

# ANAKAS and ONDAEUS

An Atlantean Romance

By

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Published by the Atlantean Publishing Association

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## Anakas and The Sphinx

Deep within and behind the paw,  
There's a tunnel leading from the jaw,  
Down through the body and deep underground,  
A secret room is there to be found.

Sacred lessons it has to keep,  
From a city that is now asleep.  
Only a few will find the way  
To where the Secret Records stay.

The powers of the Crystals were once abused,  
So great caution must be used,  
We have to wait 'til the world is ready  
And keep the records strong and steady.

To One the way has been revealed,  
But they will find the door still sealed.  
Another will be able to open the door  
And access the Hall of records once more.

A Priest and Priestess will be the links  
That join Atlantis with the Sphinx.  
Upon the puzzle there will be light,  
When two souls can reunite.

What a day that will be,  
For it will bring eternity.  
There will be no hurt from pain,  
Love and light shall reign again.

## Anakas Ascension Crystal Meditation

It took me a while to settle tonight, probably something to do with the fit of giggles I took just before I started so I began by just relaxing and allowing my mind to wander. Once I felt more at ease, I let my mind clear of everything.

There has been a snow covered mountain in all of my meditations with Atlantis but I always just took it as part of the beautiful scenery. Tonight though, I realised it was a huge clear quartz crystal. There were people carrying chests down from it and I realised that this is where all the sacred records were stored before Atlantis was destroyed. Many people had access to them but there was too much to store within the city and the mountain had many chambers cut into it perfect for keeping such important accounts. Some of the top ends of the crystal glowed various colours with the energy it contained.

I watched the procession coming down the mountain and through into the city. It stopped at the edge of a canal where there was a loading bay. A large ship was waiting and there were horses being loaded along with provisions for a long journey. The chests were loaded on as well and stored safely; they contained books and crystals along with various other treasures. I was one of the people who were overseeing the whole operation; Ondaeus was there as well although we each had our own work to do.

I went on the ship and it set sail for Egypt. When we arrived in Egypt it was dark, there was only a red streak across the sky that indicated the last of the sunset. I believe it was our intention to arrive under the cover of darkness. As we approached the pyramids there was a streak of lightening which came down and seemed to touch a pyramid. Many of the crystals were taken in here. A maze of secret passageways conceals where they are, they will be very important when the Chamber of Records is opened again.

We then went on to the Sphinx and the main files and records were stored in a chamber deep within it. After everyone had finished I went into the chamber and it was packed with treasures. There were crystal slabs with information etched on them in words and symbols. There will only be a few people who will understand what these say. There were also crystals and books all of which contained vital information. My eyes were drawn to a particular book which was quite big. It had a carved wooden cover and this was decorated with gemstones. There was a large red stone (ruby or garnet?) which glowed in the centre of the front cover and it seemed to be trying to draw my attention to it. I went over and lifted it and began to look at it. Inside, the pages were slightly yellowed and at first they looked blank, then gradually print began to appear on them. I didn't understand what was written but I feel that through time I will be able to translate this, as the time becomes right and we need the information. I also get the feeling that I may be the only person who will be able to understand this book and Ondaeus will have something similar. It is another way that will ensure the records are kept sacred until the appointed time.

At this point I was transferred back to where the lock was being activated. I believe Ondaeus and I oversaw the records going to Egypt and were content that they were stored securely before safely locking them away.

I felt as well through the meditation that I was being told I need a fire crystal? I also dreamt last night that I was to get one.

## Anakas Bluestone Meditation

The very first thing I see is a chest, and then I go on deeper into the meditation. At the beginning Ondaeus and I are just messing around in the pool up in our secret place. It is a beautiful day and we are enjoying each others company. After a little while Ondaeus takes my hand and we dive deep under the water. There are fish of many colours and the water is very clear. We rise up to the surface and appear in a brightly lit room with many crystals.

There is a huge crystal rising high up to the roof – it is very powerful and has a solid table or slab at the front. Ondaeus and I stand before it and I feel safe as my soul mate is with me, he will not let anything happen to me. I am being told that twenty nine (as in 20 9) will be the year!

I see the door in the hall of records reopening (there is a book or slab? which is shining brightly within the chamber, I feel it is important). I am not sure if this is when the Hall of Records will be opened again or if it will be when we start to open them properly (we have a lot to do before then). I am taking it that this figure is 2009?

There is a very bright and pure and powerful light illuminating us and we go to the altar and lay on it. We are being “watched” by the huge crystal as we do what we do best. We stay united for a long time and are raised up from the platform by rays of pure light. It is a wonderful experience.

When we come back down slowly I look up and see my mother standing there, she is holding out her arms and has a newborn baby in them. She is smiling and encourages me to carry on. Beside her is a huge black cat (panther, I think). It might be mine.

As I am standing a ball is given to me. It seems to be perforated and through the holes there is light streaming from it. I hold it out in front of me as I sense the power emanating from it and I walk towards a tunnel at the back of the room. I then see the ball being out into the chest which is at the start of the meditation.

Ondaeus and I walk along the tunnel, through some sort of energy screen. We arrive in the temple in the room with the pool.

## Anakas Celestite Meditation

I wasn't sure what to expect with this question so I tried to stay very open minded. I tried to make sure I was as relaxed as possible and had the room just lit with candles and some relaxing music playing.

I found that I drifted into a very deep meditation very quickly. As I started I could feel the coldness of the Celestite on my third eye and had the feeling that something was holding onto my feet. I started trembling even though the room was quite warm. The other gemstones felt warm and comforting as I had a feeling of floating. As happens most times I meditate, the first thing I saw was myself galloping along the beach on a horse. The sea was crashing around the horses hooves as we scaled the length of the beach. I think this is probably a sign that I have freed myself to allow for whatever the meditation brings.

Everything changed and I was then standing at the doorway of a Temple. A man came to the door and beckoned me to come in. I was wearing a soft robe that was tied at the middle with golden cord and I was wearing a strange headdress that was also gold. I followed this man in. I had quite tanned skin and long hair which almost reached my waist. The robe I was wearing was white. The man – Ondaeus - was wearing a white robe as well but it was tied with a purple cord, he was the High Priest

As I followed, we passed through a long corridor that was sandy coloured but had beautiful gemstones and crystals decorating it; it was very light. I think it was quite warm outside but the corridor felt comfortably cool and breezy. We entered a room with high ceilings which had a large pool in the middle. There were lots of candles to light the room which would otherwise be quite dark. It had a warm feeling to it.

I sat by the pool and slid the robe down from my shoulders. The man came and laid his hands on me and I could feel energy passing through his hands and into my shoulders going around my whole body. This felt very comforting and I felt very safe. He then started massaging my shoulders and he slid the robe completely off my upper half. I lay down on my stomach and he continued to massage my back. It was very sensuous and intimate. Although I was aware he was a healer, I knew that this was very special. He then indicated for me to roll over and he gently caressed my body, as he did so he leaned right down and we kissed softly at first then getting more and more urgent as we both became more aroused. Finally the ONEness happened.

After we had finished we lay in each others arms. We spoke to one another very silently and I'm not sure what was said but it was very comforting. I felt very relaxed in his company and had complete trust in him.

After a while we both bathed in the pool. The water was warm and it glowed with different colours almost as if there were fibre optic lights in it. I swam around gently for a while and let the water cleanse and refresh me. He was watching and waiting the whole time, I came to him again. I then massaged his shoulders and we repeated the earlier session. As I stepped out of the pool, the man was waiting with a very soft towel which he wrapped me in.

After I had dried and put my robe on, we embraced and then moved to another room where I was allowed to sit and relax for a little while. This room was very bright and there was a huge clear quartz crystal in the ceiling which filtered in sunlight.

From here things started to become hazy and I slowly became aware of my surroundings, I was back in my own room again. I feel I have to point out that when I came round again, I had three cats in the room and they aren't normally very good at being quiet. I hope this goes some way to illustrating how deeply I had been in meditation.

## Anakas Selenite Wand Meditation

When I closed my eyes I could see pink which got brighter and brighter and then turned into a heart before disappearing.

I was in a meadow, as Anakas, as a little girl. There was lush green grass, a small brook and buttercups everywhere, along with a few cows a little distance away. I must have been close to home as I was playing happily by myself. It was a very sunny day and everything was tranquil.

A figure rode up on a grey horse – I think it was a man and but he was wearing a cloak and I could not see his face properly. He pointed something at me – like a wand, most likely crystal (probably Selenite – smiles). I felt it burn and it was a little painful.

He said “You will forever bear the mark of the chosen ones”. I didn’t feel particularly scared but was more awestruck although being a child I didn’t understand what had just happened. He then rode off and I stayed where I was for a little while, I then got up and walked towards home, already the incident was almost forgotten in my child like mind.

Things then moved to when I was a young girl, possibly about 18 years old. I worked as a healer at the Temple. I mostly worked with the animals there and I feel I had a natural gift with them. In the meditation I saw horses, a cheetah, a panther and an eagle although I suspect there were many more.

I was promoted so to speak to be a Priestess due to some of the animals I healed (I think). As I am out working with the animals, a man comes up – I know him, he may be a priest or a more experienced healer – “He whispers to me “They (the animals) will guide you now and in the future”.

I then see an owl sitting on a branch.

The vision moves on to me and Ondaeus, we are walking through the streets of Atlantis, both of us are laughing and we haven’t a care in the world. I feel at this stage we are carefree and very happy.

As the vision ends, I am in the present and I get a flash of meeting with you, my dear, it doesn’t last long enough to get many details.

Then I see red which gets brighter and brighter and I have a feeling of love and peace. I awaken from the meditation, the wand is very warm.

## The Last Days of Ondaeus

There was a great city a long time ago,  
Through which energy did constantly flow.  
Days in this era were always bright,  
Bathed in beauty and crystalline light.

Huge Fire crystals protected her walls  
Millions of gemstones lined her halls  
The mighty Time Keeper stood tall and strong  
Watching and waiting, protecting the throng.

The people were more advanced than today  
Physically, spiritually, in every way.  
The Temple of Healing was there for all,  
It was open to anyone who needed to call.

Priests and healers worked all day,  
Healing and taking all sickness away.  
Crystals were used with skill and ease  
To balance the body and smooth out disease.

From the dome, the sun shone down,  
Spreading colours from gemstones all round.  
The colours, the heat, the music, the feel  
Crystals and love were used to heal.

The city was peaceful, there was no bother  
Everyone cared and loved one another.  
There was no time for war or strife  
People were happy to live their own life.

A High Priest and a healer, they both did share  
A bond so strong, it was very rare.  
They would snatch a moment here and there  
To speak of the feelings they had to share.

Into the hills they would often ride,  
From the bustle of life they wanted to hide.  
A bird flew with them, a pure white dove  
It signified purity, beauty and love.

All too soon, evil crept in  
Filling the city with greed and sin.  
People went mad with lust for power  
Bringing the city to its final hour.

Volcanoes erupted and earthquakes did shake  
Foundations and walls began to break  
A tidal wave from restraints broke free  
Charging right through with the power of the sea.

And up in the mountains high above  
Watching with fear, were the couple in love  
They were trying so hard to comprehend  
That all they knew was about to end.

As he wiped away a tear from her eye,  
The High Priest begged for her not to cry  
We won't be apart for very long  
The love in our souls is much too strong

In another life we will meet again  
I know not how, I know not when.  
And in each other's arms they died  
Life taken away by the power of the tide.

The island then sank into the sea bed  
The magical city now was dead.  
But floating down later, a single white feather.  
To show the love the pair had together.

Love is eternal, it does not die  
With the mortal body, there is no tie.  
It goes with the soul at the time of death  
And lives on again in each new breath.

My friend, I give you a story from Atlantis

I hope you have enjoyed reading this e-book, which comes to you with all our love and many Atlantean Blessings.

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