec's *Handbook of Venusian Spirituality* which was published in the year 2000 by Omnec's first German publisher, the Omega Verlag. This book had only been published in German and has been sold out since many years. Today, the other contents of this book are part 3 (*My Message*) of Omnec Oneec's compiled edition *The Venusian Trilogy*.

*Author: Omnec Oneec*

The following ceremonies and rituals are all done mentally on the astral as we have no need for physical language. I have transformed them to a physical language suited to your understanding and concepts.

The ceremonies are used to symbolize and share feelings within different relationships. They are meant to honor the feeling of special experiences that one wishes to share with one or more. They represent our understanding of relationships and different experiences that a Soul encounters – such as love, commitment, honor and even translating, or death as you know or understand it.

On Venus I was still too young for those rituals. I have later learned them from Uncle Odin and have now received the permission to make them public.

## Venusian Ceremonial Blessing

If you gather with other people for a spiritual event – a workshop, a group meditation, a dinner etc. you may speak the following blessing:

“Our Supreme Creator, we thank you for the energy that flows through us and supports us.”

(If also food and drinks are dished, then add here the following sentences: “Bless the Souls that have served their purpose to serve as nourishment for our physical vehicles to supply us with the energy we need to best represent you. Thank you for the host that prepared this food with love and shares it with us.”)

“May we all be grateful to serve as a representative for you and continue to give love as you love us freely. May we all accept the different ways we choose to serve in our chosen ways.”

Blessings to all, thanks to all, Omnec (your name said here).”

## Venusian Love Ritual

Preparation and things needed for love ritual:

- A room only to be used for no other reason at this time. The energy must be kept.
- One bottle of special wine selected together.
- Two wine glasses
- Scented body oil selected together.
- Each must choose one special flower with fragrance.
- Each must choose a special candle – shape and color individual choice.
- Each must choose incense with special scent.

The flowers are kept in one vase in the room prepared for the ritual, also the wine, music and two pillows on which to sit.

Bath before entering the room. Use perfume or cologne.

Except the couple that wants to do the love ritual no one else is to enter the room.

## **The Ritual**

First it is important that the two partners have a deep understanding on all levels, knowing that they are Souls that have had experiences together before, understanding the quality of unconditioned love, non-personal love that the Creator has given to all living things, the love that supports all that is.

Love is unlimited and exists beyond the limits of each specific existence. Just as love has no boundaries we must extend our energy beyond this temporary physical existence. This ritual is a way to experience this energy and share it with someone special. It must be taken as a serious and very deep love exchange.

It is much easier on the astral where one does not have the limits of a physical body. However, it can be experienced also here in the physical. So I have transferred the information and set down steps to help you to sensitize your physical self as it is a very subtle but deep experience.

First of course there has to be an agreement between the two partners and a commitment to follow the steps together. The ritual takes a total of three days preparation. You must read the passage together so that there is a level of understanding reached. After reading it the first evening you must do a meditation together for thirty minutes:

Visualize all the qualities of each other, seeing the person, loving it, absorbing it into yourself.

After the meditation you look deeply into each other's eyes facing one another, holding hands, feeling the energy and love for one another. Sometimes even past life experiences may emerge, whatever emotions are felt must be shared.

Then you both kneel, facing one another, holding hands. You



## PART THREE

# **Transcripts**

Author: Anja Schäfer

This third part contains transcripts of the book presentations Omnec Onec gave in 2011 on the occasion of the re-release of her books in German. Due to Omnec's health condition – she had suffered a stroke two years earlier and had not yet fully recovered again – we – Omnec Onec and Anja Schäfer – made these presentations as energy saving for Omnec as possible by following the same sequence:

- Introduction of Omnec Onec
- Reading an excerpt from *The Venusian Trilogy*
- Questions & answers
- Autographing session

To convey the live atmosphere and Omnec Onec's personality as authentically as possible, we have decided to print the original recordings of the presentations unfiltered, although some contents partly repeat. The same questions are sometimes repeated, because they were asked from different human beings with different consciousnesses in different places. The questions associated with the great expectations concerning December 21, 2012, were asked very often, and even though this date at the time of the publication of this book has already passed, Omnec Onec's answers to similar questions on specific dates and expected events are timelessly valid.

As a reading about the astral level of Venus was part of almost every book presentation, we fully quote this excerpt with the kind permission of the publisher *Das Gute Buch* in the first transcript (Cologne, September 3, 2011) and point to it later accordingly. We also thank *Das Gute Buch* for the permission to quote the excerpt about the Soul Journey (*Mantras and their Benefit*, Dresden, October 30, 2011), and we thank Robert Scott Lemriel for his permission to print his information titled *The New Sugmad Expansion Ray* which has also been included in Omnec Onec's book *The Venusian Trilogy* as the last chapter (Munich, September 26, 2011).

## Cologne, September 3, 2011

OMNEC: Good evening. My name is Omnec Onec from Venus and I am not sure if you know that I had a stroke two years ago. But all is good now.

Anja is going to read a little bit about the planet Venus – about the astral dimension.

+++

### **Reading: *The Venus Plane*** (excerpt from *The Venusian Trilogy*, From *Venus I Came*, chapter 5)

The astral plane is an immense universe, even greater and more vast than the physical plane with all its solar systems and galaxies. Venus is a mere speck in that one of many other realities and is a speck in our limited reality also at its dense physical level. But the astral plane is only one of many planes of lesser density in being.

Many individuals who have experienced these worlds in out-of-body travels have called them heavens. Conditions are so much more beautiful and peaceful there that their vocabulary failed them. What they were able to write down in the past is today called religious, mystical or spiritual literature.

The astral plane existed long before the physical and will endure beyond. The most common things known and recognized here in the physical world first existed there. Naturally there is much on the astral plane which does not exist here, but all that exists here does have its counterpart there – and more.

The differences between the astral and the physical planes take

some explaining. Just as x-rays are at a higher frequency than solid rock, the entire astral plane is at a much higher frequency than the physical. This is one reason why scientists on Earth have not yet proven its existence. None of their scientific instruments can detect such very high vibrations.

Because matter on the astral level is so high in frequency, those of us who live there can have complete control over it by thought power alone. On Earth, few people have developed the power to directly control matter with the mind. On Venus, mind over matter is a way of life.

Any form or thing that a person on the astral can imagine, he or she can manifest by the power of thought alone. It is a law of nature there, just as gravity is a basic law of nature on the physical planets. What really happens is that people convert the energy around them into the form of matter desired. The created object then appears wherever the person puts his or her attention. Homes, clothes, furniture, plants, food, jewelry, and anything imaginable is created by a special mental process that has to be mastered at a young age.

There are limits. This same power will not destroy things or reconvert them to energy. Things disappear only if the person who created them leaves the astral plane, unless they were originally created with the definite intention that they be temporary and how long, such as our castles and ranches and elaborate play creations. If I had created a toy that soon bored me, I may change its shape into another kind of toy, but I could not point my finger at it and have it disappear in a flash, forever gone. If my aunt Arena no longer liked a certain chair, her only choice would be to reform that chair. She could not remold it into a table or anything other than a chair.

On the other hand, when we create things, they do seem to appear out of thin air. For people on the astral plane this is as common and accepted as driving a car here on Earth.

Because we respect each Soul's individuality, people do not interfere with another's creations. If I did not like the bright blue tree in front of another's house, I would not think of changing it. That would be interference, which creates karmic responsibility.

Just because our thoughts precipitate matter, the common everyday things on the astral are no less real. A marble floor looks and

feels like marble, skin feels like skin, water feels like water, flowers smell like flowers, honey tastes like honey and so on.

Moving things is of course very easy, just a matter of choosing and thinking. If I wanted, I could have a glass of water rise up from the table and float, just by mentally commanding it. No more effort is involved in moving a huge sofa up into the air than in swinging the bed as I am resting on it.

Traveling from place to place is just as easy. People who like to walk do so. We can also levitate and float in the air or glide instead of walking by willing it to be so. For longer trips we travel at the speed of our thought directly to our destination, which usually seems just a matter of appearing there. Whenever I decided to visit the Temple of Arts in downtown Teutonia, I would place my attention on exactly where I wanted to be. One moment I would be standing in the bedroom; the next instant the surroundings would change and I would be standing in front of the Temple. It is very simple. I do not know the mechanics of how it works – it just works. (People on Earth say the same thing about electricity.)

The speed of thought is much faster than the so-called speed of light known to physical scientists. In the astral body we can travel so very fast because it is made up of condensed energy, as completely under the control of thought as everything else on that plane of being.

The astral body has the same form as the physical, except that it is much more beautiful. It is not just a blob of light, but unlike the physical body, it is luminous and stays alive by absorbing energy directly from the surroundings. Although there are no actual internal organs, people here do eat out of habit and for the simple pleasure of it. Food conveniently turns back into energy as soon as it is swallowed.

Using the power of thought, we can easily change our outer appearance or make ourselves completely invisible. There is no physical pain or fatigue as on the physical planets, which is one good reason why newcomers to the astral call it heaven.

The colors in our everyday lives are indescribable. Compared to the glowing, vibrant colors of the astral plane, colors in the physical are pale or dark and muddy at best. The duller red of the astral world

is the brightest in the physical. Also, very many colors which we take for granted don't even exist on the physical plane.

Our surroundings at home had such an assortment of magnificent colors that I can't even begin to describe it. Just as wonderful is the fact that everything glows. Matter on the astral plane is luminous, like stained glass being lit by the morning sunlight. The sky and clouds are a sea of cheerful colors.

The astral body and the astral plane are not completely unknown on Earth. Each person living in the physical world has an astral body as well as several others, as taught in the Laws of the Supreme Deity. Quite a few people have written books about their experiences with astral projection, which is a limited form of out-of-body travel in the astral body. The safer way of visiting the higher planes is by using the Soul body, which is not limited to any one place as the astral is. But, of course, not everyone who does astral projection is aware of the Soul Journey<sup>10</sup>.

+++

OMNEC: Yes, it's a little different than Earth.

The Soul is the essence of every living being. It's eternal, it's forever. Only your life on Earth or your existence in one lifetime is limited. Love is always there. It knows no boundaries. Love exists forever. We are created out of love. The love that God had for Itself. God loved Itself so much, that It created everything from Itself. Everything that exists continues to create from itself. So our existence is forever. Love is the strongest power in the universe – and the greatest. The more you give of this love, the more you receive. Love is the essence of our being also. Love is all there is actually. It's all you need (like the Beatles song). If you have love, you don't need anything else. You don't have to look for love – it's within you.

I am sure that many of you feel a connection to Venus. I feel that all of you are part of myself. And I feel at home. I feel the love from the people around me.

---

<sup>10</sup> also Journey of Soul or Soul Travel (Publisher's comment)

I came to Earth and had a great adventure. My life is still an adventure. Everywhere I go, there is so much love on Earth. Earth is now my home. I have children here and I was married twice. Now I'm just single. But still the connection is there to my family. I call every person I meet on Earth my Soul family. I feel that way. I am very happy to be here and to present my new book.

I was on a tour with Anja before when I had my stroke. I couldn't believe it that I don't have the ability to make my body whole. I have to live with this – like everyone. I have to accept what is. I am satisfied. I understand that we have chosen experiences. Even if it is painful, it is part of our growth and learning. It is not easy, but it is necessary.

I am so happy that you came tonight. I thank you very much.

I know it's very curious for people – I lived in such a wonderful place, why did I come to Earth? Because I wanted to understand what YOU experience. I must experience everything for myself, then I KNOW. People tell me but I don't know unless I experience. If I don't know the pain, then I can't understand how you feel. So now I have the ability to understand how you feel and to have the same feelings. You know that without darkness, you can't enjoy the light. Without pain you don't know how it feels to have no pain. You have to have the opposite to know how it feels to be whole and free and happy – how you should feel. A Soul must experience everything there is in order to fulfill its existence. The Soul's whole reason for existence is to experience. So every experience is important. It's very valuable for the Soul to develop and to perfect it. We have to know all and be all, then we can have the experience of being part of creation, of God, through each of Its creations. God experiences everything through Its creations, through each Soul. So every experience is important.

We can't judge one another. We have to accept all. The good and the bad are the same. The good and the bad exist in your mind, but in reality they don't. There is no good and bad. In God's eyes all is as it should be. Everything is as it should be. Each day be thankful, because everything that happens is supposed to. We shouldn't want to change anything. It's a mistake to do that. We have to be satisfied and happy with everything, because we ARE very lucky. In reality

we do. Life is very valuable. It's easy to run away from life, but it's hard to stay and really experience. It's important that you remain and do what you have to do.

I love Earth very much, because there are so many different things to experience. Every Soul is individual and unique and special, and every experience each Soul has is like a facet of a jewel. Every jewel is unique and special. And that's what you are as Soul: perfect and beautiful. You don't know your own beauty. I wish you could see your real beauty – it's really wonderful. I couldn't describe it if I tried. But you must know that you are indeed beautiful, and I love all of you.

I know there are many questions and I am going to take the time and try to answer.

*AUDIENCE: You write in your book, when you came from Venus to Earth that first you went to a monastery in the Himalayas where you learned to deal with your physical body. You had to learn to walk, to eat, etc...*

OMNEC: Yes, that was very difficult. I had to get used to the body.

*AUDIENCE: I just asked myself – when this exchange took place with the other girl during the accident whose life you took over, I was wondering how this exchange took place. You came with your own physical body and the other girl also had her own physical body – so there was practically one body too many.*

OMNEC: Sheila was in a bus accident and her body burned.

ANJA: In her book, Omnec describes this situation with the exchange as follows: Omnec had been placed close to the point where the accident was supposed to take place. When the bus came and the accident happened, Sheila's body was thrown out of the bus. During the chaos, Omnec showed up and replaced the dead Sheila – so she was like one of the survivors. Sheila's body was never found, because Omnec's uncle took care of it. This whole exchange had karmic reasons and was well planned and prepared in advance, so that Omnec could be smuggled onto the Earth. After the accident, the people were waiting for help and, when another bus came, Omnec was put on that bus in Sheila's place.

OMNEC: Before that, when Sheila was born, my Soul accompanied her Soul in the birth process – so I as a Soul could receive the genetic



imprint from Sheila, so that when I was living in her place I would have the same physical characteristics. It was necessary.

*AUDIENCE: I have another question on this subject. I heard that you had to take over karmic entanglements from Sheila when you took her place. Is that correct?*

OMNEC: Yes, I owed it to her. In another time, she had given her life for me. And so I came in this life when it was too difficult for her. It was karmic.

*AUDIENCE: How did you walk into Sheila's body? I would like to better understand how such a walk-into another body functions.*

ANJA: That is a misunderstanding. We just explained the physical exchange between Omnec and Sheila. Omnec did not walk as a Soul into a different body; she took over her place physically. The girl Sheila died and Omnec was present in order to replace her.

*AUDIENCE: And where did the other girl go?*

ANJA: In the book this is only briefly mentioned. Omnec did not come all alone. She had two persons accompany her, her Uncle Odin and a Martian. In the book it is described that these men took care of Sheila's dead body, and that it is why it was never found. There are no details explained.

*AUDIENCE: In other words – there are UFOs, yes?*

OMNEC: Yes.

*AUDIENCE: Oh! According to what they say in the TV there are no UFOs.*

*AUDIENCE: I am still unclear... I read your book more than ten years ago... well, did you also look like Sheila then? And the mother and the other relatives simply thought that that was their Sheila who survived the accident?*

ANJA: Exactly, yes, Omnec even wore the same patent leather shoes. Sheila was on her way to her grandmother and they had not been together in a couple of years. And because Omnec and Sheila looked like twins, nobody would have assumed that an exchange had happened, so this was unnoticed.

*AUDIENCE: So everything was planned and prepared?*

ANJA: Yes, everything was prepared.

OMNEC: Exactly!

ANJA: In the book, it is all described in detail, all events and every-

thing that took place before this exchange happened – it was quite a long preparation.

*AUDIENCE: I would like to know if you in the meantime had the opportunity again to travel back to your home on the astral level on Venus, for example with your Uncle Odin or with somebody from where you came?*

OMNEC: No. I would never return. When I left, I knew I would not go back.

*AUDIENCE: But is there the possibility of a connection?*

OMNEC: Only with Soul Travel.

*AUDIENCE: I also heard that it is possible to take one's body there.*

ANJA: ... to the astral plane of Venus?

*AUDIENCE: ... to other levels, yes.*

OMNEC: I haven't experienced this – so I don't know. But I know that we have the possibility on the astral to manifest a physical body. It's a special mantra that we do. And it creates a physical body.

*AUDIENCE: Have you ever had contact again with your twin sister – with Sheila?*

OMNEC: Not in this life, no. With the Soul, yes; with the Soul I am in touch.

*AUDIENCE: After this lifetime, will you go back to Venus, to the astral?*

OMNEC: No. I'll be on another dimension. I am finished with the physical. [everybody is laughing]

*AUDIENCE: So it was important to go into this life for a last experience?*

OMNEC: Exactly. This is my last experience in the physical. I've had enough. [laughs and everybody is laughing with her]

*AUDIENCE: Where do you know this from – that you go to another dimension and not back to Venus?*

OMNEC: Oh, from my masters. I have some spiritual masters that told me. I already chose when I came to this Earth that this will be my last life, so I chose a spiritual journey.

*AUDIENCE: Before you came here?*

OMNEC: Yes. And it was very difficult.

*AUDIENCE: What was very difficult?*

OMNEC: My whole life! [everybody is laughing]

*AUDIENCE: Are there more people like you who made the same experience with this exchange of physical bodies?*

OMNEC: No, I'm not sure of that, but many people from other planets come to Earth and live in your societies.

ANJA: But usually through the birth process, or ...?

OMNEC: No, they come physically in space ships. And they live here.

ANJA: You mean as adults?

OMNEC: Yes

*AUDIENCE: As walk-in?*

ANJA: No, she did not mean as walk-ins, but physically.

*AUDIENCE: Are they in contact with each other? Do they know each other?*

OMNEC: Yes, they know – they are aware.

*AUDIENCE: This December 21, 2012, when the Mayan calendar ends, can you say something about this, because there are so many fears circulating – how terrible this is going to be – but there are also many people saying that everything is going to be wonderful and that it's only a transformation.*

OMNEC: I have heard from the masters that we have control over what happens on Earth. If we focus on negative things, then we create them. It depends on what you want and what you wish to happen.

*AUDIENCE: Does it really make sense to pray for the Earth and its healing? Is that enough? I mean, I am praying for this every day, and there is this Operation Peace Program as well...*

OMNEC: That's why! Because you have a lot of power and you have the control over what happens to this planet.

ANJA: The Operation Peace Program<sup>11</sup> is a meditation program that Omnec called into being so that people can consciously send out their powers for healing and peace.

OMNEC: You should give your energy to the fact that human consciousness is going to get higher and the way they exist will be better. Things will get better. Create the Earth as you want it to be!

*AUDIENCE: I have a question about raising ones consciousness. Is there a special way? It is possible by meditating, but ... I am also*

<sup>11</sup> see also PART FOUR of this book "Projects"

## PART FOUR

### **Projects**

# Operation Peace Program

*Author: Omnec Onec*

I was asked to create a meditation by the spiritual hierarchy and my people. All I had to do was choose a day, and I got a group together from all over Europe, and all ages, children up to adults, and older people. We decided that we would choose a day during the week, because that didn't interfere with the holidays of the churches and the organized religions, when most people put their attention on church and prayer and attend services. So we chose a day between Monday and Friday. Everybody wrote their request on a piece of paper. Some people thought Monday, the beginning of the week, was the best, some thought Friday, because it was the end of the week. Everybody had their own ideas. I decided on Wednesday, because it's a neutral day, it's in the middle of the week. Apparently, when we counted the votes, there were more requests for Wednesday. So Wednesday became the chosen day for what we call "Operation Peace".

I chose this name, because everybody takes 10 minutes in their own time, and focuses their attention on peace for this Earth, and healing the Earth. You can choose any kind of project, you can take the rainforest, you can take the whales, you can take different projects that involve the Earth, or you can just picture the whole Earth itself.

You do a 10-minutes-meditation. On this day, everybody chooses their own time, there is not a set time, because everybody has different schedules, and different time sequences all over the world, there are different times. So we didn't set a certain time, we leave it up to the individual to choose 10 minutes when they have the free time and quiet to do this. Some people get together on every Wednesday, and then they choose to listen to maybe my CD or so,

and then afterwards they do a group meditation and visualize peace on the Earth. This started, I think it was in 1992, I am not really sure of the date.

I was also advised that if I created a day and requested that everybody meditates that the beings on the higher dimensions would also participate with their energy to the Earth, so that we could create a spiritual group consciousness, a united consciousness, where we are all focusing our energy, our meditation, or prayers whichever way you decide to do it of sending healing energy to this Earth. It has been quite successful; it has been going on for years.

That was just to show the people what 10 minutes of really focusing their attention on one project can do, and it didn't matter where you were in the world or what time of the day. So it creates a 24-hour cycle of meditation on Wednesday, if you have been given the different time sites all over the Earth.

It has been very successful. It doesn't take much energy and much time, and everybody is interested in peace and in healing the Earth. It doesn't interfere with religious beliefs or anything.

I believe that every person has the right to choose a certain religion if they do and if they want. I don't say anything is good or bad, because that's not my decision to make. So we created this one day. I found out later that this was part of the Transformation Process. It was part of teaching the people how they could be involved even if they don't really do much.

It only takes a little effort and a little concentration and discipline that every Wednesday you can remember, this is Operation Peace-Day, so your mind is on it and you are thinking about it. So now it's a special day.

That was one project that I found out later on, was a part of the Transformation of the Earth.

## Omnec's Oasis

– A Place in Harmony with the Universe –



“I often presented the project ‘Omnec’s Oasis’ in my lectures and workshops. This project does not represent a certain religion or teaching, but encompasses all beliefs and cultures. It is a place which carries the spiritual headlines ‘You are not judged here’ and ‘Unconditional Love’. Places like this will be needed due to the Transformation of our societies.”

*Omnec Onec*

*Author: Anja Schäfer*

## **A Brief History of Omnec's Oasis**

The Oasis, how we call this project colloquially, is a vision that Omnec and I have been sharing since the Nineties. In a way, Omnec is the primal visionary, because due to her life story and her remembrance of the astral level of Venus she carries a deep knowledge about life in a higher vibratory rate and about a far more advanced society compared to what we know on Earth. Additionally, it is part of her life task to support the Transformation of the Earth by, among others, sharing information with people and thereby helping them to raise their consciousness.

After I met Omnec Onec for the first time in the Nineties, I went through intensive life and consciousness transforming experiences, these included writing down my first Oasis vision in 1999. At that time, my spirit had been free and I was able to visualize this place without any limitations. After I had written down my vision, I copied it about a hundred times and sent it off to all people I knew at that time – one of them was Omnec. Omnec was in Chicago when the letter reached her and she called me right away, all excited: “That’s MY Oasis!” she said very happily. It was the moment when I realized that we share the same vision.

In the course of the following years, Omnec and I tried several times to manifest the Oasis. The following words from Omnec are from 2001. We posted this letter to all people who had been saved in the former address database in order to inform them about the Oasis Project and to invite them to participate:

“I would like to invite all who are interested to contribute to Omnec’s Oasis. It is to be a Spiritual Center not based on a particular teaching but to encompass all.

It will not exclude or support any particular religion, race, or culture but give all a chance to express themselves as an individual or group.



The doors shall always be open – on a 24 hour basis with someone always there to share time or give you the feeling of acceptance.

You may receive or give from your particular circumstance.

Of course, you will have to contribute either money or time to attend to certain duties to maintain the Oasis.

There will be a music room with instruments and sound system, or you may bring your own musical instrument.

There will be a meditation room and also a place to eat, or drink and smoke. If you need solitude, this is possible.

There will be many types of healings available as well as scheduled topics and workshops. Or course, you may bring sleeping bags or rent a room for sleeping. No reservation necessary.

There will be provided guidelines or ethics which shall be upheld.

The sign over the entrance shall state **YOU ARE NOT JUDGED HERE.**

Art and sculptures will be displayed or created here also.

Here you can express yourself or share your talents with others. It will be a place of combined efforts belonging to all who wish to contribute.

It is the place of the future supported by co-operation. A place that will stand long after the Transformation. A place of love and support and respect of all living entities as the Creator intended.

If you wish to support this or raise funds with a special project it shall be appreciated.

I of course will be there at appointed times.

Thank you for your support of my mission on this planet Earth.

Love and Blessings – Omnec”

At that time, the contrast between Omnec’s description and our real circumstances had obviously been still too big, because the Oasis would not manifest yet. Although a house could be rented and a small community developed around Omnec, it has not been the time for the Oasis the way we visualized it. Consequently, the project withdrew into itself again in order to silently continue to ripen.

It was not until 2006 when the Oasis vision demanded my attention again – and more colorful and concrete than ever. After I had done a long meditation, I felt the strong need to describe the Oasis as detailed as possible and to draw some illustrations showing the

houses and the place the way I saw them inside of me. It was my intention to share the texts and the drawings with others to the best of my ability. I decided to learn as much about web design as I needed in order to create a little website and to set the Oasis vision online. This way, I thought, people at least have the chance to find our vision and to contact us if they feel in resonance with it. So in 2008, the first Oasis-website went online.

Occasionally somebody found the site, read the concept description and sent an email. However, none of us had real ideas about what we could concretely do to work on the manifestation of the project. Even when Omnec and I were together, the Oasis was not a dominant subject. It was as if the project needed its own time and space to develop in the background, before the next step in the physical world could be done.

This next step was taken in 2013 on the occasion of Omnec's 65th birthday that she celebrated in Germany. We took the opportunity to publicly present the Oasis Project and to invite to the first official Oasis meeting on September 28, 2013.

This first public meeting formed the foundation for the further development towards the manifestation of this project, because for the first time Omnec and I met a group of interested people, shared thoughts and ideas, and exchanged concrete plans for what kind of real steps should be taken next to help the further development.

Since the beginning of 2014, a new Omnec's Oasis Website is online under the domain **[www.omnecsoasis.org](http://www.omnecsoasis.org)**. It took me many years before I was able to accept the name "Omnec's Oasis" for this project, because I wanted to avoid the misunderstanding that this project is to put Omnec on a pedestal or to create some kind of cult around her – this is not what we intend to do. On the other hand, Omnec's Oasis is a name that can clearly be distinguished from all other places that include the word "Oasis" in their names. Furthermore I feel it's correct that Omnec's name is included in this place, as she is the primal visionary and bearer of the spiritual ideas behind it. However, colloquially we are still simply saying "The Oasis".

On the next pages follows the Oasis concept description that forms the meditation or working basis.

## Omnec's Oasis – The Vision



The Oasis is a place in complete harmony with nature. In the Oasis, people may live, work and stay as long as they'd like. The Oasis is open 24 hours a day for visitors and people in need of a place to rest and recover.

In the Oasis, peace and calmness rule as a natural state. There are also a variety of events taking place on a regular basis. Everything here is voluntary, but there are some simple rules and guidelines.

The Oasis is a place of balanced giving and taking. Every visitor, guest and inhabitant contributes in whatever way is possible and comfortable for them. The inner order of the Oasis is maintained through the natural intuition of the people there and through meetings of the people who are living there and wish to take part. In these meetings, all points are discussed which are to be addressed, as well as important decisions made.

In the Oasis, the “Communication of the Heart” is relied upon. That means, every person may speak what is on their mind while the others listen.

A central theme of the Oasis is “You are not judged here”. Love and acceptance replace judgment and criticism.

The foundation of the Oasis is the Earth itself. Life in the Oasis pulses in harmony with the Earth and is protected and supported by it. The care and maintenance of the Oasis is also in harmony with nature.

The place as a whole offers room for peace, healing, creativity, and learning.

The gardens are full of beauty and are used for the planting and cultivation of fruits and vegetables, flowers and herbs.

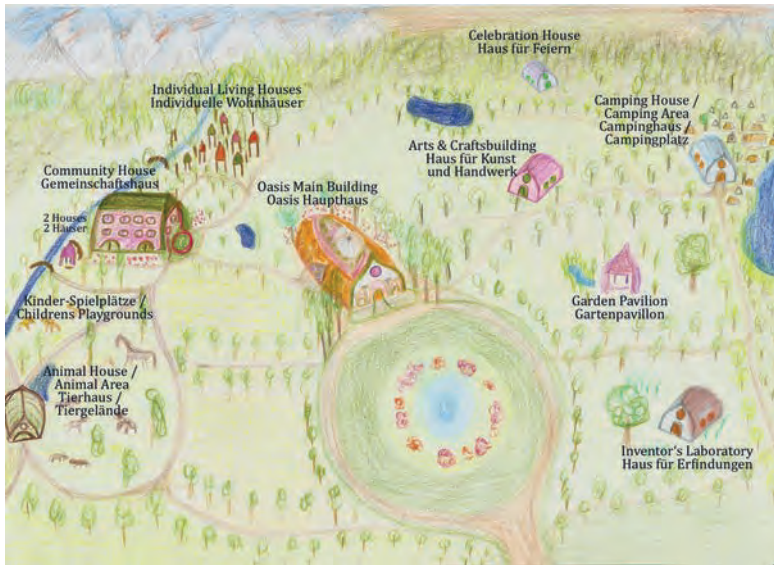
The core of the Oasis are people who are living naturally and in harmony with the ideals upon which the Oasis is based. All subjects concerning the daily life in the Oasis are directed by this core. No matter what question emerges, it is discussed by the core; that means the heart of the Oasis is asked, just as every individual in the Oasis asks their own heart for guidance. For those who don't ask the heart for guidance first, it is possible they may therefore not feel comfortable at the Oasis for any extended time, due to a lack of overall resonance.

The heart of the Oasis is a powerful energy that is in harmony with the Earth and the movement of our solar system. This place is a safe place in the holistic sense, in that it grows and develops in accordance with the nature of the times.

The essence of the Oasis is its harmonious energy in which healing, happiness, and peace can be.

The Oasis is built on an acupuncture point of the Earth's surface. Other places like this already exist, are being built right now, and with more to come in the future. All these places of peace, healing, and harmony are connected along the Earth's meridians. In this way, a powerful net of protection is built which also stabilizes the Earth while helping to raise its vibrations.

## Omnec's Oasis – The Grounds



The place where the Oasis is situated is spacious and open, but comfortable.

The Oasis consists of a main house, a living house, apartments/bungalows, a place for animals and a camping area.

All houses are connected by foot paths which are mostly covered by sand.

Between the houses are gardens and open green spaces.

There is a lake near the camping area. A small river flows close by the living house, the animal house and the bungalows.

In front of the main house there is a large circular patch of grass with flowers surrounding a fountain.

There is a parking area in front of the entrance to the Oasis property. The Oasis itself remains auto-free. The only cars and big machines in the Oasis are the ones that are necessary for work or transportation purposes.

The Oasis is only accessible to the world of streets in the front. Nature surrounds the Oasis otherwise, including forest, fields, and open space. One can see mountains rising up in the distance.

All the houses are built in an organic style with an emphasis on curves not corners, and this style is continued inside the buildings. In this way, the buildings create a soft and friendly environment. There are also columns and covered areas outside.

The main building of the Oasis is beautiful. Wide gentle steps lead up to the main entrance here. The outside is constructed with columns and invites one to relax and enjoy the view looking out over the round of green and fountain bubbling in the center as well as to feel the peace emanating from the environment.

The entrance is high and rounded. As far as the weather allows it, the doors are open.

There is a big circular mosaic of colored glass above the main entrance door. Above it are letters that convey the meaning of the heart of the Oasis. Underneath is the word Oasis written in the same style of letters. This script used here are thought forms which transcend the meaning of written language.

Inside the Oasis is a round area decorated with plants and water. Above, the space is open with many plants growing, some all the way to the roof. The roof is open but can be closed during cold or wet weather as necessary.

The main house is three stories high. On the first floor left is a café/restaurant with an al fresco area. To the right, also opening to the outside, is a business with books and crystals and all kinds of related accessories. Integrated into the business is a large area for reading and relaxing where drinks and fruit are freely available.

To the back from the main entrance area is a larger room with a stage for the presentation of various events and music.

All together the interior of the Oasis is flooded with light, full of wonderful plants, and water bubbles gently all around. There is a sense of peace and lightness. A great staircase sweeps up into the second floor.

There is an open landing full of plants that also allows a view onto the main first floor. It is very open and light. The large plants and trees grow from below on the first floor, right past, and up to the roof.

Here are many “color rooms”. The “color rooms” are variously furnished and each in a different lovely color. For example, there is a purple room, which is completely purple and in which there are magnificent amethysts as well as a few pictures and decorations that go with the purple theme.

Furthermore, there is a blue room, a green room, an orange room, as well as a yellow room, a turquoise room, a pink room and finally the rainbow room. Unfortunately, not all colors and shades can be represented in the physical, so the core has to decide which colors are currently on display.

The color rooms are available for creative and healing purposes but also open for simple enjoyment. All the rooms have some sort of outer access, like a balcony, which usually includes a lovely view.

Another set of beautiful stairs leads up to the top floor and meditation room.

The meditation room is a dome made of white color, glass, and light.

Here the meetings of the core of the Oasis take place, as well as regular meditations. At all other times, this special room is open for the enjoyment of all.

There is a terrace on the roof full of plants and offering many seating areas.

Besides the main entrance, the main house of the Oasis has three other doors in each of the cardinal directions.

To the left and behind the main house one finds the big living house.

On the ground floor of the living house is a kitchen, dining room, an office, and a large walk-in pantry.

In the upper three floors there are numerous rooms, where permanent citizens of the Oasis as well as guests are living.

Behind the big living house are bungalows. The bungalows are round and sitting on stilts.

All rooms and bungalows can be decorated and adjusted to meet the needs of the people living in them.

To the left and the front of the main house, is a garden where food is grown as well as a house and place for animals.

There are a variety of animals that call the Oasis home, and how their living area looks can be changed or adjusted according to needs.

The people communicate with the heart of the animals so that their wishes and needs are met as well as those of the people.

To the right of the main house is a camping house and area on the shore of a small lake. There are many trees.

The camping house contains all the necessities for living in the camping area. This area of the Oasis is available for all those who enjoy living in a tent or camper or otherwise enjoy living close to nature.

The entire Oasis is crisscrossed by footpaths which connect all houses with each other and lead in various directions into nature.

This description of the Oasis represents just one possibility. The picture is not fixed but changeable according to the emotions, thoughts, and actions of the people whose vision its realization reflects.



## Omnec's Oasis – The Realization



The realization of the Oasis is possible. According to the motto “Imagination is the key to creation,” everything can be realized that one can imagine.

The Oasis is a place of the heart and of peace. It emerges through the power of imagination of many peaceful hearts. The attention of the people who love this place enable it to become reality.

No person alone could ever create the Oasis, even if the financial means were available. The Oasis is a project that results from combined energies and efforts. All the people who dream of this place, who long for this place, who wish for this place, send their energy into the heart of the Oasis. Out of the heart this project grows and gathers to it the necessary material. In this way the Oasis is grounded and realized. It is literally created and takes root naturally.

The spirit of the Oasis exists as a vision of planet Earth itself. The Earth is a beautiful planet that lovingly supports all life forms. The Earth is longing for peace and appreciation through its citizens. The development and being of places like the Oasis is wished.

The spirit of the Oasis exists in the ether and is received by numerous people. From here the Oasis finds entrance through the heart.

These people are filled with a vision like this, dream of it, and imagine a place and life which they fill with their joy and energy.

The next step towards realizing this vision is sharing it with other through words and pictures.

It is for this reason that this website was developed.

Step by step the hearts of the people who share this vision are connected and exchange information contributing to its further growth and development.

The heart of the Oasis collects more and more energy and starts to pulse in resonance with the Earth and therefore continues to grow.

Somewhere, sometime the Oasis is real, lives on the Earth in the physical dimension and is connected with other places of this kind.

This net contributes to the development of Earth towards a light and loving vibration that is harmonious with the universe.

## Some Quotes from Omnec

The most important thing that people on Earth have to learn is to replace criticism and judgment with love and acceptance.

Imagination is the key to creation. Whatever you can imagine, is or will be reality. That's how it works.

Where the attention goes, the energy flows.

I don't judge anybody and I am judged the most.

Sometimes it's more important not to question in detail so much how somebody functions, but to see what he has to share with others.

If you think you are enlightened, you have lost your mind. But never mind. Leave your mind behind – then you are enlightened.

Love never ends – it continues and gets stronger. Love is very special. It's the basis of our existence. We are created, because God loved Itself. And we are a part of God. All of our Souls are like a little piece of God. We have the ability to create as well. We do it through our thoughts – we manifest through our thoughts. Everything that exists in this world, man created from first it was a thought, before it was anything else.

So the key to creation is imagination.

That's very powerful.

# Contact

## Contact with Omnec's Oasis

If you would like to be kept up to date about the development of Omnec's Oasis, if you want to participate in this project or come to one of the next Oasis-Meetings, please connect with us:

Anja Schäfer

Omnec's Oasis Project Management

Email: [office@omnecsoasis.org](mailto:office@omnecsoasis.org)

Web: [www.omnecsoasis.org](http://www.omnecsoasis.org)

Facebook: <https://www.facebook.com/omnecsoasis>



## **Public Appearances and Book Translations**

If you are interested in inviting Omnec or/and Anja to your country or in publishing her information in your language, please send an email to **contact@omnec-onec.com**.

In case there are public appearances planned, we will always publish the dates on Omnec's website **www.omnec-onec.com**. If you would like to be kept up to date, please subscribe to our newsletter.

## **Private Sessions and Private Meetings**

Whenever I, Anja, am together with Omnec, Private Group Meetings and Private Sessions can usually be arranged, Private Sessions also per Skype.

## **Omnec Onec Shop**

You can order Omnec's material on **www.shop.omnec-onec.com**.

## **Connect with us**

Omnec does not use computers, therefore and for health reasons we ask you for your understanding that she cannot reply to emails personally.

Anja Schäfer

Personal Assistant of Omnec Onec

Email: [contact@omnec-onec.com](mailto:contact@omnec-onec.com)

Web: [www.omnec-onec.com](http://www.omnec-onec.com)

Facebook: <https://www.facebook.com/omneconec>

Google +: <https://www.google.com/+omneconec>

Twitter: <https://twitter.com/omnecfromvenus>

# Recommendations

For ordering the Omnec Onec articles please visit

**[shop.omnec-onec.com](http://shop.omnec-onec.com)**

or send an email to

**[shop@omnec-onec.com](mailto:shop@omnec-onec.com)**.

**The CDs and DVD-Interview are also available as  
DOWNLOADS.**

**As EBOOKS, the three parts of Omnec Onec's VENUSIAN  
TRILOGY are available separately. You can find them in any  
ebook store.**

## **Ebooks**

Onec, Omnec: From Venus I Came (Part 1 of The Venusian Trilogy)

Onec, Omnec: Angels Don't Cry (Part 2 of The Venusian Trilogy)

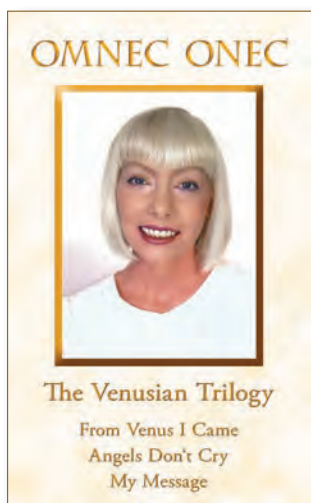
Onec, Omnec: My Message (Part 3 of The Venusian Trilogy)

## **More Book Recommendations**

Adamski, George: Inside the Spaceships

Lemriel, Robert Scott: The Seres Agenda

## OMNEC ONEC - THE VENUSIAN TRILOGY



### “From Venus I Came” - Autobiography Part 1

A classic in spiritual literature: In her autobiography, Omnec Onec portrays her *life on the astral level of Venus* and teaches *timeless wisdom*. She speaks about the adventure of how and why she decided to manifest a physical body, and about her journey to Earth in 1955. This book was first published by the US Col. Wendelle C. Stevens in 1991. **Contents:** From Venus I Came • Laws of the Supreme Deity • Tythania Canes of Age • In the Womb • The Venus Plane • Teutonia • The Creative Life • Earthward Bound • Brotherhood of Planets • Agam Des •

Sheila • My Earth Family • Compared to Venus

### “Angels Don’t Cry” - Autobiography Part 2

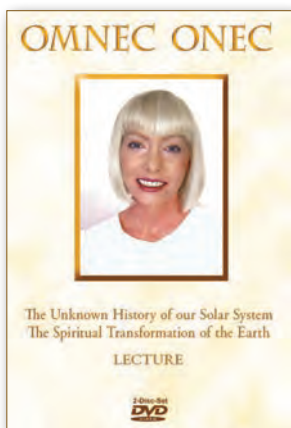
In the continuation of her autobiography, the author describes her experiences on Earth and conveys further valuable insights. **Contents:** Sheila • My Earth Family • Living with a dictator • A light at the end of the tunnel • Chicago • Longing for love and understanding • Renewed confidence • The Girl from Venus • Reencountering my spiritual teachings • Children – Our Future • My way to the public • Fulfilling my mission

“My Message” - **Essence of spiritual teachings.** The truth is always simple. Practical and current, Omnec writes about the essence of creation, Soul, and life. This essential third part also contains a new and very precious chapter about the evolution of Souls on planet Earth. **Contents:** Understanding the Physical • Learning to deal with the Emotions • What effect the causal has • The Mental Process • The Function of the Etheric Body • The Soul – the real I • The Laws of the Supreme Deity • About Karma • Spirituality and Religions • Meditation and Contemplation • Journey of Soul Technique • Mantras and their Benefits • Healing and Self healing Procedures • Energy – Ways to feel and use it daily • Love and Relationship • Venusian Understanding of Death • Knowing the Life Plan • A Spiritual Journey • The new Supreme Deity or Sugmad Expansion Ray

Smartcover • 544 pages plus colored pictures • 140 x 215 mm

ISBN: 978-3-9523815-2-6

## OMNEC ONEC DVD-Lecture



### DVD-Lecture “The Unknown History of our Solar System and the Spiritual Transformation of the Earth”

In this lecture, Omnec Onec speaks the story of the inhabitation of our solar system, she talks about the reasons for the spiritual Transformation Process on Earth that is currently taking place and imparts precious information about how every individual can take a conscious part in this process of raising the vibratory rate of planet Earth.

#### Contents:

#### DVD 1

The Inhabitation of our Solar System • The Earth Emerges and is Filled with Life Forms • The Battle for the Earth • The First Populations on Earth • A Group of Visitors Wants to Gain Technological Knowledge • The Genetic Manipulation and its Consequences Until Today • The Current Transformation Process and the Return of Lost Knowledge • Our Concept of the Creator • The Design of Creation and the Birth of the Soul • The Complexity of Human Experiences and the Meaning of Unconditional Love • As a Soul on the Journey Through the Levels of Creation • The Creation of a Consciously Desired World

#### DVD 2

My Journey from the Astral Level of Venus to the Physical Earth • The Preparation of my Spiritual Work • Reasons for Being Here • The Transformation Process of the Earth and Each Individual • Operation Peace Meditation Program • Sharing Information • The End of Manipulation and Control • Many Beings Take Part in the Transformation Process • The Re-Introduction of Technologies • The End of Old Karma • Transformation Phenomena in the Physical Body • An Exercise to Perceive the Life Energy • The Future of the Planet Earth

*Languages: English Original and German Synchronization  
Double-DVD, length: 162 min.*



## OMNEC ONEC DVD-Interview



### DVD: “The Interview in the Central Courtyard of Kaphof Manor at Hückelhoven, Germany”

Hueckelhoven is a small village located between Aachen and Mönchengladbach in Germany. Just outside the town Kaphof manor is layn where Omnec Onec used to live a few years ago for a few months in every year. Omnec Onec was born on planet Venus. She tells us about her life on Venus. In the interview we talk about life on the astral plane of Venus, hollow worlds, manifesting by thoughts, the cosmic origin of the human races, the relief efforts of the ex-

traterrestrials, the transformation process of earth and about many more items. **Contents:** Living Conditions on Venus • Sleep and Meditation • Manifestation of Pets • Nutrition and Manifestation of Things • About Animals generally • Names of Germanic Mythology • Hollow Worlds • The astral Dimension and Magic • Multiple Levels of Astral • The black Race in Outer Space and on Earth • ‘Communication’ in the earthly way • Manipulations of Consciousness and Religions • Private Backgrounds • George Adamski • Moon Landing and Alternative A/B/C • Return to Venus?

### Part 2 on the DVD: Kurt Abildskov – Contact with Space People

Kurt Abildskov is a former pilot and lieutenant colonel of the Danish Air Force. UFOs and the space people are his special field. Even Kurt had contact to Venusians. We went to Ebeltoft in Denmark and conducted an interview with him. The chapters include: UFO experiences in various Air Forces • Contact with George Adamski and people from Venus • UFO events in Danish airspace • A strange encounter in Paris • A series of weird events happening during slideshows • Open Contact Law and Prime Directive • Alternative Energies and the Status Quo • Possibility of open contacts • UFO crashes • Mayan Calendar and Crystal Skulls • New UFO facts in Brazil • Charles Green and Bashar • Ashtar Sheran and Help for the Earth • Star Children and Indigo Children

*Languages: English Original and German Synchronization, length: 56 (Omnec) and 75 min. (Kurt)*

## OMNEC ONEC CDs



### **Meditation-CD „Soul Journey“: Guided Meditation through the levels of consciousness**

A guided meditation with various music compositions corresponding to the levels of consciousness. Mantras and visualizations support the experience of the different dimensions from the physical through the astral, the causal, and the etheric dimension to

the God planes.

*“Soul Travel is an art and science that allows temporarily the departure of the Soul from the physical existence to visit and explore any or all of the worlds beyond the physical universe, in the Soul body.” Omnec Onec  
Length: ca. 71 min.*



### **Audio-CD “My Mission on Planet Earth”**

Listen to Omnec’s fascinating voice, embedded in sound spheres and Venusian inspired music, how she describes in their own words the connection of Venus to the history of the Earth and the purpose and goal of her adventurous transfer from the astral plane to the physical Earth.

Excerpt from the contents: Solar civilizations •

Earth’s heritage • Planetary Brotherhood • Birth of individual Soul • Evolution and Karma

*Length: ca. 53 min.*



### **Audio-CD “From Venus with Love”: All about Love**

Omnec speaks and sings about “Love” with spherical background music.

Excerpt from the contents: Venus Love • Love of Twin Souls • Friendship and Lovers • Making Love • Freedom and Love • Love is All • From Venus with Love

*Length: ca. 65 min.*

**Audio Samples on [shop.omnec-onec.com](http://shop.omnec-onec.com)**

*Thank you*



Omnec Onec and Anja Schäfer, 1998



# *"Imagination is the Key to Creation"*

The world as we know it is changing rapidly, the Transformation Process of the Earth is in progress. The current world system, in which a few powerful people control and manipulate others, is coming to an end. The Earth is ascending to a higher frequency. Thanks to courageous messengers such as Omnec Onec, we are reminded of what we have long forgotten: that our ancestors came from other star systems and galaxies. Our existence is not limited to the physical life we live. We are all Souls and universal beings, created by a loving Creator.

This book, *Simply Wisdom and Love*, provides readers with an opportunity to gain insight into Venusian Teachings. Includes,

- ✦ *The Unknown History of our Solar System and the ongoing Transformation of the Earth*, spiritually and physically
- ✦ Unpublished texts by Omnec, like *The True Story of Christ*
- ✦ Original transcripts of Omnec's public appearances
- ✦ Upcoming projects initiated by Omnec, such as *Omnec's Oasis* – a Place to live in Harmony with the Universe and each other

The authors: Omnec Onec was born on the astral dimension of Venus, and then manifested a physical body to live on our planet Earth. As an ambassador from Venus, she is sharing unconditional Love and universal knowledge, to help raise the consciousness of all people on Earth.

Anja Schäfer has long been Omnec's assistant in bringing her teachings to humanity, supporting Omnec's spiritual mission since 1997.

*"The most important thing that people on Earth have to learn is to replace criticism and judgment with love and acceptance".*

ISBN 9783981744101



9 78398 1744101



[www.omnec-onec.com](http://www.omnec-onec.com)  
[www.omnecsoasis.org](http://www.omnecsoasis.org)  
[www.schaefer.services](http://www.schaefer.services)