

# The Rise and Fall of Atlantis:

## Chapter 1

By Zarin

### Preface:

The revelations to be found herein will cover over three thousand years of history. The history of a human experience on a place long lost to understanding. This account principally concerns the key individuals and main events that established the foundations, concepts and evolution of the land referred to as Atlantis.

This story arrives from a source of information called Karmic Memory, also known as the Akashic Records. A source that is based on a scientific premise held to be rigidly true: That information cannot be lost or destroyed. That an arena exists within this universe, where all information is permanently stored. And some part of all self aware individuals may access this information.

Although this process is probably more correctly assigned to what is called the **imagination**, we simply do not know where imagination comes from. Thus, **Karmic Memory** is as good a designation as any other.

This presentation is about one of the greatest mysteries that has haunted human imagination and curiosity for over 23 centuries. Since the time the first known recorded mention of this fabled land was made by the Greek philosopher known as Plato. Where the term **Atlantis** is currently believed to have originated.

Within these pages will lie potential solutions to so many unanswered questions. About myths that began so long ago. Origins of which were tragically lost as human populations journeyed across the surface of this planet. Where catastrophe, ignorance and warfare destroyed so many of the original records made by these various peoples.

Do not expect this story to fit the description Plato gave to Atlantis. Only that certain aspects may seem to coincide. Plato stated that he received his information down from his uncle Solon and Solon in turn ascribed his source to Egyptian priests at the temple at Sais. Therefore, it must be expected that some errors may have been mixed into the final telling.

You may decide for yourself, if this more greatly expanded and far richer version of the tale of Atlantis is the more reliable account.

Atlantis was not the name given to it by the people, who resided there. Their designation seems to sound more closely to that of "Or-mun-attoo" or "New Land." However, the language of Atlantis is only coming to me in bits and pieces and since English is my language of thought, some mental (or spiritual?) agency is automatically translating it. Moreover, much of their language is difficult to pronounce in English as there are clicks, subtle whistles and strange breath inflections associated with much of it.

Any designation made by me with a dash (–) in it will denote what to the Atlanteans would be a clicking sound. It is not necessary to attempt to make such a sound in reference to any of these terms. Only that a very short pause will suffice. In many cases, I have left this – out entirely. As I felt this might impede the flow of reading.

For all practical purpose, I will be translating directly from Karmic Memory into English.

### **A possible explanation for how Atlantis came about:**

In order to set up the environment or background for the probability of any story, a premise must be put in place to build this story upon. Here is a that premise:

About 65 million years ago, a 6-10 mile wide meteor or asteroid collided with Earth near what is now the Yucatan Peninsula and the Caribbean Sea. A second meteor of even larger size struck much further northeast at the same time. Both impact objects may have originated from one single meteor that broke apart as it entered Earth's atmosphere. The second object impacted in the north central Atlantic Ocean very close to the Mid-

Atlantic Ridge and within its' spreading sea floor area. The resulting massive shock of these two impacts created a tremendous overlap of compressive shock energy. An overlap which was centered around the region where the island/continent of Atlantis would soon come to exist. This cascade of energy interaction ended up in creating an entirely new land containing a unique crystal matrix. One that formed the very support structure of the island/continent and eventually contributed to the catastrophic destruction of it. This unique crystal was the result of both the Yucatan shock and the inter-acting compressive reverberations of the other simultaneous meteor collision. Moreover, this particular gemstone was the hardest ever created on Earth. Far harder than diamond.

The crystal matrix produced by this extremely unusual series of events also became one of the rarest ever to exist on Earth. Similar to the uniqueness of the crystal called Larimar, which is only found in the Dominican Republic.

This gemstone was called the "Atal stone" ( the clear stone ) and was unique to Atlantis and to only one other place on Earth. The second location was on the other side of the planet directly opposite Atlantis. However, the crystal created there was in much smaller supply and was the result of merely an energy echo from the original compressive overlap. The Atal stone was never found anywhere else. At least to anyone on Atlantis' knowledge. Moreover, many centuries were spent searching for any potential locations. This search was conducted by extremely paranoid officials on Atlantis. Such was its' capability. Such was their fear that another people might have possession of this crystal's incredible power.

These disastrous (and yet also fortuitous) astronomical intrusions also set in motion the mass extinction and evolution of many life forms. An evolution that would eventually lead to the emergence of humans upon this planet.

This very deep penetration into the crust and magma beneath both the Caribbean Sea and Atlantic also set in motion wavelike disturbances within this liquid sub-surface material. These numerous "ripples" resulted in a multitude of volcanic eruptions. These eruptions lead to the creation of many new land areas throughout both the Caribbean and Atlantic regions.

A particularly agitated volcanic hotspot was located at the south western tip of what was now the newly forming island/continent;. This eruptive center immediately created three huge sequential eruptions and then settled down to a long term series of thick, slow and long term magma flows. Atlantis was created as this hotspot slowly moved northeast . This hot spot shut down and then began drifting back to the northwest. This was the exact same process which has created the several islands comprising the US State of Hawaii. Each of the first three successive circular eruptions was progressively smaller in diameter. With the fourth the beginning of the much slower magma flows. Which ended up creating a peninsula within the central ring. Thus was established an almost concentrically ringed series of both land and water intervals. A singular geographic feature considered unique to Atlantis.

A similar ringed phenomenon has recently been discovered in Mauritania on the western side of the continent of Africa. It is called the Richat structure. So proof now definitely exists that this concentric ring sequence is possible.

The three rings and the central peninsula were, in turn, connected to a far larger irregularly shaped island/continent. One over twice the size of Cuba. The landmass that would eventually come to be known as "Atlantis."

It's surface area spread out North and Northeast from the 3 concentric calderas into a wide irregular and elongated shape. From higher up, it would have somewhat resembled an upside down and eastern leaning trapezoid. One with this three ringed attachment at its' southwestern tip. It had a mountain range running off center over two thirds up it's Northwestern side. A great plain existed on the southwestern portion of Atlantis between the three rings and the beginning of this extensive mountain range. This line of mountains was called the Atal mountains and reached it's highest point at about 4500+ feet (Mt. Attu). This long stretch consisted of a jagged backbone of many different sized mountains. A series of rolling hills interspersed with thick forests stretched far out from and along the Southeastern side of these mountains. Many rivers flowed from these peaks and well irrigated this huge area. The longest and main river ( the **Dus-a** ) began in the highest mountain flowing to the southwest and directly connected with the northern land juncture of the outermost water ring .

Finally the magma hotspot shut down its' outflow around 40 million years ago. Then it began moving off to the north west. It eventually reignited creating other islands in the western Atlantic. Some of which may even still exist today. Any volcanic structures that had once existed under the landmass of Atlantis were now completely extinct.

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Around 45,000 years ago, a great Ice Age had descended upon the Earth, covering huge areas of the Northern Hemisphere with an extensive and over 1 mile deep ice sheet. This thick layer of frozen water also lowered the level of the oceans to hundreds of feet below their current level. Due to the melting of these huge and heavy ice masses around 12,000 years ago, many land areas, communities, and cultures that existed then, do not remain above water today. These aspects of human habitation were either destroyed, buried, flooded or subsumed by plate tectonics. Any existing vestiges are now under 300-500 feet of water. Almost all hidden from contemporary history and science; but not from humanity's memories, myths or its' collective imagination.

About the same time of the great ice sheets, a race of human beings had moved into the ocean bordering areas of southwestern Europe. Regions that were ice free. At first they were primarily hunter-gatherers. Eventually these people discovered the vast food potential in the nearby ocean. They began building hollowed out log boats. With this primitive boating technology, these daring people began migrating along the ocean borders of Western Europe and ultimately began exploring the edges of this vast ice sheet, itself. Eagerly searching for the readily available and plentiful sea food to be found there. They quickly adapted to the cold and ice, living much as Eskimos did over 300 years ago.

After about 1000+ years, these sea explorers eventually reached North America in the area around the Chesapeake Bay. This region, at that particular time, would remind one of Canada as it appears today around the Great Lakes.

For thousands of years this branch of humanity explored and settled along the eastern coast of the ice-free portions of North America. They extended their crude fishing settlements further and further south, always moving along the ocean's edges. Down to the Caribbean and then around the vast Gulf; eventually moving up the Mississippi and deep into the interior of the continent. Their individual cultures varying as they adapted to different environmental conditions. The descendants of these people finally reached the north-western coast of North America about 35,000 years ago.

Unable to go any further north, because of the pervasive ice; the migration of these people was halted. The ice free portions of North America were then very different from what could be found within the recent 10,000 years. Huge herds of Mammoths and other, now extinct, herd animals existed. These animals provided stable food resources for the small groups of humans now meandering across the Continent.

A small number of these "earliest Americans" had discovered and moved in their primitive boats onto islands just off the southeast coast of what is now the United States. From the continent's edges they had migrated out to the close by islands. Then to others even further out. One, in particular, was near what is now referred to as Bermuda. This branch of humans eventually moved onto Bermuda itself. Moreover, many of these islands, now no longer exist. The remains of which lie deep below sea level. Bermuda was also much larger at this time as so much more of it was above water.

These island people slowly improved their original sea based, food gathering technology. They had eventually developed a type of small catamaran for both balance and utility. Driven solely by oars and manpower. These catamarans could hold up to 4-6 individuals. Often men and their wives would spend a full day in these boats as they sought out the ocean's resources. Groups of these boats would co-operate for increased catch. Working together, they would use co-joined nets to capture larger schools of fish. Both nets and a type of three pronged spear were used in this sea harvesting process. The spear for larger individual creatures.

These people never traveled out of sight of their island lands. For they greatly feared the deep ocean. Always returning back to a permanent seaside village to process, store and enjoy their gains.

Once in awhile an unexpected sea storm would swiftly arise and cause some of these "boat people" to simply disappear.

Such a storm arrived near Bermuda around 15,000 years ago. One of these fishing "fleets" consisting of several families, was carried far out to sea by this rare, fast rising and powerful sea storm. The intense winds and water movement eventually carried 12 surviving boats to a previously undiscovered landmass.

No one could see this geographic location from any other place, nor have any way of knowing it was there. This land was about 500+ miles to the east of Bermuda and around 100 -200 miles south.

These 12 families had been transported to a unknown place. One, that would later come to be known in human mythology by the name the Greeks would come to call it... **"ATLANTIS."**

**Note:** Wherever necessary, certain comments will be made by the author (Zarin) to explain some aspects of the Atlantis story through modern references. Comments not assigned to any historical information revealed by or available to **Sor-el**.

Such introductions will be *italicised*.

My name is **Sor-el**. I, Chief Scribe and Red Adept, am principally responsible for the keeping of all records, their proper maintenance and their accuracy. My father before me, his father before him and so on, were all Chief Scribes. This role goes back to the time following the **Great Change**. One which took place over 1500 years prior to my time. We are now approximately a little over three thousand years beyond the day our ancestors first arrived upon these lands. The place we call Atlantis

I have currently been assigned responsibility for compiling all references, stories and documents pertaining to Atlantis into a concise and edited history for all future reference. Duly charged by the Grand High Adept Muk-al, himself.

The Official History of Atlantis begins with its' initial discovery by a fleet of fishing boats driven to this previously unknown land by a powerful sea storm. Back to that distant time these settlers, our ancestors, established the very first human community upon this soil. The principal individuals involved were named Dus, our first headman, and his 13 year old wife Mara. All of those new arrivals began a series of prolific breeding. For this place was very fertile.

A mere hundred years later, Atlantis is estimated to have contained well over a thousand individuals upon it. Moreover, the longevity of life was also markedly increased. Where once 65-80 years was expected, it now increased to well beyond 100 years on average.

We have always suspected that it was because of the very healthy environment and ample food to be found here. There was also something in the waters that seemed to invigorate everyone well into old age. Only much later were we able to discern what that water born "strength" was actually caused by.

A member of Dus' family, born three generations forward, Zur-al, was the man responsible for locating and building our main city and principal port. The city in which I currently reside. And known as **Atalan** (*also pronounced Etal-on, A-talin, Atelen, Etolon*). This community was immediately designated as our capital and grew rapidly. It eventually would become the greatest city on this planet. It now has a current population of well over 500,000.

However, let us return back to the beginning...

## Paradise Found

Once the sea storm had subsided, the survivors could see signs of land in the distance. Numerous sea birds were spotted flying about and the tops of several mountains could be also seen. A journey of over half a day of earnest paddling caused them to expeditiously approach this land. Unfortunately, this effort only increased their growing thirst. Movement and discovery were made around the outer edge of this newly discovered place. These exhausted and now very thirsty people, currently imprisoned on leaking boats, passed through a large opening in what was actually the outer ring of the yet to be discovered three rings of our great land. So far, the land appeared covered in dense vegetation and rose directly up out of the water without any accessible flat areas. Nor was any source of fresh water evident. Which these people were now becoming desperate to locate. Worry was beginning to rapidly overtake their initial optimism. Was there any food or fresh water to be found on this place? The vegetation, so far, was mostly swamp rooted trees and vines. They did realize that fishing could provide some nutrition. But eating it raw was not yet a desirable option. However, death would soon overtake everyone if fresh water could not be quickly located. There had to be water flowing from those high mountains. But might these water outlets be found? And in time?

They immediately made passage into the water areas beyond this convenient opening. Then chose to sail up what appeared to be a river. Actually it was a "canal." They, at first, thought it was a "river" as the water flow

appeared to be coming from a northerly direction and moved towards the outer sea. However, the water therein was brackish. It could not be consumed. As one too eager unfortunate quickly discovered. This "river" actually existed between the eastern side of the outer ring and the western side of what they did not realize was a second ring. These now very lost people were in a great hurry to discover this "river's" source.

After a few hours of further travel up this channel, those present on the twelve boats came upon a large, gently sloping plain surrounding a lush river delta. It was a sight that brought great joy to their desperation. They were unaware that they were the first humans to have ever viewed it.

They immediately departed their very precarious floating structures and placed the first human feet upon the soil of would become known as Atlantis.

Not far from their now beached boats, these lost migrants encountered a fresh water supply carried by a wide but shallow river. One that flowed from that beckoning mountain range. The water was incredibly clear and cool. The energy of many of these people was quick started with their very first drink. This water was the most delicious any of them had ever tasted. Little did they know what was actually in it.

It was now becoming quite apparent that many in the original fishing fleet had perished and the group was now essentially leaderless. The current headman was missing along with his mate, their two sons and the boat they were in. Several other boats were also missing as well.

Kurlo, the oldest surviving male, was very weak from this harried journey. Even the highly refreshing water did not seem to invigorate his health. Kurlo did not seem likely to live for very much longer. Also, an elder female, Suma, appeared close to death. Moreover, quite a few individuals that were once in these surviving boats had been washed overboard and carried away by the storm.

A total of 31 individuals ...17 males and 14 females, ended up surviving their journey. All were hardy and a majority of breeding age. These were the remaining members of twelve distinct family groups. Our first ancestors that now stood upon this beach...in a land that would forever become their home. However, these newcomers had no idea where this new "home" actually was. The saddest part was that whenever these family members were out on their boats harvesting the sea, their children were left back in the village with relatives or assigned caretakers. Now, all those remaining back in that village would never be seen again. So, although these people were elated to having found fresh water, a slow building sadness began to over take them. They now began to realize the full extent of their losses.

The awareness of so much death and separation was creating major despair and lethargy among them. Leadership was definitely needed in these people's lives.

One of the younger and strongest surviving males, a handsome, dark haired, 21 year old named Dus, seemed uniquely invigorated by the fresh water. He immediately showed a strong leadership potential. *He was what would later become known as an Alpha-Male, albeit, previously a "sleeping" one. Definitely now "awakened."* Everyone eagerly gravitated to his inspired advice and determined leadership. Dus became their Headman by default. Morale was immediately boosted as Dus' offered rapid and excellent suggestions for their survival.

Once everyone had their fill of the invigorating water, their new Headman suggested that shelters be immediately built. This would provides protection against any unknown weather conditions. And allow everyone to rest. Once these simple grass and pole shelters were constructed, Dus requested that any land food be located and immediately gathered. Fires were ignited and fishing was also immediately begun. Using the few boats that seemed safe. The waters just outside the edges of the river delta proved over abundant with edible sea food. Merely a few minutes of net casting brought an abundant supply of fresh protein. Some of this first catch were fish they were familiar with. Others they had never ever seen before. However, everything turned out to be very tasty. One of the newly discovered fish varieties was incredibly delicious.

Once all the basic needs were established and his people were fed, rested and secure, Dus ordered burials to be conducted for those who had recently succumbed. Sadly, three of his people had died within the few hours it took to travel along the canal and reach this delta. Two males and one young female had passed away from thirst. All prior to locating this invigorating water. Another hour of life might well have saved them. Two more deaths followed within 24 hours. Both Kurlo and Suma passed away as was feared. The loss of Suma was most tragic as she held the long term tribal memory and was also the most gifted healer among them. Her daughter, Tusa, had only just started being taught this healing knowledge and was not yet as proficient as her mother.

Once the burial activity was completed, only then did Dus start to instigate a series of investigations into the nearby regions. These explorers were instructed to travel in groups of 5 or more for protection from unknown dangers. And not to travel too far away from the village. This was in case other humans lived here and might attack them. Spears were immediately constructed for additional protection for every member of the group. Only

a few usable fishing spears still remained from the damaging effects of the storm.

After a week of exploration, no apparent dangerous land animals seemed to exist here. This new land appeared to be quite safe. Nor could any signs of the presence of any other people be found as well. Dus was now reasonably sure that they were the first humans to have ever stepped upon this ground. This land was so fertile that had any other people discovered it, they would have grown to great numbers.

The explorations conducted by Dus revealed huge groves of two different varieties of palm trees. Ones with dates and others with coconuts. All lushly located around the river delta. Vast forests of numerous varieties of trees could be found rising up the hillsides of the long mountain chain. Wood would be easy to acquire and more than plentiful. Numerous wild fruit trees and berry bushes were discovered as well. There were wild grains and edible roots found practically everywhere.

This land turned out to be rich and fertile. There were many varieties of foods. Along with a great number of fresh water rivers that well watered the southern part of Atlantis. These people would not only easily survive here but prosper as well.

Dus truly believed that if there was ever a Paradise, this was it. After less than a month had passed...Dus' wife, the beautiful Mara became pregnant with what would be the first child to be born in this new land. A perfectly healthy boy. called Ger-un.

*This land area had so many varieties of different flora and fauna because air and sea currents plus numerous birds brought a variety of seeds from every direction. From Africa, throughout the Caribbean, South America and North America. Numerous animals and insects were carried by floating detritus to these shores over the 60 million years they had already existed. Moreover, none of the larger predatory animals were able to survive long enough to reach here. A large tasty flightless bird (slightly larger than a big turkey) must have separately evolved on its' own. Once its' much smaller ancestors had originally arrived on this continent.*

Sea food was plentiful in both the nearby ocean and the many rivers. Salt was easy to acquire if only by evaporation from the ocean. However, dense salt ponds and salt cakes were found in northwestern desert areas. Located at the base of the northwestern side of the long mountain chain. There were only a few areas where rainfall was severely limited due to the way air currents and winds moved across the continent. These salt ponds were the result of a previous inland lake that was now evaporating.

Rainfall was usually gentle. Light showers would occur in the later evening usually preceded by a cool wind. Rain was much more frequent during the summer with heavy cloudbursts in the mountains. Less so in the other months. Also in the summer, flash floods would frequently occur due to this far heavier mountain rainfall. The vast majority of Atlantis was well watered.

Temperatures were very seldom above 78 degrees or below 65 as Atlantis was close to the Tropic of Cancer. Moreover, frequent cooling ocean breezes prevented the air from ever getting too hot.

*The ocean convection currents were very different at this time, because the large land mass of Atlantis blocked them as they currently flow today. The warm waters that now flow towards Europe were prevented from doing so when Atlantis existed. The contemporary "Sargasso Sea" now exists where much of the continent of Atlantis once was.*

Multiple flocks of various bird species were found in great abundance. Many stunning in beauty covered with bright and multicolored feathers of red, blue, green, yellow and mixed hues. A few species were actually flightless. One, in particular, was very large (*almost twice as large as a turkey*), easy to catch and kill. It had no natural enemies and was not originally fearful of human beings. Also, when cooked, quite tasty. *Something akin to a cross between chicken and turkey. Modern biologists might have considered that this species highly resembled a smaller version of the now extinct Dodo bird.*

There were no snakes on Atlantis until much later and these were introduced by accident. Something which also later occurred with the introduction of a very deadly stinging insect. *A predecessor to the modern African killer Bee.* There were bugs here, but not many. One, a large grasshopper like insect, was actually a very tasty protein source when boiled.

A variety of turtles could also be found in great numbers along with herds of seals. A type of warm water seal was present on the southern ocean sides of the outer ring. Cold water seals were very prevalent along the coasts of several northern offshore islands.

Frogs and toads existed as well. These people were used to consuming frogs. However, due to the incredible abundance of food on Atlantis, frogs were not usually ingested. However, a time did come when even these not so tasty edibles were voraciously consumed.

There was also a large, bluish gray marine creature that seemed to welcome and enjoy the presence of human beings. This fish-like creature (*actually a mammal*) could most commonly be found within the circumference of the central lake inside the three rings. However it could be easily spotted all around the continent and especially near many river outlets. It appeared to be very intelligent. These wonderful creatures made strange clicking, whistling and hooting sounds. Many thought they were attempting to earnestly communicate. They also loved to frolic about in the water and were extremely friendly. To the point of allowing people to caress and even hug them. These creatures particularly loved the attentions of children and always seemed to protect them. They were several occasions when these animals had saved the lives of drowning children.

Dus immediately sensed they were highly intelligent and insisted that no harm ever come to them through human hands. A decision that later turned out to be very wise. This special animal was destined to become the cultural icon of this new land and would eventually come to be known as a "Dolphin". *The Atlantean term for them is unpronounceable in English. Most probably their Atlantean name was a human attempt to imitate and associate these animals with the sounds they actually made.*

*The Atlantean language is difficult to replicate in English as it consists of unusual phonetics, partial tongue clicking and various breath inflexions. It is quite feasible that dolphin sounds may have influenced the evolution of some aspects of the Atlantean language..Especially after three thousand years of mutual vocal contact between these amazing creatures and humans.* There were even reports that on rare occasions the dolphins were able to reproduce actual human words.

There were also vast quantities of angular shaped, utterly clear crystals lying randomly about. With many concentrations protruding out of various rock strata. Some regions were copious with outcroppings of this crystal. There were even huge and extensive caves in the interiors of both Mt.Attus and Mt. Attu that were discovered to have colossal (up to a mile wide) columns of this crystal inside them. Columns that appeared to descend deep into the earth. The sand along many of the river banks also contained progressively smaller varieties of it. Later, we discovered that a molecular version of this crystal, dissolved in the local water, was being absorbed into every living creature on or near Atlantis every time it took a drink.

*This unique material permeated the very structure of this continent, much like re-bar strengthens and reinforces most of the concrete buildings in the world today. This crystal ran in streaks and ribbons throughout the entire continental structure. Great shafts of it penetrated deep into the planetary crust... reinforcing, strengthening and supporting the land mass containing it.*

*Atlantis had volcanically arisen from the ocean basically in the shape of a very short lipped, ridged mushroom with the top land surface slightly extending out from it's massive supporting stem. This outer lip of the main continent then gently sloped back down into the ocean. Except in the regions of the three rings. Since these rings were essentially the edges of huge volcanic calderas, they rose somewhat directly out of the water. Not very high as erosion had whittled them down quite a bit. The sea floor bottoms of the canals between the rings and the peninsular bay were somewhat shallow. No more than 100-200 feet deep. Over the many millions of years the sea had eroded entrances into these at both high and low intervals. Eventually filling the spaces between the land rings with sea water. Constant river flows added a mix of fresh water to this salt water. The central lake near Atalan was more fresh water than salty sea and was quite pleasant to swim in. The most popular beaches on Atlantis existed there. The water was an aqua blue and very clear. Very similar to many areas of the Caribbean today. No one ever complained of any salt irritation after a swim in these beautiful waters.*

## **The first graves on Atlantis**

When Kurlo and Suma had died, along with the three young people, who had previously perished; their bodies were washed and quickly interred in shallow earthen pits. These were covered with dirt and a small pyramid of stones was placed on top to mark them. The traditional manner of burial for these people was somewhat avoided, as they did not yet know where to find the red earth used to normally line the graves and also did not have time to make the special reed covering mats as well. Burial needed to take place quickly to avoid the unpleasant smell of decomposition.

A sea based trading network normally provided this red earth to their former island home. This red earth was easily found on the mainland and traded to these islanders for small shells found in abundance close to where their former village was located. They eventually did find a rich source of this red earth on Atlantis as well. But, only after an extensive search.

Once all the necessary resources were discovered and made available; the first dead of Atlantis were exhumed and re-interred properly. These first graves became a very sacred site. Eventually a huge cemetery area grew up

around these graves. Primarily because everyone wanted to be buried next to the first dead on Atlantis. They wanted to be near the oldest spirits to exist here.

Unknown to every human on Atlantis was that there were “spirits” far older and they were very very close by.

The 12 families and their descendants spent the next hundred years exploring, examining and learning about the flora and fauna which resided mainly on the southern portion of Atlantis. Moreover, there were several large islands just off the northwest coast. Islands that were not explored for many centuries. The entire northeast portion was also seldom traveled into. Mainly because there were not enough people in the south to begin settling into these areas for well over a thousand years. Plus the forests there were exceptionally thick and very few areas for planting existed as well. Moreover, most people on Atlantis wanted to live as close to Atalan as possible. So for many centuries, the vast majority of the population lived within a mere hundred miles of the capital city.

Since Dus had organized these people into a coherent group, he was officially elected the first “Headman “in this new land. The small community of reed and pole huts, which he had helped construct at the original site of landfall was named "Dus" in honor of this man's excellent leadership and guidance. The word “Dus” became an often used expletive for well done work.

The actual village of Dus never grew to be very large. Mostly the community center of a vast harvesting and fishing region. It became a revered tourist site in later times. This was due to its' significance as the birthplace of all Atlantean history. Moreover, a highly popular festival was held there annually.

Dus, the man, was mated to a beautiful 13 year old young lady named Mara and fostered a large family of 10 children. Mara was exceptionally fertile. No one had ever had 10 children that survived to adulthood prior to arrival on Atlantis. Moreover, one of Dus and Mara's descendants would be the first to discover the unique qualities of a great secret to be found hidden in this land.

The 12 families explored the over all size of the great plain region and the extent of the three volcanic rings including the central peninsula. In several places, their descendants expanded upon the natural water connections between the three volcanic rings. They then created new openings in selected places between the ocean, canals, and the peninsula bay. A direct water access route lead from the peninsula directly west, east and south. Connecting to the ocean boundaries on all three sides of the outermost ring. This was designed for not only better water flow, but for more direct passage to the bountiful resources of the southern ocean. Saving transit time as well.

These descendants also devised ways to disguise all the openings in the canals. To confuse any would be enemies, they built movable structures, “floating gardens; “ which when in place; disguised the passageway and lead any enemies or unwanted strangers into a purposely designed circular maze. One, whereby, these enemies would never be able to escape and could be easily captured or killed. Moreover, the design of this maze would make it impossible for such enemies to ever reach the main port. Strangely, these structures never had any cause to be used; but were constantly maintained just in case.

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## Atalan

A descendant of Dus and Mara, named Zur-al was also elected Headman. He could see a need for a better location for a bigger and better placed port. One with a new city attached for centralizing and overseeing the ever extending range of growing population on the southern portion of Atlantis. A port with greater and more immediate access to the fertile southern seas. He considered the central water “lake” within the surrounding three rings to be a safe, secure and essentially placid water arena. With the peninsula as the perfect spot for a large continuously expandable port. One where many boats could dock on both sides of it. (*Much like Lower Manhattan* ). Thus the Atlanteans under Zur-al chose to build their second community and main port on this placid bay. A choice that I turned out to be the perfect location for protection from unpredictable ocean weather as well. To prevent tsunamis and tropical storm surges (of which there were the occasional few) from damaging ships and sea based production.

Here they began building the necessary structures for docking boats, processing fish and seaweed plus salting and storage facilities. Boat building and related craft making areas were additionally constructed.

They first established a city directly to the north of this peninsula. At first, to house the port builders, fishermen and all the facility workers. This community, which grew rapidly because of the industrious port, became designated as the Capitol of Atlantis: The fabled **Atalan**. Atalan meant “place of clear stone” as there were massive outcroppings of this unusually clear crystal nearby. Along with numerous crystal shards of every size

lying about. Huge shafts of the atal crystal jutted right out of lower mountainside rock areas. At both bases of the twin mountains of Attu and Attus. Mountains which could be easily seen from most points in the city. To say the least, the view from Atalan was spectacular from almost every direction. Many of the first residents choose to build their domiciles right next to the beaches along the southwestern edges of the bay. This area eventually became one of the most desirable (and expensive) areas of the city to live in.

Access to the atal crystal was always far more easily available in the southern portions of the continent. Sparser concentrations existed the further north you went.

The Capitol was divided into twelve regions, each designated after one of the original 12 families. *Like pie slices*. Eventually, each family's descendants...their clan, evolved to acquire and develop different and unique arenas in the nation's culture and economy. There were 12 spoke-like dirt roads that extended from a central round nexus positioned about 2 miles above the peninsula. One of the spokes, running directly north/south, became the main road (The **Ak-i-al** or great road), which lead straight to the port. And down to the very tip of the peninsula. At the center of these 12 roads was created a circular park with a wide dirt avenue flowing around its' circumference. In its' vacant central area was built a large round, reed and mud covered structure stabilized by thick tree trunks supporting its' interior roof. Open air slots were provided at the roof and base levels for air flow. This building was principally created for community gatherings, discussions, story telling and decision making. This 100 foot in diameter structure would be enlarged several times, always with superior architectural materials. It would eventually become known as **The Great Council**.

Atlantis was basically a Communal Democracy in its' early stages. It, however, sadly did not remain as such.

During these early times, the Atlanteans did not have the level of boating technology to travel very far. Especially out into the deep ocean. Which they greatly feared to go near. Their boats were not very large,...looking very much like a catamaran. They were usually powered by oars. However, a few innovators had begun using small primitive sails made from woven reeds. Cloth had not yet been discovered. The biggest vessels were normally capable of holding around 3-6 people maximum. The extended sides of the catamaran actually contained any caught fish in a netted V shaped box. Ones that kept any catch fresh until finally returned to port. Once there, this seafood was salted for storage or directly eaten. Cooked fish was the principle source of meat for the majority of the people. Heating rocks and placing them onto or under the fish was the original method for cooking. These people also discovered that flat lava rocks were best for this. Inside out seal stomachs were used to make stews over open flames. The outside would char but not burn. Many a household had a least one or two of these containers suspended over fire pits...always being filled with water and continuously added fresh stew ingredients.

There was absolutely no contact with any other cultures and the Atlanteans were not sure where they actually were for the longest time. So the civilization of Atlantis remained completely isolated. Its "culture" at this point would have been categorized as early "Stone Age." Yet it was extremely stable, healthy and fecund. And rapidly growing.

The Atlanteans did not want for food, water or good weather. There were few diseases and no dangerous land animals. Snakes and rats had not yet arrived. There were some nuisance insects such as spiders, mosquitoes, flies, ants and gnats. However, nothing on land was considered very deadly. Certain frogs and toads were never supposed to be eaten or touched as they were considered highly poisonous.

There were very lethal water based creatures in the nearby oceans. But, the dolphins aggressively protected the Atlanteans from any dangerous animal or fish that entered into or near the waters of both the rivers and the three rings. The interior peninsular beaches were quite safe and no danger existed in the rivers (except for the occasional crab or sharp rock). There was periodic flash flooding. And this always occurred during the more heavy summer rainy season. Everyone soon learned to avoid being anywhere near a river at such times. Or at least pay attention to the weather in the mountains

It can be easily said that the those first people stepping onto the shores of Atlantis had discovered what would be considered by most humans as "**Paradise.**"

## **Spirituality**

Their original spiritual concepts were mostly animal or nature based, somewhat magical and moderately superstitious. In the beginning, they buried their dead, but much later on, eventually gave them up to the sea. This was, in part, a homage to what was to later become one of their three principal deities.

They began to place an emphasis on observing the repeating patterns of the Ocean, the Sun, the Moon, Sky and those many varied lights moving in the heavens. Mysterious magical forces were at first associated with

these unknown phenomena. Moreover, the early Atlanteans were somewhat limited in their attempts to understand these astronomical forces. However, the soon to be discovered understanding of one particular force; one quite abundant around them, would abruptly change everything about their culture. The discovery of this force would also create their ultimate destiny.

In the very first stages, their architecture consisted of wood, thatched reeds and mud. Their knowledge of astronomy was very limited. They had fire and knew how to easily make it. They could work both bone, obsidian and some stone. Their art and sculpture were basically crude imitations of nature. Primarily depictions of various foods or animals from both sea, land and legendary sources. They grew very fond of the "protecting" dolphin and began creating wood and bone images of this very special creature. Often as talismans or protection images for their domiciles. Also on their fishing boats. With the arrival of future carving sophistication, gemstone and atal crystal images of the dolphins began to be very common.

Then something happened.

A discovery that would alter everything. A drastic change that would move Atlantis from a Stone Age Culture to the most powerful and advanced civilization on Earth. Thus, the real story of Atlantis begins.

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## E-Osu

Approximately three hundred years after Atalan was founded, a direct descendant of Dus and Mara was born into a household of this city.

A sandy brown haired, hazel eyed, perfectly formed boy issued from his mother Mira and was sired by the current headman of Atalan, Tur-al...Mira's life mate. On the night E-osu was conceived, Mira had a strange dream. One of her giving birth to a clear skinned half man half dolphin creature. A frightening visage. One which she was unable to understand or interpret. In a later discussion with a female clairvoyant, Mira was relieved to be told that she was going to be the mother of a great spiritual being. A man with a powerful destiny. A man who would be "chosen" by the dolphins. What "chosen" meant Mira did not understand.

Her newborn baby was given the name **E-osu**...meaning "brightness of spirit." It was immediately noticed that he had an unusual birth mark on his right thigh. It was large and bluish in color and everyone agreed that it resembled one of the friendly dolphins..

It was not unusual for all people, in our early times, to move freely about naked in everyday society. Especially if the weather warranted it. The weather on this area of the world's surface was almost perfect, requiring very little if any clothing or covering. So most people were viewed as nature had intended them. Thus, E-osu acquired the nickname "walking dolphin" by almost everyone he encountered. They would often point out or notice his unusual birthmark. This particular nickname became strangely prophetic as things later turned out.

E-osu acquired a special affection for these very friendly creatures. It was often noticed that whenever he was near the beach or walking along the sand, groups of dolphins would suddenly show up to greet him. Hooting, whistling and following his every movement. Because of their enthusiasm for him, E-osu began acquiring a small collection of dolphin images. This started when he was in his Middle Age. Once he found a crystal that almost perfectly resembled a dolphin in shape. This "found" item became a treasured possession for the remainder of his life and was the only object from his "collection" purposely buried with his remains. Many visitors to E-osu's domicile swore that on occasion, especially at night, this dolphin crystal could be seen glowing a soft green light. A light which E-osu was unable to explain.

E-osu grew into a strapping, broad shouldered and healthy adolescent male. Considered to be very handsome. Taller than most other boys his age. Quick of thought and very agile. Good at wrestling, not so good at hunting. E-osu particularly disliked killing anything. He was always curious about everything around him and always eager to learn. Everyone seemed drawn to his life energy. Also to his strong sense of spirituality, fairness, sense of humor and over-all enthusiasm for almost every living thing.

After he had reached the age of puberty, he became especially enamored of a great beauty of the female persuasion. A girl his own age named Pular. This brown eyed, dark haired, athletic and perfectly formed young lady gave E-osu many passionate thoughts. Pular was definitely the woman he wanted to have as his life long companion...as his life mate. He wanted her to be the mother of his children. E-osu was in eternal hope that she would choose him to be her life mate. Which was the right of only females to make.

Young girls always selected their life mates. The boys merely competed to help them make that decision. A particularly attractive girl would be surrounded by young men eager to prove their worth and catch her fancy.

Quite often, just thinking of Pular would create impressive physical changes in a certain area of his body.

E-osu was truly in love.

Pular would often come around and brush up against him. Just this "touch" would intensify his arousal towards her. Something she noticed with a gentle giggle. He began to sense that she was doing this touching intentionally. She definitely was.

E-osu was considered to be one of the most desirable males of any generation and Pular had noticed him early on. She sensed a far deeper beauty about him and he was so very good-looking. She was determined to acquire his fancy at every opportunity. But always completely demure. Everyone assumed these two would naturally end up together as life mates. All the gossip was heavily in E-osu's favor.

Then something occurred that would alter this assumption forever.

The event that would herald the greatest accomplishment and discovery in the history of Atlantis began quietly and with no fanfare.

One beautiful day, at around noontime, following the eating of a light lunch of fruit and fish; E-osu was relaxing with a bit of leisure time on his hands. Thinking of Pular, basking in the sunshine and enjoying the beauty of the day. He considered any day with her presence in it as beautiful.

E-osu's eye was suddenly caught by one of those smaller clear crystals lying profusely about. The crystal that seemed to be almost everywhere on Atlantis. This particular one had an almost perfect pyramidal shape and was completely flat on a rectangular base. It was approximately 1"x1" square...with each triangular facet also about 1" on each side. It appeared to be a perfect pyramid. A shape that would ultimately become known as the "Atal pyramid."

E-osu had noticed these crystals on several occasions, but this one called to him. He picked it up and turned this unusual stone over and over in his fingers. He observed it closely. A strange green shimmer flickered through it as he perused the interior matrix. Seeking the source of this strange flicker of light. A vibration of energy began to transmit through his fingers and up his arm when he touched the tip. And this feeling seemed to grow much stronger if the crystal's base was pointed towards the sun. However, when the flat base touched his finger; it felt as if warmth was flowing out from his finger tip into the crystal. Something very strange was occurring.

Out of pure curiosity, he placed the square base of the crystal up onto the center of his forehead. A unique tingling immediately began to occur. He wondered about that sensation. Suddenly, a kind of "inspiration" struck him. Looking around, he saw a small twig. E-osu looked directly at it and imagined the twig moving from one place to another. To a spot just a short distance away. To his utter amazement, the twig twitched and seemed to move.

Now he was definitely curious.

E-osu concentrated a little harder and again imagined the twig moving to that same particular spot. A few seconds of concentration passed and then the twig suddenly moved exactly to where he had imagined it would move to. E-osu was immediately startled.

"This crystal has some very strange power within it." thought the young man.

So he tried moving it again. E-osu imagined moving the twig several more times and again it did exactly as he imagined it. He tried moving it to a much farther distance and this too achieved success. He was becoming very fascinated.

E-osu then moved to focus this process on some larger pieces of wood and they too also moved. He turned his attention to a medium sized rock and attempted to move it, but it only wiggled a bit. As hard as he tried, he could only move this rock a short distance. Definitely not to where he wanted it to go. But it did move. So this young man was still encouraged

"Apparently, there seem to be some limits to this crystal?" he said to himself.

E-osu wasn't going to give up so easily. He realized that it took several attempts to move that initial twig to where he had wanted it to go. He could sense that each level of weight must take even greater concentration. This meant that he was going to have to create focus exercises and learn to discipline his concentration to

greater levels. This to enable him to move that rock. E-osu also realized that he wasn't going to be able to walk around holding a crystal up to his forehead all the time. He would need to come up with a way of holding it against his brow on a permanent basis.

E-osu crafted a piece of leather made from sealskin, as his ancestors had learned the art of leather making thousands of years before. *Most likely when in Europe.* He cut the prepared leather into two strips of an equal width of 2 inches and both of a sensible length. Long enough to tie around his head. E-osu then cut a square hole slightly smaller than the approximate size of the crystal's base into the center of one of the leather strips. He then pushed the crystal into the center of this leather strap, and applied some glue to its outer edges under the leather. This strap would hold onto the crystal. Into the other leather strap he had cut another square hole. This hole was the same size as the base of the crystal. Apparently, E-osu sensed that he needed this second hole to enable the crystal to maintain close contact with the skin of his brow. A combination of the two straps would keep the crystal locked in place once tied around his head. Using a glue made from a sticky tree sap, he then cemented the entire lengths of the two pieces of leather together and tapered the ends. When the glue had finally dried, he placed what was now a head band containing the crystal around his forehead and tied the two ends together. Again he could feel that strange tingling on his brow.

After using the headband for a few days, E-osu noticed that a red square was emerging upon his brow after he removed the headband to sleep. This "square would continue to exist for as long as he lived. It would be jokingly called by those who ever saw it as a "third eye." Little did they know how close to a truism this label actually was.

Unbeknownst to E-osu was that every time he placed the crystal upon his brow, small pieces of dissolved crystal inside his blood would be drawn to this spot and remain there. A thick deposit of these dissolved crystals was accumulating and building at this particular spot. Both under his skin as well as deep inside his brain leading directly to it. E-osu did not know it, but he was evolving.

This unique headband would become E-osu's mark of identification and the symbol of a future society. One to which a special group of powerful Atlanteans would belong. A group E-osu would become known as the "founder" of. An exclusive gathering of males, who in the short term future would be called initiates, E-osuans or "men of the third eye." Finally, after more than 20 years of continuous discipline, E-osu reached an important cascade point. At this crucial juncture, he would move to a far higher state of crystal power and eventually become known as an **Adept**. And his followers would all become known by this designation.

With his crystal headband in place, E-osu began practicing attempts at moving various objects. On the third day of practice he was able to move that rock he originally could not.

Every morning, just after sunrise he would awaken and spend an hour focusing on various objects. Developing his discipline of concentration. Over time, it was discovered that discipline, will power and focus enabled E-osu to move even larger objects. Soon he was getting very "adept" at moving objects of varying weights. After a month, he found that he could now easily move objects weighing 25-50 lbs.

After refining his disciplines over a few more months, he was out seeking more of the crystals with that unique perfect pyramidal shape. Just in case the one he had for some reason wore out. Which ultimately was discovered that they never ever appeared to actually do. At least not in anyone's lifetime. Something far stranger occurred with each and every one of them. Making each one absolutely unique.

After acquiring a few of these atal pyramids, E-osu noticed an elderly woman attempting to lift a heavy basket of fruit. E-osu concentrated his thoughts on the basket. The expression on the elder lady's face became priceless. She lifted it with ease, as if it weighed nothing. She became greatly flustered and perplexed at how this had happened. She immediately placed the basket back down on the ground out of confusion. She then tried lifting it again. It was now heavy..

"Did a demon somehow possess this basket? Thought the woman.

She almost dropped the basket and its' entire contents once E-osu made it light again. The old woman's expression then got funnier. E-osu just couldn't help letting out a great laugh. This drew a stern look from the woman. Moreover, as E-osu was laughing the basket gained back its' weight. Causing the elder lady great stress and chagrin in order to hold onto it..To the point of almost spilling the contents. Then it suddenly again became as light as a feather. Then this basket began to lift right out of the woman's hands. Her new expression caused a second loud hoot from E-osu. This made the lady suspect some witchcraft was at work. And that E-osu was most likely the source. Especially after the basket began to fall back into her arms but with absolutely no weight to it. E-osu then made a determined effort to maintain his concentration without interruption. No sense in bringing any inadvertent harm. Despite the presence of the young man's "mysterious magic," the old woman took advantage of this unexpected boon and effortlessly carried the basket to its' destination...with E-osu dutifully

accompanying not far behind.

Later that same day, E-osu came upon two men attempting to move a heavy dead tree trunk. Suddenly it seemed as if it had no weight at all. The expression on the two males' faces brought another great outburst from E-osu. However, this time, he fell to the ground with such intense laughing that nearby onlookers thought he was having some sort of fit. The tree trunk also had returned to being heavy again and was putting a great strain on the backs of the two men.. E-osu quickly recovered his composure and again lightened their toil. E-osu then explained what he was doing to the two men. At first they didn't know what to think. Until the tree began to lift up by itself and was moved out of the way. How E-osu was doing this they didn't care. Although the two men were now a little afraid of him, both were very grateful for his assistance. What would have taken them hours was now accomplished in mere minutes.

E-osu began moving about the area helping all those that he could. He would never make fun of anyone's reaction again. He now realized it could be very dangerous to lose his concentration. Someone might be unintentionally harmed.

Soon people became aware of the young man's unique ability and gossip traveled like a flash flood. The talk was that he was a "Sorcerer" with very powerful capabilities. *Sorcery was part of the superstitions of many ancient peoples and Atlantis was no exception.* However, such magical abilities were considered very strange and highly unusual in one so young. Eventually, in E-osu's case, everyone considered it as a sign of a unique greatness. An assumption that turned out to be even truer than anyone had imagined.

After several more days of providing assistance, E-osu noticed that whenever he had helped someone, they would immediately offer him some form of gratuity or later on bring him a gift. Even his first "victim," the elderly lady, had the very next day brought him a beautiful, tightly woven, covered reed basket for his bedtime waste removal. A gift that took some time and talent to construct.

One thing about the people of Atlantis, especially before the time of the Great Change, is that they always knew how to show gratitude.

Once it began to dawn on his fellow Atlanteans, that E-osu could lighten their loads; many would approach him for his aid. Always with promises of reward or payment. Although E-osu never asked for anything, it was always given. Soon, E-osu began to acquire more goods and food than he would ever need. And his supplies of food and possessions were constantly growing. Whenever food grew to excess and was likely to rot, he would leave it outside his hut for anyone to take.

After months of assisting his people in their chores, the young women of Atalan began to take note of his great accumulation of "things." E-osu saw that every time he would pass by any group of females, they would smile at him, flutter their eyes and move in very suggestive ways. Often they would utter his name in a certain sing-song way. This passionate, testosterone driven young male couldn't help notice some of the more beautiful females and occasionally he would feel that strange arousal in his lower parts. In the morning, he would always awaken with that same strong indication. E-osu began to notice his concentration with the crystal was increasingly becoming distracted by the ongoing attention and interest of so many attractive females. Although he still preferred the company of Pular., he was, after all, only 13 years old. *His hormonal levels must have been raging.*

Pular was beginning to become the recipient of numerous gifts on E-osu's behalf. One spectacular object was a necklace of a turquoise and coral combination. She was always wearing it and it looked stunning on her.

One day, E-osu was helping a young man lift a heavy boulder when Pular sauntered by. She smiled and moved her beautiful hips in a way that always turned him on. Especially as she walked away. His concentration was broken and the boulder fell... almost crushing the young man's foot. The man was able to move his foot in the nick of time. But, E-osu was truly embarrassed. This "almost" tragic and potentially harmful incident convinced E-osu that he would have to come to grips with these sexual urges. Especially, if he was to maximize his ability with the crystal. He couldn't be put in any state that might endanger someone.

It wasn't an easy decision to make, but, he knew that it was for the better good of his community. Hopefully, this unpleasant decision would provide other forms of compensation. E-osu had a great internal struggle with this concept. He discussed it with Pular at great length. Especially after she had made it perfectly clear that she intended to choose him as her life mate in the soon to be held ceremony. This tradition was held annually between eligible girls and available boys.

These two had already engaged in intercourse. Which on Atlantis was not considered unusual for pubescent individuals, either. It was found that allowing free expression of sexuality minimized conflict and hostility. As long as it was entirely consensual. Unfortunately, E-osu also noticed that he could not focus his crystal concentration for several days after having sex with Pular. He was becoming very perplexed. Moreover, every time he and

Pular would get together she would always want to initiate this pleasurable activity. Which he did not want to refuse. However, he was unable to concentrate thereafter. Moreover, the interval was expanding between each time he had sex with Pular and his eventual recovery. It was starting to get out of hand. Moreover, many of his fellow community members were increasingly becoming disappointed at his ongoing lethargy. Some were even taking it personally.

E-osu finally decided to tell Pular that he could no longer engage in sexual activity with her. That he was going to become celibate. This decision took an incredible amount of will power. Which was greatly strengthened by E-osu's daily regimen of discipline. It was a regrettable but necessary decision. Made for E-osu to be better at assisting to the needs of his people.

Pular was crushed. She made several attempts to dissuade E-osu, but to no avail. Even desperate pleading and dramatic moments of copious tears could not dissuade E-osu. Her crying caused him great pain as he never wished to cause her any grief. But he knew he had to remain firm.

Pular was so enamored of E-osu that she even offered to live with and take care of him without any sexual requirements. E-osu was grateful for her offer, but knew that it would be very unfair and unloving of him to prevent her from enjoying the fulfillment of total love. Plus, although his will was strong at the moment, he knew he could not lie in bed with her and not do what came natural to his body. E-osu would always have some regret for this decision. Pular eventually accepted this reality. Soon the two began to go separate ways.

He was somewhat relieved when Pular immediately met another young man named Het. She quickly chose to join with Het as her life mate. E-osu could sense that Pular and Het were having sex long before the mating ceremony. And E-osu knew that it was shortly after they had met. Pular loved sex and E-osu was well aware of this. Pular always had a certain look about her after sex. He could see that this look had returned once she first mentioned Het. Het was also very handsome and physically the equal to E-osu. In every way.

E-osu intentionally avoided the life mate ceremony. He used the excuse that his help was required to lift a giant boulder. He was also a tad jealous. He did not want to witness what he knew deep in his heart he desired but now could never have. More over, he would never bear any grudge against the very fortunate Het.

E-osu eventually developed a special affection for both Pular and Het. He spent many fond moments (when he had free time ) with this family and their many children. Eosu lived long enough to also enjoy their grandchildren and even the great-grand children. Several future Adepts came from this family's offspring.

Het once offer,ed (out of his great love and respect for E-osu), an opportunity for E-osu to sleep with Pular, whenever he so wished. E-osu most graciously declined. And no one involved was in any way offended. E=osu knew that It would be too painful for him to open up that particular door. Not too mention what he assumed would be disastrous consequences. Moreover, once opened, he was not sure he would ever be able to ever close it again. It was best to leave things as they were.

Throughout the rest of his life E-osu was never fully convinced that he had done the right thing. And frequently regretted it. Especially in the loneliness of his sleep chamber. He was not interested in other males, did not greatly enjoy pleasuring himself. Nor did he yet realize the actual consequences of either form of sexual outlet. So he chose to give up on sex entirely.

Much later on, he came to realize that only sexual contact between opposite sexes between the ages of 11 and 15 initially caused this unusual focus drain. E-osu was never able to understand why. Encounters between the same sex apparently had no effect. Nor did self pleasuring either. Moreover, once he had achieved the first Adept level of crystal discipline; this sexual interference would completely disappear in all heterosexual instances. He learned this only from those who followed his disciplinary achievements. Several of his initiates were not so eager to completely abandon their sexual natures. Since E-osu was the first to develop those disciplines, for him, everything involving using the crystal was a first and always would be a first. Always a "learning experience." Moreover, by the time he was made completely aware of the limits of this sexual interference process, Pular had long chosen to mate with Het., had given birth to several beautiful children and was advancing with age. It was too late for them both.

E-osu was privately informed by Pular, very shortly after the time he had finally renounced sex with her and just after she had her first sexual encounter with Het; that she was with child. She "hoped" that Het was the father. But she was not completely sure.

Once the baby was born, the child's presumed father didn't seem to ever notice anything unusual about this child and showed equal amounts of love to every member of his family. With much of it going to Pular as well.

E-osu would often look at the first child of Pular's with great affection. A beautiful, well formed girl. She was

named E-usa .Which immediately struck E-osu somewhat as a testimony directly to him and his name.. Moreover, the name was actually suggested by Het. Although E-osu was never fully sure she was his, the girl did have his hazel eyes. Even though they were somewhat darker and tinged a bit browner..She also seemed to be very aware and curious about everything going on around her. Very much like E-osu was at her young age.

E-usa was especially gravitated towards E-osu and enjoyed every opportunity to be in his presence. Often climbing up on his lap and kissing him on the cheek. Holding and hugging him. A mutual feeling existed on E-osu's part as well. She so reminded him of her mother in almost every way. Especially in the way she moved and presented herself. Especially as she grew older and more mature.

E-usa also had an unusual birth mark. Something which Pular or Het did not have. There on her right thigh were three small concentric rings. All reddish in color. E-osu had no real idea what this meant. But, he had his suspicions. He always stayed in contact with E-usa for the rest of his life. Never knowing for sure if she was actually his daughter, yet he loved her as if she was. Always enjoying her presence and that of her children at every convenient opportunity. And even with E-usa's grandchildren. After all, they might be his grandchildren as well. E-osu lived long enough to witness the arrival of several great great-grand children.

*E-osu never lived to see a distant descendant of this possible daughter be born. A descendant of E-usa's. For this child came into existence many centuries later. And was born under the most unusual circumstances. This future child, a female, would change the destiny of not only Atlantis, but many other nations as well. She would be responsible for a series of legends that still exist right up to the present. This distant descendant' of E-usa was called **Elice**.*

E-osu's only love did remain beautiful( to him) right up to her passing away. Which E-osu sadly was present to witness. Pular was in her late 60.s. E-osu was with Pular at her dying moments along with Het. This good man had always known of Pular's great love for E-osu and never regretted it. Het always knew that E-osu had given up love for the good of his people. Something Het knew that he could never do.

Het grew to consider E-osu like a second father and a good friend to his family. A family that never went without anything. E-osu would always bring many gifts with him when he came by for a visit. Pular's mate actually loved E-osu as a lifelong friend. He respected E-osu so much that he left Pular's dying bed side so that E-osu could be alone with her as she passed away. That it would be E-osu, who held her hand as she journeyed into the spirit world. Later on an ongoing legend grew up around Het as an example of a true friend.

E-osu never spoke of what had occurred between Pular and himself as she passed. Everyone present thought he seemed to possess a great sadness upon leaving her chamber. He waited until he was in private to shed the final and heavy tears he had held inside for so long. Eventually, joy returned to his eyes. For E-osu knew deep in his heart and soul that he would see Pular again.

E-osu had invented a series of intense disciplines along with mind altering sessions that would remove all forms of sexual interference. He became convinced of the success of these meditations when Pular came up to him one final time for sex and he was able to remain "unmoved." These techniques became the real foundation for all of his crystal disciplines. The power of will was fully established in E-osu.

There was one thing about the success of these meditations that bothered him though. He was concerned about the effect his decision concerning Pular would have on eventually attracting some female companion to assist him in daily duties. Necessary assistance such as food preparation, domicile care, etc. He overcame this conundrum, when it became apparent; that many of the people, he was helping, were all too eager to provide his everyday meals and give whatever repair work or domicile assistance he would ever need. He would often return to his hut to find a freshly cooked meal awaiting him. And its' interior was always spotlessly clean.

In his later days, E-osu often wondered, despite this possible daughter; what a son between he and Pular would have been like? Would this son have inherited his abilities with the crystal? *Little did E-osu know that his genetic legacy would not die when he did. That it would be carried far into the future. To the end days of Atlantis and possibly beyond .It is quite feasible that many individuals living today could trace their lineage all the way back to this man.*

E-osu's actual life, however, did give him many "sons," but none of his own body. And they equally loved him as well as any son would.

The work schedule for E-osu was becoming very heavy and taxing. Over time, there were so many of his fellow community members, who needed "assistance;" that he was getting further unable to fulfill all their requests. No matter how much "reward" they promised him. There were, also other areas of discovery and information that he wished to pursue. So, after a month of contemplation, he realized that it had become necessary to find others to help him. And then there was the haunting question, that needed to be answered: **Was he the only one who**

could use the crystal? E-osu was determined to find out.

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## The First Initiates

E-osu developed a series of simple tests to administer to prospective candidates. The best one involved his placing of an undeveloped atal pyramid up against each prospective candidates forehead. If a tingling emerged into his fingers, He found that this meant the person had the capability to use it. Since time was important, he didn't want to test everyone, so he decided to test only every male, who had currently reached the age of thirteen. After all, that was when he became aware of his own potential,. So his logical mind determined that this would be a good place to start. Later on it was determined that around the age of eleven, right after puberty, was actually the best time for making this selection.

He decided to only choose males for two reasons. First: They would be easier for him to understand and thus manage. Second: He was fearful of possible dangers which might arise from the female menstrual cycle. This was a great mystery to men and something they had feared for an immense length of time...long before anyone could remember. It was also well known that during the menstrual cycle, many females would become irritable and often very hostile. It became the common custom for menstruating females to be placed in a special "moon hut" and remain there until this period was over. However, E-osu did not dare risk it. The potential of danger and damage was too great. He had nightmares of enraged menstruating females tossing gigantic boulders at their mates or other hapless victims. So women on Atlantis were never given the opportunity to use the crystal.

*He might have been considered naive and chauvinistic by modern standards, but this was a very deep fear among most ancient peoples.*

It soon became apparent, that his fellow community members, both male and female, were quite comfortable with whatever decisions E-osu made in choosing his initiates. The people of Atalan trusted and so admired him that they would have eagerly made E-osu the Headman, if he had so desired it. Although his father was a previous Headman, E-osu never desired to follow his father's example. E-osu knew that he could never handle both areas of responsibility given the demands already being placed upon him.

E-osu selected around 600+ of the recently turned 13 year old males and administered his test. The test only took a few minutes to determine suitability. After a week of testing, he discovered on average only about one in 50 had sufficient ability to warrant training. This would be a manageable number of 12 for him to begin with. He would make it a policy to always choose at least one candidate from each Clan family. Even if this candidate was not always equal in ability to some of the others. This would be both good balance and practical politics as well. It would also serve as a way to distribute crystal responsibility throughout each Clan in the community. So there would always be at least twelve initiates representing each clan. As the population grew even larger, the numbers of initiates were also expected to increase.

It became a common awareness that E-osu was wise well beyond his years .Especially for a 14 year old.

These 12 candidates would be forever known as the first **initiates**.

It also was immediately obvious, that E-osu would need a space to train, feed and house these 12 young males. Food would never be a problem as those who would be helped by these initiates would always provide plenty of food. E-osu always had plenty of excess from his needs and he would provide for their immediate future. Housing was another matter entirely. E-osu wanted to have a quiet, reasonably private and large sleeping space for his trainees. But he wanted a large enough area in which his future initiates could grow. He never wanted any feeling of being crowded together among them.

At one of the central communal gatherings, he requested an area of land, on an elevated plateau, about 5 miles northeast of the center of Atalan. At a beautiful spot near the base of Mt. Attu, E-osu had found a flat grassy area of about 2 square miles with a wide and shallow river flowing nearby. His request was immediately granted.

Upon this plateau, which had been awarded in perpetuity, he had his initiates construct their first structure of wood, reeds and mud. This would be for the purpose of housing them.

The initiates were asked to build, what might be considered a traditional teepee shape. *The construction of which was learned in their European past.* E-osu especially wanted to pay homage to the crystal's pyramidal shape so he decided the structure would be four sided instead of the traditional many pole teepee. The type usually covered with bark, leather or grass. And a relic of their ancient mobile past. No one had ever built a teepee like this before. Nor one at such a height. So this required a small period of experimentation for the determination of stability. E-osu put his logical mind to best design how to construct and stabilize this new type of

structure. *Atlantis was about to acquire the world's first 4 story pyramid.*

E-osu wanted the pyramid to be based on the 12 initiates and the four sides of the crystal so he chose a height of 4 X12 or 48'. Four great trees of similar girth, over 53' feet long were cut and shaped to be joined together at a top junction. All four tree trunks would be joined and fastened four feet above a 4 foot by 4 foot square opening. One containing a grid made of two thin crisscrossed limbs placed close to each other in both east /west and north/south directions. This would allow for venting of smoke and to foster air flow. At least five feet of the bottom of each of the four 53' long tree trunks was inserted deep into the ground. A second square of poles united the pyramid's interior perimeter at the 28 foot level and at the 16 foot level on the interior and the exterior. Then another set was constructed at a perimeter one foot from the bottom. Poles were then placed intermittently between this bottom perimeter and directly under it to reach the ground for even further support. Leather drops were placed every few feet repeatedly between these one foot perimeter support poles and the ground. These "movable" coverings of thick leather allowed for a continuous air flow between the bottom and the top of the pyramid. Thus air flow could be controlled from any or all directions at the pyramid's bottom. E-osu had an additional arrangement of straight tree limbs placed like an X between all the higher pole levels for stability. On all four sides between the 15' and 25' levels. And on two of the 15' sides. With two separate smaller X crossings on both sides of the door. opening supports.

The strongest winds so far encountered on Atlantis could not blow this sloped structure over or even damage it. Several times in the future, this pyramid would be made larger and of even stronger materials. The final base perimeter placement of E-osu's pyramid allowed for an interior space of around 160 square feet. A space second in size only to the 100 foot in diameter central community center. However this pyramid would be the tallest structure on Atlantis for many years to come. Until it was later enlarged with far more suitable materials for its' new weight, height and size.

. The outer facing area of the pyramid was completely covered with intertwining branches, thick woven reeds made from rope like vines and then covered with a thick coating of strong weather resistant mud when finally dry. A small platform was built in the center of the roof grid for holding and binding a large 3'X3' pyramidal shaped Atal crystal. This crystal was intended to crown the very top of the pyramid. A permanent rope ladder would enable an initiate to climb all the way to the top to clean the crystal of any smoke detritus. This ladder was always attached to one of the main support poles and easily released for climbing. A chore which had to be done frequently.

It was believed that positioning a crystal at the top of this pyramid would allow it to focus both the sun and the moon's "energy" down to the inhabitants inside. Moreover, the crystal's brilliant mirrored reflection of sunlight could be seen from almost every point in Atalan.

The structure was built so that the light of the rising sun would illuminate the interior through the top and the eastern doorway awakening the initiates from their sleep. Two eight foot high doors, placed at both the eastern ( for the rising sun) and western sides (for the setting sun), allowed exit and entrance. These doors were covered with flexible leather drapes, which were easily adjustable to block the openings whenever inclement weather or wind might occur. Which was very rarely required. Most often, these entrances were usually left unblocked. Tightly stretched woven reed mats were attached to the interior from the 1 foot perimeter all the way up to the fifteen foot perimeter level. This was added primarily for insulation. However, their flat light vanilla surfaces invited painted illustrations.

Artists were asked to begin painting a mural designed as a spiral to be on all four of the pyramid's sides. This mural would highlight the great moments in the History of Atlantis beginning with their ancestors' first arrival at Dus. The very first illustration was placed to the north of the bottom of the western door and depicted twelve small boats being blown to the shores of Atlantis. The next painting was of the establishment of Dus, itself. Then the creation of Atalan. Others were later added, as needed, to record important moments in the history of Atlantis.

E-osu's discovery of the crystal was located prominently in the exact center of the spiral as it moved along the Northern side of the pyramid. Certain initiates often desired to sleep right below this specific illustration as it was felt that sleeping beneath it assisted them in their concentration. E-osu considered this to be a silly superstition, but tolerated it because the initiates wished to believe in it. Artists were currently placing the construction of the first pyramid to the right of the crystal's discovery.

The original pyramid eventually took around one month to construct, The interior mural took hundreds of years and was never even half completed in the original structure.

The pyramid was completed and now ready for occupancy.

A central fire pit provided evening light and created a focal point for conversation and community. The floor was covered in the softest sand,. Numerous woven reed sleeping mats were arranged along the four perimeters. Each initiate slept head to the wall leaving ample room between each initiate's space. What little property any initiate had was kept in a small basket next to the perimeter walls. Also near this property container was each member's evening waste receptacle basket. This pyramid was replaced and enlarged several times over Atlantean History. As was the mural itself.

In the final version of what is now called the Great Pyramid, the one that currently exists, the mural was totally carved in 3D relief in stone and now covers all four walls. Truly a marvel to behold.

The first paintings were created in red ocher, black charcoal, finely ground white coral, turquoise, sulfur, and unrefined green copper along with various brown toned earths. All mixed with a milky tree sap. Starting at the right side of the western entrance, it originally spiraled around and up the sides of the northern wall. Painted Art would have spread like wildfire, as we Atlanteans love color, but the making of paint was somewhat limited. The color ingredients were labor intensive...very difficult to find and even more difficult to make. So what painted art did exist was very sparse. And often only found in communal places. However, sculpture became another matter. And the artisans of Atlantis excelled at this form of art.

This mural was actually based on the oral history that female storytellers would chant (by rote memory) around family and communal fires. The Atlanteans knew, as well as most other stone age cultures, that women had more accurate, long term memory retention, especially as they got older. Much more accurate than most males.

E-osu was determined to search for a more detailed way to record the history of Atlantis. He noticed that each of the female storytellers never told the same story exactly as it was spoken by another or in totally accurate repetition. E-osu wanted a method that could never be misinterpreted or improperly told by anyone in the future. E-osu wanted to be able to make a record for each and every sound in their language. This mural became a great inspiration for this quest.. For E-osu noticed these pictures never seemed to change. Even a child could easily understand what they meant.

A large rectangular structure was built on the western side of the pyramid for food storage and cooking. There were also small buildings to be used for daytime waste removal. And other structures used for waste storage. Both located some walking distance to the south east. Far from any potential river contamination. All body and food wastes were saved in large tightly woven baskets as fertilizer. Small liquid proof baskets were also used throughout Atlantis for night relief. The contents would be taken and placed into larger baskets and kept at distant storage sheds. When these baskets became full, their contents would be mixed with a decaying leaf and grassy compost. The results made an excellent fertilizer. However, these odorous compost sites were kept distant from any village and downstream from all water sources.

There was little, if any, clothing as the over-all weather on Atlantis usually did not require it. Occasionally, a sealskin leather loincloth would be worn and only if the environment proved dangerous to their genitalia. There were hazards caused by thorny bushes, tree branches and certain varieties of cacti. In such dangerous areas, both male and females could be seen wearing this type of protection. There was also a form of sandal made from the combination of reeds and leather to protect feet from sharp rocks or pointed crystals. The adepts usually did not need these sandals for their everyday activities, but they were always available whenever necessary. Usually carried on a small rope on their backs along with a small leather satchel containing both food and water..

After the housing, waste removal and food structures were completed, E-osu began the process of teaching his initiates how to focus and use the Atal Stone. They were required to emerge at the rising of the morning Sun, have a light breakfast of fruit and grains. Then do meditation exercises that enabled them to concentrate and focus the crystal's energy. Each initiate was required to construct their own individual headband to hold their own personal crystal. One no one else would ever be able to use as was unfortunately discovered one day by the accidental mix-up of headbands.

In the beginning a few of the first initiates started to have headaches and were quickly replaced by another candidate from the same family Clan. After about 5 months most of the initiates were able to control and execute the movement of heavy objects. Which meant they could adequately control the use of the crystal. They were then farmed out to assist their community brethren in both harvesting, construction and all forms of lifting. They would continue every day, what was to become a life long ritual of meditation and focus building technique.

The initiates were devoted to E-osu and willingly adopted his philosophy of sexual abstinence, albeit a few of them did become recidivist, not only with each other, but also in connecting with the occasional lady. Periodically, one of the initiates would ask to leave....in order to live with a woman and have a family. Permission was always given.

E-osu did not put any restrictions upon the initiates. He merely instructed "that they could only reach their full capacity by following his methods." There were also early indications that not all the initiates would rise to the same level. Soon it became necessary for each initiate be awarded a badge. One worn on the left side of his headband. Which would indicate the level of weight he was able to move. No badge indicated the ability to move up to 200 pounds (level 1). A small seashell indicated up to 500 pounds (level 2). A bird claw up to 750 pounds (level 3). The final level which E-osu and some of the other initiates had attained (well over 1000 lbs) was a triangular piece of flat black volcanic glass...obsidian (Level 4). E-osu soon was able to move even higher weights, so the obsidian triangle, in his case, was replaced by a white dolphin carved from a flat clam shell. As more initiates acquired obsidian level ability E-osu was able to pursue certain other interests.

As years went by, the early classifications of ability were surpassed in huge leaps and bounds. Around the twentieth year, from the first day E-osu discovered his ability to use the Atal Stone, his followers noticed; that what was once a clear crystal in his headband, had become a beautiful aqua blue. E-osu had become the first **Blue Adept**.

A little experimentation and it became readily apparent that most Blue Adepts were capable of moving much, much larger objects. It took a while for the full range of ability to be discovered, but eventually it was known that a Blue Adept could lift any object up to around 10,000-20,000 lbs.

A year after E-osu's crystal changed color, a majority of the original initiates also went blue.

Another 20 years went by and E-osu's crystal started turning into a shade of purple. Merely days thereafter, it turned a brilliant red. He had now become the first **Red Adept**. Although variations and different limitations were discovered among individual Red adepts, they could easily move between 200,000 and 250,000 lbs.

Within a year, only 5 of the original blue Adepts had turned red. Another of the original blues followed a few months later.

The period between changes appeared to be taking on a pattern, as after another 20 years passed, E-osu's crystal became yellow, making him the first **Yellow Adept**. Through amazing feats of lifting, it was discovered that Yellow Adepts were much more powerful and were capable of moving up to 1,000,000 lbs.

Again a smaller number (3) of the original twelve turned yellow.

Another twenty years found E-osu at the age of 93. His crystal then turned pure opaque white. E-osu had reached the ultimate level of Adept to become the first **White Adept**. The average Atlantean could easily live into their late nineties and beyond. Maintaining both vigor and health.

E-osu lived for another 14 years to finally reach 107 and was only one of three White Adepts existing during his lifetime. White Adepts were extremely rare. There being only 1-3 alive at any one time and usually never more than four. There was only one occasion when four did exist, but the oldest was ill and quite feeble. He died within a very short time.

Each color change brought new and different abilities to the Adept. The White Adept was by far the most powerful and had literally no known limit to his abilities These unlimited abilities would prove astounding in the course of the future history of Atlantis

## The Quest for Knowledge

E-osu discovered, that towards the very top of Mt. Attus, there was an easily accessible level prominence. He considered this to be a good site for an Observatory. E-osu wanted to have a place to study and understand the patterns of the Sun, the Moon and all the other peculiar objects roaming the night sky. He felt that it needed to be higher up and away from the continuous dust and smoke generated from the busy port. That the air had to be perfectly clear.

Building this astronomical center began about 5 years after all the construction for the initiates was completed. When their training regime was well established. Using the power of the crystal, various size large rectangular stones were raised to the mountain site, by E-osu and his most powerful initiates. At this time, there were well over 40 competent initiates in total. Several were demonstrating impressive lifting abilities. The original 12 were each required to train another initiate after their first year of training and so on and so on .

Using a type of cement made of ground coral, tree sap and volcanic pumice, these stones were arranged into a round two story structure. Started with the largest ones at the bottom and placing the lighter and smaller as the structure moved further up. This was the first totally stone structure ever built on Atlantis. However, it was major experiment in materials construction. Much was learned from its' building. It was, however, not the last all stone construction. The circular walls had small rectangular observation openings placed at various levels all around

the structure. A strong rope climbing ladder was constructed of thick tree limbs . This allowed each person to get to the first and second level walkways. Eventually stone stairwells were constructed as the structure was later enlarged. Wooden walkways were built at both levels, strong enough to hold the weight of several men. These walkways were held up by thick tree trunks. At the very top was an eye level wall with various vertical slits *similar to a medieval castle*.

The individuals, assigned to the observatory, were instructed to create daily drawings, all on bleached seal leather. These were records detailing the movements of the Sun and the Moon and any other objects in the sky that could be followed. Outside the observatory tower, E-usu had constructed large flat circular areas covered with deep sand. Into this sand, different colored stones on top of poles were placed to match significant objects directly above the circle and used to observe whether and where these objects moved. Reference points were created by placing poles into sand pits for representing the Sun and Moon and their changing positions were duly noted. Studies were made over lengthy periods of time. Stones of the same color were used to mark the movement of the above corresponding stone on the pole. This would create a visible line of movement in the sand. It was these movements that were recorded. Moreover, this enabled everyone to see how these objects were actually moving relative to each other.

Over time it was noticed that the sun moved further to the north and then back farther to the south at the exact same times of each year.. And that almost all the star groupings always appeared to move together. However, there were five lights that moved separately all the time. On varied and separate tracks. Even at times moving backwards. *These were the five planets*. Combinations of the unified groups of lights could be imagined to have certain shapes. So the Atlanteans called them *constellations*. And gave them names. Designations based on the most commonly perceived shape they seemed to create. One was named **Dolon** because it resembled a half man and half fish.

It was noticed that both the Sun and the Moon always moved through these "constellations." There were also occasional bright streaking and flaming objects

Occasionally a very rare bright slowly moving object, one that looked like it had a wide and long vaporous tail would appear in the sky. These strange heavenly objects mystified the Atlanteans and would put great fear into them. Whenever they appeared. They were called harbingers and usually seemed to appear before some tragedy.

Their greatest paranoia came when suddenly the Sun would start to turn black and then seem to disappear. The superstitious Atlanteans imagined that some invisible beast was devouring this the most important object in the sky. Great relief came when the Sun somehow defeated this invisible devourer and returned to its' former brilliance. The members of the Observatory were most concerned as to why this was happening. Moreover, over time, they found that this threatening phenomenon seemed to repeat in a predictable pattern. Their centuries long investigations and observations finally revealed the answer.

About 30 years ago, within my lifetime, the strangest of those slowly moving vaporous objects appeared in the sky . It seemed to move much like that of a flaming or "feathered" snake. It also appeared to have collided with one of the five constantly moving objects. At first it turned this object red and then to a yellowish hue. *We would refer to this "moving object" today as the planet Venus*. This incident became very auspicious and frightened many of our seers and prophets. The people were utterly terrified. A more elaborate examination of the times and consequences of this event will be offered much later in these recordings. As we come to the times in which I ,Sor-el, actually live.

After many years of study, it was discovered that the Moon continuously changed it's shape over a recurring period twelve times during a lunar "year." Growing from complete disappearance to a fully round bright body. and it too also move through those various "Constellations."

Eventually each Constellation came to be associated with one of the 12 founding families. Who originally had the name of the first mother . However, the perceived shape of the Constellation eventually determined which family it belonged to. This was because as the various families grew into much larger "Clans" they acquired these constellation shapes as totems. These star groupings were imagined as that of animals, birds, sea creatures, etc. Each individual Clan had one of these groupings assigned to it. Thus Turtle, Fish, Lizard, Bird, Seal, etc. came to be associated with a different Clan.

After E-osu died, a very small 13th constellation was named to honor him. A rough triangle of stars with a large star in the center. Known as the E-osu constellation. The association was created to represent a certain number of days in the year. These were referred to as "mysterious" or "secret "days...also as the days of E-osu. These would bring the 12 month year of 30 days into balance by adding 5 or-6 E-osu days at the end of each year. Thus, began the time-keeping records that became the cornerstone of Atlantean dating and astronomical

awareness. Knowledge that eventually allowed the Adepts to realize where Atlantis actually was located on the surface of the Earth.

In another area close by the observatory, E-osu had a another large rectangular structure constructed. But this one was broken up into interconnected buildings with large patios between them and a central structure for record keeping. In this space, he created a school (which later became the **Academy**) and a library.. This school was specifically constructed for the study of flora, fauna and any or all other phenomena on or around Atlantis. Of special research interest were the qualities of all crystals. Although primitive at first, this "school" eventually became a great academy for the growth and accumulation of knowledge. This particular school was to be attended by anyone who showed a strong curiosity and an above average intelligence. However, it would always be controlled by the Adepts. This was done to make sure all knowledge acquired from it was in co-ordination with the Atal crystal's positive attributes and the moral foundations that E-osu had instituted.

E-osu did not want the crystal ever to be used for harm. Something he feared was quite possible, as anyone; who could lift great weights, could also hurl them for maximum and lethal damage. He established a select group of the wisest and older adepts into the **Council of Adepts**. They were to monitor any knowledge that had the potential for harm. Although E-osu's intentions were benign, future events would lead to their undoing. And a great perversion of his wisdom would come to unfold.

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## The First Alphabet

E-osu soon became aware that some method for permanently recording information had to be created. E-osu would study this murals in his pyramid for clues to recording the language. Several of the mural's images had similar sounds as a major component to them. He decided to create a few symbols fore these very common sounds. This lead him to design a set of symbols for all the basic and various sounds uttered in the Atlantean language. Over 100 symbols were invented to represent these sounds . Initially they were made up of the major most common sounds and then minor less used ones added. *The first major signs acted mostly like vowels and the minor ones more like consonantss.* The clicks were actually like vowels and became associated with a set of signs denoting the length and intensity of the various clicks. The same with breath inflections. Many Atlantean names were simple combinations of word sounds ...such as leg strong, Clear skin, bird hair, sky eyes, run fast, bright Spirit, clear stone, etc. The suffix "al" was often used in men's names to mean either strong or hardy.

E-osu's name could be best interpreted, most closely, to mean " bright spirit." The E a short version of EI or for any brightness similar to the the sun. Osu was another word for the soul.. Everyone always had an additional name, rarely spoken, that indicated Clan or Family relationship. E-osu's unspoken name was associated with his "Turtle Clan" lineage. A line descended directly from Mara of the original settlers. As he grew older, more powerful with the crystal and far wiser; his nickname of "walking dolphin" almost completely disappeared.

The most common symbol, the symbol for Atlantis, looked exactly like a bull's eye with a vertical line in the center connected to the top of the innermost ring.. *The symbol for "female" looked surprisingly like the contemporary symbol for Venus. Moreover, this particular symbol had arisen out of an association with the "Tau Cross," a very ancient symbol of the sun reflected on water and a universal symbol for life. The one for "male" resembled the symbol for Mars.* An arrow was a universal male representation. The symbol for the Adepts was a pyramid with a dot in the center. A dot placed within any symbol meant "seeing" or "rising."

Combining these 100 symbols, enabled one to create words, sentences and even books. This would make any knowledge permanent as long as the person reading them, understood them, exactly as originally intended.

Soon a library was first established near E-osu's school. Information was, at first, recorded on leather, but a form of paper created from mashed and dried reeds became cheaper to make and more readily available. Much later on, a much more permanent method involving inscribing on thin clay tablets (mixed with finely ground atal crystal dust) and baking them in ovens was introduced. These tablets were extremely durable and highly unbreakable. Covering such tablets with gold endured their longevity for great periods of time. For many thousands of years.

Certain special information would be carved onto stone markers. Usually placed for directions, special locations and to designate monuments. Everywhere the Atlanteans established a community, one of these markers was placed at the juncture of any four main roads. Transit surfaces that always moved in the four cardinal directions (where possible) from any community's center. When the city of Atalan became much larger every road in the city had such markers placed on the corners of every juncture.

Once he had compiled it and could see that it efficiently worked, E-osu insisted that his alphabet be taught to every Atlantean in order to further a "universal" form of written information and communication. E-osu personally

taught a group containing three members of each clan this alphabet and they in turn taught others in their own clan and so on and so on. Over the two thousand years since it was invented each clan developed a slight accent and a slightly different variation in the way the letters were made. Ultimately a much faster and simpler form of this script also emerged.

E-osu even wanted the "Beast Men"... those people exiled to the far north to have this knowledge. However, envoys sent to them did not return and were never ever heard from again. It would appear that any contact with the "Beast Men" should be avoided.

As to numbers, the Atlanteans first used individual vertical lines to indicate 1-4. Then with a slash thru them to indicate the number 5. Then individual vertical lines up to nine added to the four with a final slash for five. This method proved cumbersome so they did eventually come to use the dot or period symbol to indicate 10 fingers or numbers times ten.. Four vertical lines with a slash through them and a dot represented 50. Another dot represented 500 and so on. One vertical line with a dot meant ten. Two vertical lines with a dot meant 20, etc..One vertical line with a dot and then only a slash would indicate 15. Eventually just a slash would indicate a denomination of 5. Verticals always represented single numbers with dots multiples of ten and slashes 5. Numbers between 15-19 by first adding a dot, a slash then additional vertical lines up to four. Numbers with five or ten multiples were the easiest to work with. The concept of zero to represent nothing was yet unknown to them. Eventually the numbers were further simplified to two dots and a slash represented 25. Three dots and a slash 35 and so on.

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## The People

*The over-all physical features of Atlanteans would be considered very beautiful by modern standards. The men were tall... averaging around 6'2" to 6'7". However, a few actually rose to over 7'. They usually had darker colored hair and a eventually developed a copper-colored skin. Although there were occasional lighter shades of skin. This was due to their long term continuous exposure to tropical sunshine. A rare few were blonde or sandy brown haired. Around 10%. However, this feature was beginning to disappear. Most of their original European features had either become refined .lost or were muted over the many centuries in North America. There was very little, if any, facial hair among the men. Those that did have it usually plucked it out. Apparently, the females of Atlantis preferred no facial hair on their males. Eye colors ranged from primarily brown to hazel with the rare occasional blue. This eye color was also starting to disappear as well.*

The women averaged 5' 11" to the once-in-awhile, over 6'5". The men were big boned, had wide thick chests and finely cut muscular bodies...until their late forties. *Then some carbohydrate loading became more prominent in both sexes.* The early Atlanteans were never "fat" to any gross extent. They were always too physically active. There were many contests of a physical nature to keep their bodies ever glowing in health.

Periods of starvation never occurred.. *Which would, due to evolution, cause them to develop the need to carbohydrate load for survival purposes.* Their principal diet of fish, sea foods, seaweed products, fruits, nuts, dates, bird eggs, some small birds, turtles, insects and harvested grains was probably the healthiest on the planet. They did splurge from time to time on that big flightless bird, But as populations began to grow much larger, this particular delicacy became rarer and rarer. They eventually reserved this delicious meat for special occasions, such as festivals.

No one on Atlantis ever went hungry or thirsty.

There was no proscription towards any form of sexuality as long as it was consensual. However, prepubescent children were considered inappropriate or taboo by all adults. Occasionally a molestation would occur and the guilty individual was banished to the unknown lands in the northeast. To join the "beast men." Such behavior was not tolerated.

A certain rarer type of male with sensitive and feminine ways appealed to both genders but preferred sexual relations with the much more masculine males. These feminine males, called "**Nali**", were very creative, could move or dance with great beauty and were also usually good artisans. All males and females on Atlantis were always allowed to pursue their natural potentials. Very little prejudice of any kind existed.

The women especially loved the Nali, because they somehow understood how to talk to them and how to make females even more beautiful to men. They were often comedic, intelligent and very amusing. Qualities that caused many women to seek them out for both friendship and companionship. Quite often, the Nali were also very capable musicians as well. Especially with the flute.

There was also another type of men, somewhat independent. Very masculine Men, who tended to prefer each

other, over women, and were very strong, competitive, athletic and had a tendency to violence if provoked. These men, called **Makos** were used to monitor and police various gatherings. Often they were also the best hunters and fishermen. If Atlantis ever needed warriors, these Makos would have been a good start.

There were also women, called "**Amazi**," who preferred the company of and intimacy with each other. The larger/stronger of these women were often used to police other women at communal gatherings. Amazi females would periodically get into conflicts with their Mako male counterparts. Real violence was rare, but shouting and gesturing was not uncommon. If a conflict did occur, all participants would be severely chastised. Occasionally, if great physical harm occurred an offender might even be "banished." Such was the state of conflict on Atlantis.

There were almost no diseases. Most deaths were due to accidents, old age, tropical storms, the occasional tsunami on the unprotected outer coasts and the once-in-a-while flash flood. Very rarely, an earthquake would occur; somewhere nearby Atlantis. Then a roof or two might collapse. That was the extent of mortality ending events. Death by old age was the most common form of life termination.

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Over the centuries, the women had learned to plant and control some crops. They had also developed and improved storage baskets from palm leaves and thin grassy reeds, to the point; that some of their baskets could hold liquids without any leakage. The creation of pottery was, as of yet unknown to them, although they did occasionally carve wood, stone, ivory and crystal vessels for drinking. The artists among both sexes soon learned how to make and refine effigy objects of great beauty.

Women, as well as the eldest of both sexes were principally responsible for raising the children. However, women were solely responsible for harvesting berries, gathering vegetables or seasonings, fruits, healing herbs, minerals and the planting, tending and harvesting of crops. They were also usually involved in the preparation of most family meals.

Women also held and practiced the knowledge of healing. A knowledge, that was acquired over great spans of time and was continuously being expanded. This was done as the women encountered and found uses for the different flora, fauna and minerals on Atlantis. There were some men, who also became healers as well. But male healers were very exceptional and also very rare.

Menstruating females were required to stay in special constructions called "moon huts." Everyone feared this bleeding period due to ignorance and some ancient superstition. One whose origin has been lost to the ages. The shedding of blood was a greatly feared process associated with both disease and death.

Men were responsible for fishing, seafood/seaweed processing, boat and oar making, plus what little hunting was required (usually of seals, small mammals, birds, and that big tasty flightless bird). Any protection or policing required was generally assigned to the largest and strongest males. Most often to the Makos.

The creation of arrowheads, spear tips and knives (of both obsidian or Atal crystal) and other cutting tools were the exclusive property of men. Atlantean arrowheads were made for a device called an Atl-Atl. . This device enabled its' user to launch a short arrow like spear to a greater distance than a regular spear. It also could have greater accuracy than a spear. And although the bow and arrow were known of, it was not usually commonly made or required.

With the arrival of the knowledge of the Atal crystal and its' capabilities, men became the exclusive users of this knowledge. Males were the only ones allowed to work with this material. The Atal crystal was the hardest gemstone ever formed naturally on Earth. It could only be cut by itself. It would carve through stone and all other crystals (and later, metals) like butter. Over the years, it was discovered that any shape could be carved from this material and male artists became very prolific at carving the atal crystal. Animal effigies and erotica were common subjects. But, beauty was always their main pursuit.

Basket weaving, leather craft and the making of art were open to everyone. Metals were, as of yet, unknown on Atlantis. Copper existed, but very little use was so far given to it except as a form of medicine or for creating a green coloring. Only the atal crystal could be used to cut another crystal and the Atlanteans would eventually become so proficient in the art of carving of crystals that they could fashion any imaginable shape out of them. Quartz and jade were also very popular. Quartz was discovered to have healing qualities. Obsidian was a great cutting tool for soft materials, such as leather, meat and all grasses but very little sculpture was made with it. The color black never appealed to anyone on Atlantis until much later. Sculptured Art was very popular and became quite common. The Atlanteans loved beauty and treasured those who could create it.

Spiritual rites and mask making were primarily the function of certain men. However, certain female spiritual rituals and any accompanying masks were solely created and conducted by women as well. There were no

political divisions between the sexes and neither was considered more valuable than the other.

The Atlanteans loved to *party* and they were especially enamored of the many festivities they held. Food was so plentiful that no one ever went hungry and these festivals were great opportunities to feed and show off cooking prowess. A prowess that was continuously being expanded by combining foods and adding various herbs and newly discovered seasonings. Food and the eating of it was central to Atlantean Society.

Music was simple percussion (drums or rattles) and flute playing. Stringed instruments were unknown. Many of the festivals were greatly enhanced by very passionate drum beating.

The idea of wealth had not yet occurred to the Atlanteans. Everyone shared what was available. Even the excessive wealth of the Adepts was returned to those who ever needed it. There would be an annual "Sharing Out" of the excess goods the Adepts had acquired. This was always held during the end days or E-osu days of their year.

When an artist created an object, someone only had to admire it and the artist would outright give it to them. Ownership was not a significant goal of Atlanteans. Payment was always an exchange of goods or services. Greed was non-existent. The principal intent of all of this creativity was to keep people occupied in constant and pleasant activity. This helped to keep violence to a minimum, making this period of Atlantean history very stable. When serious violence or conflict did occur, offenders were often banished to the unknown lands of the far northeast. These banished individuals became known as the "beast people." Because they acted more like beasts than as people. What happened to them after being banished nobody paid any attention to.

As for clothing, only the rare leather loincloth (for genital protection) could be found. The Atlanteans did love jewelry for neck, ankle and wrist decoration. Earrings were always worn and there was a time when crystal or gemstone nose and lip plugs were quite fashionable.

There were finely woven reed mat costumes, bright feather capes as well as headdresses used in many festivals. Strange wooden masks of animals, many that did not even exist on Atlantis were often worn. *These masks were retained from their past memories as they traveled from Europe, around the northern ice sheets, throughout North America and onto the offshore islands. All before they had originally been torn away and blown by unusual winds to this hidden, yet wonderful paradise.*

One of the animals depicted had pointed ears with two very long teeth and spotted fur. Another had floppy ears, a strange elongated nose, was either brown, gray or black, sometimes furry and had very long teeth that curved upward at the sides of the mouth.

There were other masks of strange creatures, many with human like features, basically metaphors for positive and negative characters in story telling. Stories that conveyed essential moral and social elements. One of the favorites and most amusing to the children were the rabbit and the wolf stories. Although neither animal existed on Atlantis, these were basically morality metaphors and used to convey certain wisdom. The "creation of man story" became a favorite, but was introduced much later in Atlantean History.

A costume for the big flightless bird often manifested a very comical experience. Much humor was associated with the "Big Bird." There was even a mask created to represent the Dolphins, who were seen by the Atlanteans as protectors and guides. Often the Dolphins would lead fishermen to huge schools of fish and assist in driving the fish into huge balls where the Atlanteans would harvest them in their nets.

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As mentioned earlier, the Atlanteans loved to eat, dance and celebrate. They would often spend their leisure moments preparing for festivals. One of their most beautiful festivals was the **Full Moon Festival**. It was essentially created to thank the Dolphins for the great assistance they gave throughout the year.

This Festival, held during the evening of the full moon, consisted of filling lotus like flowers with a dab of beeswax containing a leather wick. The wicks would be lit afire and floated on the waters off the beaches near the port of Atalan. Because of the protection offered by the three land rings, the water near Atalan was reasonably calm. Almost like a pond. Small reed mats laden with freshly caught fish and fruits would also be placed onto the gentle waters. The Dolphins would gather in great abundance around these offerings, excitedly flying in and out of the water. The light of the floating flower candles would reflect off of their bellies, while the full moon illuminated their tops. The Dolphins would jump at and eat the fish (which had been harvested only hours before) and even nibble on the floating fruit. Although fruit was not a part of their diets, they could digest it. They especially liked any fruit which had partially fermented, which the people would purposely allow to happen.

After the Dolphins had their fill, the people would then celebrate their bounty with their own great communal feast of numerous dishes. Then gleefully drink a sweet liquid also made from various fermented fruit. Their

nakedness soon revealed intense arousal and everything sort of became a vast party. A party into which everyone (adults only) joined and where every one joined with each other. All possibilities included. The only ones left out were the children (under puberty), who were herded off to bed and closely guarded by the very old. A process signaled as soon as the Dolphins started to settle down and disperse.

Another festival revolved around the graves of all of the original settlers. This cemetery became a holy site. A yearly festival took place in their memory. It would occur at the end of moon 12 . Mainly to honor all the original families. This festival would forever become entrenched in human mythology as the **Day of the Dead**. All the dead would be celebrated, offered special gifts, food and drink. Some families would disinter their ancestors' bones and clean them, then returning them to their freshly painted red earth lined grave.

After all the dead had been properly honored, the Atlanteans would then celebrate with food, fermented beverages, dancing, skull masks, body painting with white and black grease paint and then a final "adults only" party. An Atlantean "adult" was anyone who had reached puberty and had already been properly initiated into adulthood. This "adult" celebration took place in the later evening. This secondary "evening festival" celebrated "life" and, quite often, many new births would occur around 9 months later. Such was the intensity of this particular evening's activities.

There were many other beautiful festivals in Atlantis. One of the **more** solemn was the **Virgin Festival** held in the Spring...just as the fruit trees came into blossom. All the girls, who had arrived into puberty ( menstruation) would ritually bathe in a special enclosure one built just for them each year. Garlands of flowers were placed on their heads and around their waists and also gently wrapped around and under their sexual areas. Their faces were painted pure white and special symbols in white were painted on their bodies. The girls would perform a erotic dance to the beat of drums and flutes. They were praised by an elder female speaker as the daughters of Mt. Attus, the female twin of Mt. Attu, her male counterpart. (Mt. Attus had two large outcroppings that were similar to breasts at her mid level, while coincidentally Mt. Attu had a singular tall "prominence" at it's base.) This rite announced that such females were now eligible to seek out their life mates.

The **Mating Ceremony** came about around the 13 -14 year in every female's life. And was totally voluntary. By both sexes. A female speaker would begin this ceremony by describing the duties of these girls in mated life and their rights as well. These girls would then go and seek out a newly pubescent male. Male candidates would line up and sit on soft mats with their legs spread wide apart.. The young ladies would then go to the male of their choice and sit between his legs with their back against his chest. They had chosen him to be their mate. If the male agreed he would wrap his legs up against hers. If the male did not approve, he would rise and turn his back to the girl. Very rarely did any male not approve, as this had all been previously agreed upon by family arrangements well before the festival occurred. When a very rare refusal did occur, the male could then receive the attentions of any other available female. However, this female could never be referred to as his mate and could join any other man, whenever and if ever she decided to do so.

After the selections had been made, a well built man wearing a red mask shaped as the head of a snake with black and red designs painted on his body and an enormous artificial phallus would dance through the gathered couples. He would hand freshly picked fruit blossoms to both genders to remind them of their innocence and that it would soon be gone. Of course, most of these mated couples had already lost their "innocence" long before. *Sexuality doesn't always wait for festivals.* The "Snake Man" would wiggle, dance and perform hilarious, yet also erotic, antics. This was intended to heighten the sexual energy of these newlyweds (if "wedding" is the appropriate term) also to provide for fertility. It was intended to remind them that a humorous aspect towards life is paramount. The "Snake Man" would make everyone laugh and enjoy themselves. Later, a feast would be served and everyone would greet the new members of their family Clan. Clan lineage was always determined by the females.

With the young males, there was the **Right of Passage** . All the pubescent males entered various competitions to demonstrate their prowess in fishing, hunting, running, Atl-Atl throwing, artistic creativity and a light sort of wrestling. Winners were awarded flower garlands on their heads. Which they wore proudly as long as the garland lasted. A unique coral badge (worn as a necklace) was given to permanently remind everyone of this victory. Quite often the winners of these contests had the best chance of getting the life mate of their choice.

There was even a flatulence contest held out of view of the females that was extremely hilarious. The flower garland for the winner of this contest was extremely pungent. All the young men would break out laughing when a female would inquire as to what that particular garland was for? Later on, an older female would pull her aside and explain the meaning of it... whereupon both would let out a loud retort of their own.

The Right of Passage was meant to be both competitive and good natured. Nothing about it was intended to cause any physical harm. Again, there were no enemies to the Atlanteans, so warfare and war-craft were not a

main concern. Only the use of hunting and spear fishing techniques were taught to and exemplified by the males. This was also a philosophy that caused the Dolphins to love the Atlanteans. The concept of war was essentially non-existent among these people.

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Occasionally, leaders would need to be chosen among the Clans. Both male and female. These single leaders became the "**Council of 12**" and would conduct communal meetings and settle disputes. As the population on Atlantis got larger, the Council of 12 became **The Great Council**. At first the representatives to this council were selected for every ten years, but eventually they became permanent. Each council member represented one of the original twelve families or Clans. Any rules or laws were created by this select group. Other representatives from every community were selected to attend and monitor these Great Council meetings, but actually had no power. They only offered the viewpoints of their various constituents.

Lesser sized councils of 12 (selected on a yearly basis) also existed at every village level. Whenever a conflict existed between any village ruling and the Great Council existed, the Great Council always prevailed.

E-osu came up with an idea for all these 10 year Great Council "appointments" that was both wise and contrived. He arranged for a swimming race to be conducted between any of these would be "leaders" and certain Dolphins. Now the Dolphins had the ability to sense the intelligence and wisdom of any Atlantean who swam against them. They would allow any person to win based on these two factors. E-osu knew it was somewhat "rigged" but to very good purpose. Very seldom were leaders chosen by the Dolphins to the regret of any of the winner's Clan.

There were also always 2 substitute leaders arranged in case of a death or illness. These were always the two runner ups in the Dolphin race. Quite often, a person would become so loved by their constituents that they would continuously be selected to enter the Dolphin race. Eventually, as many older persons kept winning against younger entrants, the people began to suspect it was rigged. However, because they trusted the Dolphins and the wisdom of E-osu, they seldom complained. Even losers accepted their fate without any animosity. It was known that losers one time could well be the winners in the next race. With a ten year interval, some losers grew more mature and wiser. The Dolphins always paid attention to the reactions of the losers.

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## The Dolphins

Around the time of the development of the abilities associated with his crystal going blue, E-osu discovered that the Dolphins gravitated around him far more intensely than they ever had done previously. Always as he walked along the beaches. They would become agitated and excited with their clicking and hooting sounds. They would even try to reach and nuzzle him as he moved about. Soon, he began to "understand" a little of what the Dolphins were trying to tell him. Certain sounds and images would become associated in his head. E-osu suspected it was the blue color of the crystal enabling this. It actually was E-osu's spirit. The blueness of the crystal had also raised his spirit to a higher level. And not all initiates who went blue would achieve this either.

E-osu couldn't imitate their sounds and he didn't ever fully understand their spoken language because the Dolphin "language" was actually a collective language with each individual dolphin speaking only a part of what was being said. He did, however, begin to understand what they were trying to convey to him. A sound or two along with an associated image would come into his head. He would repeat the sound or sounds in his head and the dolphins would nod their heads simultaneously in agreement.

What actually took place was... E-osu started getting mental images from the Dolphins. Images of water and then a collective sound from a group of these amazing creatures. A sound he could only repeat in his head. Then came other images. One was of an individual dolphin and then a group of them with the associated sounds. E-osu noticed that any plural aspect had a kind of echo to it, which he took to mean more than one. *All Human languages begin as mental pictures to which we associate sounds, even sign language was originally linked to picture association. So the ability to bridge the gap wasn't too great of a stretch for him to make.* E-osu was very intelligent. *Today he would be considered a genius.*

Numbers were announced by a repeated clicking sequence of one plus one equals two. A single click, a very short hoot, another single click and then two clicks. Two clicks plus one more equals three clicks. Three clicks plus two clicks equals five. A numerical process by which the next number was created by adding each new number to the previous number. *A mathematical sequence similar to the way plants locate leaves up a stem. Called a Fibonacci sequence.* The concept of zero was engendered in a sound E-osu considered associated with an unpleasant odor. In terms of mental imagery it was expressed as the deepest black E-osu could imagine.

Many more basic image associations followed. Finally a lexicon of Dolphin language was established in E-osu's head.

When all the Dolphins communicated with E-osu collectively, a complete image was conveyed. Soon E-osu had a primitive idea of how the Dolphins thought and in turn, was able to, likewise, convey basic images back to them. In essence E-osu was teaching them the Atlantean language.

When E-osu projected an image or group of images, each of the Dolphins absorbed a specific part. The Dolphins were especially interested in E-osu's land based knowledge and experiences. Moreover, they eagerly absorbed his spiritual concepts. There were constant inquiries for further explanation about human spirituality. Within a month E-osu had learned to communicate with the Dolphins on a much easier and far higher level.

It also became eventually understood by E-osu that these "Atlantean" Dolphins knew about the Atal Crystal. They did not, however, know how to use it in the same way E-osu had discovered. Nor did they even care to. They were aware that, only when they were near Atlantis (and at one other location on the planet) did their extra-sensory abilities become much more noticeable. An awareness, which arose, because this branch of Dolphins had ingested, over the many centuries, a large amount of finely grained Atal Stone. The Dolphins were positive, that ingestion of the crystal enhanced both intelligence, communication, health and many other mental abilities. E-osu soon realized that the Dolphins had been ingesting it for millions of years and this gave them a mental prowess far beyond his.

The Dolphins had additionally developed a special organ in the front of their brain. The Atal Crystal became concentrated there and special abilities had developed around this organ. The Atlanteans Dolphins could project a powerful energy both in and out of water. Something akin to today's sonar or radar. They could even kill with it. The most common use of this power was to frighten away the many predators around them..

E-osu didn't feel inadequate because of their greater intelligence and mental abilities however. His species had taken a different evolutionary path and had acquired many benefits unavailable to the Dolphins. Although the Dolphins were far more intelligent than humans, they had no need of, or ability for, technology. They wouldn't have been able to achieve technology, if they had wanted to. Mainly, because it would have been impossible for them to create or control fire. *Without fire, mankind would never have risen to his domination of the land surface of the planet.* Also, without fingers, the Dolphins would have been unable to develop and use tools. Tools are an essential link to any form of technological advancement. Some of the Dolphins' fellow sea creatures, the Octopus, Squid, etc. could use a few rudimentary tools, but without fire, not very much more could be accomplished. Liquid evolved species generally do not advance very high along any technological scale.

The Dolphins loved the Atlanteans, because they could sense that, unlike most every other of the life-forms, the Dolphins had encountered on Earth; the Atlanteans had a sense of harmony, compassion and especially (to the Dolphins) a sense of spirituality. The Dolphins also liked that humanity had a sense of humor. Additionally, up to this time, there was no memory of any Atlantean ever purposely harming one of them. Unlike some humans these Dolphins had encountered at other ocean-bordering parts of the Earth.

Curiosity was intrinsic to all Dolphins. These Dolphins were especially curious about these surface dwelling creatures called man. Their desire to communicate with men, was somewhat limited by humanity's inability to understand what the Dolphins were saying. Now that E-osu was beginning to understand them and reciprocate human knowledge back, they were fascinated by his contributions.

*Additionally, the Dolphin's vast collective "genetic" memory reminded them, that they were once land animals themselves. Humans and Dolphins actually may have had a common mammal "ancestor" around 60 million years ago. One had left the land to seek its' future in the sea. The other decided to seek its' future in the trees. The Atlantean Dolphins even had a few other "relatives" in the oceans of the world. "Relatives," who had chosen to take quite different paths. This "genetic" memory enabled the Dolphins to remember essentially everything of any major consequence that occurred in the world's oceans. Since shortly after the Dolphins' distant ancestors had entered the water.*

The Dolphins expounded to E-osu, some of these Ocean memories. Memories of great meteor impacts and huge rifts that occurred in the ocean floor. Over vast amounts of time, huge numbers of creatures had come and gone. These extinctions of various life forms were caused by many of these massive changes. This fact was one that caused the Dolphins to consider the survivability of their knowledge to be their greatest fear.

The Dolphins had no way of permanently recording their collected knowledge, only through the memory of their Spiritual Collective. When any individual Dolphin died, a small part of memory was lost if another Dolphin was unable to absorb it. The permanent writing capabilities of E-osu gave them great hope and they were quite eager to unload whatever they knew to him. Trusting that this information would be passed by humanity to the future.

E-osu was also given freedom to share this knowledge with the rest of his species. All of them and anywhere. Most of this Dolphin information E-osu wrote into a pressed reed journal he had started to keep. By the time he died there were quite a few of these "diaries." Each journal was to be a permanent and an ongoing record of whatever he was to learn from these amazing aquatic creatures. Or from any other source as well. E-osu asked the Dolphins, often, for exact locations of various events. However, distance was not a concept the Dolphins understood. It seems that, while Dolphin memories included deep water events, many were mostly second hand acquired from ancient relatives who once had inhabited those areas. Dolphins preferred coastal regions and areas where they were comfortable and somewhat safe.

Once the Dolphins had reached a location, they were always able to locate it again. Unfortunately, their ability to find any location they had visited was not translatable to E-osu. Mainly, because the Dolphins didn't have any real sense of distance or direction. Only time mattered to them. Every Ocean location, to which the Dolphins traveled, was often located solely by time and specific landmarks.

The Dolphins always remembered wherever they traveled by these landmarks and by the time between them. Apparently, the Dolphins had evolved a part of their brains to memorize time in some permanent and unique chemical or electromagnetic way. E-osu became disappointed that he would be unable to gather directional information on specific places as he would have needed directions to locate them. And by inference also locate Atlantis. Where it actually was on the surface of the planet.

E-osu was, however, very fascinated by the idea that there was one other location on Earth where the crystal existed and that there might be "others" with crystal ability. He inquired of the Dolphins for more information. The only reference he got to this "place" was that it was equally as far in time from Atlantis, if you traveled with the movement of the directly over head sun or against it. He also was informed that the human inhabitants of this land had not yet learned to use the crystal as he did. With that information E-osu seemed somewhat content. But not completely. They may have discovered it at the same time as he did. He wasn't sure.

During his time of getting to know the Dolphins, E-osu discovered that the Dolphins were aware of the soul. They also sensed that Humans were as well. The Atlanteans had been burying their dead essentially the same way for thousands of years. When someone died, they would bury them in a red paint (iron oxide) coated pit, thinking that the red earth was like blood; which in a strange coincidence, they are both essentially made up of the same things. The Atlanteans would then place flowers or food on top of a reed mat covering the corpse. To provide these things in the afterlife. Placed along side the deceased were any objects that were "special" to this particular individual. Also for use in an afterlife. On rare occasions, an infant, who had died would be placed with its' mother if she too had already passed. Later when the mother passed away, the infant's remains would be removed from its' grave and placed into the mother's. In order that their spirits could journey together.

Mourners would then cover the burial pit with dirt. Then they would place stones, in a pyramid like mound, on top. to mark the site as a grave. Relatives would often visit these burial locations and bring fresh food and flowers.

Unbeknownst to the Atlanteans, the Dolphins took immediate notice of this behavior. A behavior which began, almost immediately after the first human families arrived upon these lands. They were very weak from their passage, so weak, that a few of the survivors succumbed immediately and were interred. It was primarily for this reason, that the Dolphins made a point of protecting them from harm. As far as the Dolphins could determine, it appeared Humans were the only other life form on Earth, that they were aware of, who believed in the soul.

The Atlantean Dolphins did not bury or in any way treat their dead differently from life. Unbeknownst to humankind, when Dolphins die, their spirit remains within a form of collective soul. As long as the collective stays intact and as long as the Dolphin pod continues to exist, their collective spirit remains within it. Once the pod terminates, so do the spiritual essences within. On rare occasions or when under extreme stress the Spiritual Collective may choose to dissolve, whereby each spirit returns to its individual body. If it is still living. If for some reason a particular Dolphin has died, that spirit cannot return to its' body and "truly dies" as well. Moreover, all of its memory within the Collective's knowledge is also gone.

The concept of the soul can only be acquired by a species that becomes self-aware and the Dolphins had become self-aware millions of years before modern humans existed. The Dolphins, at least the ones in the vicinity of Atlantis, also had the ability of soul projection. *What we humans might call astral projection.*

They could send their minds collectively, as one, anywhere. Literally, anywhere in the Universe... Instantaneously. The rules of the Spirit World were not bound by the laws of the physical Universe. However, this spirit travel was somewhat limited and could only be conducted if there was another self aware "spirit" in a location that the Dolphins wanted to connect with. Lifeless, dead or very primitive planets were not possible to reach, nor did the Dolphins desire this. It was only through self-aware life forms that such travel was relatively

easy and where spiritual knowledge would await them.

*Besides, in the few million years that the Dolphins had acquired this ability, they had barely investigated a small portion (about 5%) of what humans would call the Milky Way Galaxy...about 1 billion solar systems out of 20 billion. They also seemed to find many more advanced "spirits" as they moved in closer to the Galaxy's Center and the more densely packed solar systems there. Probably because these Suns were older and the life forms arising there had much more time to evolve.*

There were often technological life forms, evolved on land, who would suddenly totally disappear, much to the surprise and confusion of the Dolphins. Moreover, the disappearance of these land species would also cause massive destruction to any liquid based or atmospheric life forms as well.

On one such planet, a dolphin-like species reported there were great flashes of light and heat. Circumstances which also caused great death and disruption among their own kind. Needless to say, the land species on this planet no longer existed. And the water based species also went silent as well.

The Dolphins continued to hunger for spiritual ideas and concepts. They were in contact with many water born species. And had learned most about spirituality from them. Many creatures, closer to the galaxy's center, were millions of years ahead. The Dolphins were far more advanced spiritually than any other Earth evolved species, but were far behind a vast number of extra-terrestrial species. Something about land based species, however, often interfered with most attempts at spirit communication.

Most interestingly, there were few locations where the crystal could be found off the Earth, which may have affected how quickly land based intelligence progressed. Most probably, any progress which did occur, was because of the land species emphasis on technology.... a concept entirely alien to liquid environment creatures. Because, as it was in the case of the Dolphins, impossible to create and control fire in a liquid.

The Dolphins also, became sadly aware, that most technological races also tended to practice another extremely disliked concept...War. In all extra-terrestrial contact, involving any successful spiritual connection with technological species, the Dolphins realized a "danger" and wisely kept any possible references to the location of Earth away from all of them. This was a specific attempt at preventing these tech species from importing their war and aggressive concepts to Earth. This did not, however, prevent any earth based species, such as mankind, from engaging in war, as long as such warfare did not affect the Dolphins. Only once in the history of Dolphin-Human interface did the Dolphins actually interfere with humanity. Primarily because of the spill over of human warfare into Dolphin existence..

There were some contacts with a few atmosphere based life forms, but it was extremely rare to find any that had achieved self-awareness. The Dolphins could also readily roam the Dream World. The Dream World was, however, so incoherent and out of control that the Dolphins learned to mostly avoid it. They feared getting lost in the Dream World and becoming unable to get back into their bodies.

As the Dolphins moved closer to the Galactic center, they encountered an extremely advanced water evolved species (a group of Avatar Cephalopods). Ones that would suggest to humans the likeness of an Octopus or Squid. Their heads were extremely large and they did evolve a strong and basic skeletal structure. One designed to support their out of water weight. They had evolved to exist both in and out of water. The Dolphins had a great amount of interest in the spiritual awareness of this particular species. It appeared that these Squid like creatures had arrived at the conclusion of advanced spiritual understanding.

E-osu was most curious as to what the Dolphins had discovered from these Avatars. The Dolphins, however, were very concerned as to the possible affect this knowledge might have on E-osu. This knowledge affected them very deeply. They were not entirely sure how to explain it. They believed that humanity was too young and unstable to grasp or understand this knowledge. However, they promised to give it to E-osu as he approached his life's end. E-osu totally trusted the wisdom of the Dolphins, so he would be patient and look forward to that point in his life.

The Dolphins also loved E-osu so much that they offered him a unique and singular gift. They would allow his spirit to join their collective upon his death. E-osu was most grateful and said "he would make that decision sometime in the future."

*Towards the end of E-osu's life the Dolphins did reveal the knowledge they had received from the Avatar Cephalopods in another solar system. However, this information is so extraordinary and controversial, that it shall not be revealed here. Only in a later and separate section, an Epilogue or Diaries arena. Then will these revelations be made available so that "only those who are willing to step into this awareness shall be exposed to it."*

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## THE INVIOLEATE RULE

According to E-osu, the Dolphins had no "civilization" as we might consider it, but did have certain communal rules; which were rarely, if ever, violated. On the very rare occasion that a Dolphin became aberrant, and killed another dolphin, they were shunned by all the others. Their spirit was not allowed to join with the Collective. Not having the communal protection of other Dolphins made these delinquents easily prone to being slain by the many predators in the ocean. Not being allowed within the Collective also gave them a great loneliness as well. One thing the Collective could not tolerate was any negative spiritual contaminant. They were well aware that not all spirits were positive and they must shun any spirit with a negative nature..

The Atlanteans had a somewhat similar approach to such behavior. Violators of communal rules, of both sexes, were exiled and forced to leave...to live in the wild far northeastern areas. Most likely they were expected to easily survive. What with food and fresh water readily available. With such assets combined with a benign climate, over time, there soon emerged a very small population of individuals based on a limited male/female interaction. The resulting group of essentially anti-social individuals became unstable and highly violent. This behavior apparently kept the groups small, isolated, very primitive and extremely dangerous. Their violent nature caused the Atlanteans to avoid them, referring to them as the "Beast-Men."

Once in awhile, a group of young testosterone driven Makos would foray into the areas of the beast men...to catch one. Mainly to sequester and then release him, then come back home and brag about their bravery. Even the beast men were forbidden to be killed. This rule didn't necessarily apply to the beast men, however.

Occasionally an intentional death would occur. This was the one **inviolable rule**.

No one was permitted to kill another human under any circumstance. The killing of another person was absolutely forbidden. After all, the Atlanteans had no enemies. The only way the 12 families could cope with this killing paradox was to take any such offender out as far from land as possible (the Atlanteans would never travel out of sight of land) into the deeper ocean. They would leave the outcast in a small boat with no food, water, sail or oars. They would then return to Atlantis leaving his/her fate up to their own personal resources. The Dolphins would offer no assistance to these offenders, either. They somehow knew. that negative spirits existed within them.

On very very rare occasions, if one of these doomed outcasts managed to get back, they were treated as if nothing had previously occurred. Often, even becoming a sort of celebrity. If the returnee was a male (and they always were), many of the young women were eagerly attracted to him. Natural selection at work. Any survivor was always seen as being protected by powerful supernatural forces. It was felt that anyone who survived a trip into the outer ocean was meant to return. Moreover, anyone who did return, ever killed anyone again. This did not remain true as future history was to reveal.

No one could bring harm to any of the Dolphins either. A corollary to the inviolable rule. The Atlanteans considered the Dolphins as friends and allies in everyday behavior. If the Atlanteans held any being to be as sacred, as themselves, it would be the Dolphins. Such would not always be the case. Fortunately, E-osu did not live to see harm befall these beloved creatures. The "walking dolphin" was about to join with them.

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## E-osu's Death

E-osu lived what he considered to be a long and good life. One combined with both wisdom, new knowledge and the great love of his people along with the respect of another intelligent species...the Dolphins. He wrote continuously and daily in his numerous diaries about the many years of his life. The main highlights and treasured moments. Including his relationship with Pular. He went on to further script the many secrets the Dolphins had revealed to him. Adding his thoughts and opinions to these revelations. He also recorded most of the information we now have about his life. However, towards the end he made some bizarre predictions and began to appear incoherent. Some of his last writings do not seem to make any sense.

There was a sealed letter from Het One which he handed over to the library on the stipulation that it only be opened after E-osu had died. This letter was given to the library shortly after Pular passed away. It is generally believed to be Pular's last testament.. For some reason, no one ever bothered to open and read this letter. As we have no record of its' contents. It is currently being restored along with E-osu's diaries. To be made presentable for my eventual perusal. Which I will offer up to posterity at a more appropriate time. So I cannot currently speak of their contents with any authority.

E-osu's diaries and Het's letter have only recently been re-discovered. They were placed into a long lost alcove of the Great Library. One accidentally lost when it was covered up by new construction. This same alcove also had several other writings by other individuals. None of these documents have been seen by human eyes for well over two thousand years. If they had not been accidentally placed in this dry and totally dark area, sealed up and forgotten; they most likely would have deteriorated beyond repair or readability. What seems most propitious is there recent re-discovery .

Some of E-osu's writings have always been available in the Adept Library. These particular records were essentially about Adept development and the many methods for achieving their great discipline with the atal crystal. These records are considered to be our greatest informational treasure.

After the great man had turned 107 years old, his health began to fail rapidly. His crystal started to lose its whiteness and began to look as if it was thinning in opacity. It seemed to be returning back to the original state in which E-osu had first found it. And as this aging factor accelerated, he was unable to concentrate or focus the crystal. Basically, unable to use it. He started to complain of headaches, so the headband was permanently removed. It was agreed that it would be placed back upon his head once he was dead and being prepared for internment. After E-osu had passed away the crystal turned completely clear except for some strange striations of a green running deep within its' matrix.

E-osu also appeared to have had visions toward the last days of his life. Disturbing glimpses of the future. He constantly warned of "another people." Ones, he believed may have access to the atal crystal. He also occasionally mumbled something about the arrival of foreigners..."very dangerous foreigners!"

In the last months, E-osu even predicted some inane thing about 13X13 X13. That he would return. Nobody could understand what he was referring to. Towards the end almost everyone thought he was starting to lose touch with reality and few paid him any real attention. All except one individual.

His only regret was that he had no male progeny. Only one wonderful girl that might be his daughter. A girl he loved no matter what his association with her truly was. He knew that there was greatness to come from her. He somehow sensed it.

E-osu considered all the Atlanteans as his relatives and treated them accordingly. Whenever the wealth of the Adepts became excessive he would do a share out to all his people. No one on Atlantis ever went without anything as long as E-osu lived.

The time of E-osu's existence is considered to be the greatest time for any of the **Paradise Era** to have lived. No great dangers or harm ever occurred. Peace reigned for long after E-osu's passing.

Moreover, E-osu personally created three of the most important foundations for Atlantis' future. **The Society of Adepts**, the **Observatory** and the **School**. Not to mention the incredible achievement in creating a written script for the recording of our language and our history. Our Great Library would never have come into existence without the alphabet E-osu invented.

I, Sor-el ,will always be indebted to this truly great man. For without that script, I would have very little purpose.

As E-osu was approaching the last year of his life, the Dolphins renewed their singular honor of a spiritual joining and E-osu decided to accept it. The Dolphins assured him that he would be able to monitor Atlantis from within the Collective for as long as it existed. He could never pass up such an opportunity.

E-osu requested that a small hut be built close to the water off one of Atalan's beaches. Actually right on the water, So that he could be close to the Dolphins upon his passing. The Dolphins suggested that he be as near to them as possible. Finally E-osu had weakened to the point that he was transferred to that special seaside hut. He was placed upon a comfortable sleeping platform and attended to constantly by devoted attendants. His bed was placed on a veranda overlooking the bay. The hut was actually floating on the bay itself and anchored to a dock connected to land. E-osu could not have asked for a more beautiful view as he lay dying. He could see the growing city of Atalan in the distance beneath the towering twin mountains. His Adept pyramid was also visible.

He could see the many dolphins gathering in the waters next to his veranda. Waiting to receive his spirit. He could feel the Collective calling to him.

The people were amazed at the mass gathering of Dolphins that began to coalesce near E-osu's hut. It was so very obvious that the Dolphins also loved E-osu. There were hundreds of Dolphins swimming near and around his veranda. No one had ever seen so many at one time. E-osu's soon to be joined Collective was far larger than he ever realized.

As E-osu lay dying, more and more of his people would come and lay flowers and garlands outside his hut. Very

soon, the entire floating structure was surrounded by masses of flowers. With many drifting slowly into the bay. People would kneel about the hut and pray to the spirits of their ancestors, asking them to guide him to that peaceful place. The one they all believed, the spirit went to when you died.

The sight of the large numbers of people and Dolphins gathered in the presence of this dying man was a testament to how greatly he was valued by both species. Everyone one who was there will always remember and tell their children how beautiful and truly unique this gathering was. An event that never occurred again in human history. Two separate species came together to celebrate their love and respect for a single man. To celebrate his life and mourn his passing together.

As E-osu lay close to edge of death, he raised up slightly and reached out towards some unseen invisible presence. Several clairvoyant women in his attendance "felt" that it was a female presence. One in spiritual form. E-osu was seen to reach out, smile brightly, then the only word heard was a single outflow that softly emerged from his lips.... "Pular."

With that final sound, E-osu laid his head down upon the bed and life escaped from his eyes. One elderly woman swore that she saw his spirit rise up from his body and float into the water and change into a dolphin. "Walking Dolphin" had returned home.

Immediately upon E-osu's death, the Dolphins began to make a harmonic series of clicking, whistling and hooting. *Reminiscent to whale sound, but far more beautiful.* Something no human had ever seen or heard before. A musical performance of exquisite beauty and utterly haunting. An experience that would never be forgotten by any who had heard it..

E-osu's spirit had been received into the Dolphin spiritual collective. Their song was a celebration of his arrival within them. Although E-osu was physically dead, his spirit and all his memory would remain in the Dolphin Collective as long as this branch of Dolphins continued to breed, exist and the Collective remained intact. By joining this spirit congress, E-osu would always be aware of everything happening in Atlantis.

The entire spiritual knowledge of the Dolphins, all of it, was now totally available to him. E-osu's inclusion provided the Dolphins with deeper insight into the alien workings of technology, human perception and emotional understanding. His spirit would assist the Dolphins in their future dealings with humanity and enable them in furthering any necessary diplomacy. E-osu would additionally be able to interact with any of the White Adepts. Communicate directly with their minds. He would also be kept aware of everything that was happening on or to Atlantis by those same White Adepts..

The death of E-osu threw the entire population of Atlantis into a prolonged grieving period. Great fires were lit and numerous goods were burned to show their gratitude for E-osu's presence among them . Moreover this burning became a catharsis for the grief that existed now that he was gone. The two remaining White Adepts suggested that his body be placed into a sarcophagus carved of pure Atal crystal and that the original pyramid be abandoned as a domicile and turned into a monument to hold E-osu's sarcophagus. The building would be turned into a mortuary to honor this great man. Turned into a cathedral of remembrance. A place to worship E-osu's memory. There was a very dangerous precedent being set here, but no one realized it at the time.

It was also time to construct a much larger domicile structure for the hundreds of Adepts that now existed. This new domicile would more resemble a series of barracks than the original pyramid that now housed them.

In the process of placing E-osu's body into the crystal sarcophagus, a strange fact was noticed. Once the life had passed from E-osu's body, the power of his crystal apparently abandoned his headband as well. It was noticed that his crystal lost its' white color completely and became almost perfectly clear. Though it was also noticed that it never became as clear as an unused crystal. Ultra thin green striations ran throughout it. The full reason behind this process would not be known for a long time.

The people had such a reverence for E-osu that they added a prefix to his name. He would now be referred to as EI, the Atlantean name for the sun. E-osu was such a bright light to his people, that to give him the additional name for the sun would become his greatest accolade. He would now become forever known as EI E-osu. His tomb would eventually become the temple of EI. It would later be enlarged several times. And finally be made of stone with atal crystal support columns. The exterior would be faced in a gleaming white marble. It would become the tallest structure on Atlantis and the tallest in the world. Its' top would be crowned by the largest pyramidal crystal ever found. The temple of EI could be seen gleaming in the sunlight from far out at sea. It became a beacon to anyone out in the nearby ocean. Little did the Atlanteans then know, that this Mortuary site for E-osu was the beginning of their initial attempt at creating a deity. E-osu would not have approved. Especially if he could have foreseen where this would eventually take his people.

During the 5-6 days of E-osu, placed at every year's end; the people would throw the greatest festival of them

all. Originally known as the **Festival of E-osu**, it later evolved into the **Festival of El**. During this celebration, everyone would make gifts for friends and family and exchange them. They would then begin a five to six day celebration with great amounts of food and fermented drink. A great fire would be built of unwanted items. Mainly to cleanse the old year and begin a new one. Running, wrestling and swimming contests would be held and great commerce would be conducted with the Dolphins. Abundant gifts of fermented fruit was brought down to them. It was a time of celebration. A celebration of the life of the greatest human being to so far have ever lived on Atlantis.

On the first day, one of the White Adepts would approach the Dolphins and give them a rehash of the year's events. Only the White Adepts knew that E-osu was still there and listening to them. And that he too was conversing with their minds as well. To the people it looked like the White Adept was merely praying. After this tradition was finished, the festival would officially begin. It would then be marked by many people throwing fresh flowers into the bay.

On the last day of the festival, the Dolphins would choose to repeat their "special" song. The one originally expressed upon E-osu's death. The multitudes of Atlantis would gather to hear this rare performance and quite often it would bring tears to many eyes. It was considered to be a tremendous spiritual experience.

The White Adepts were aware that E-osu had compiled a series of journals (or diaries) along with numerous sketches scattered around his domicile. They determined that this material was very important. That all these records must be protected and stored. One of the Blue Adepts was instructed to go in and gather up all of E-osu's personal things and take them to the Library. These items would at least be kept safe if placed securely within the Library.

So it would seem.

## ***Chapter 2: Paradise Lost***