



Working with the Energies of Atlantis and Lemuria

These frequencies come from two ancient light civilizations that once held the blueprint for harmony between spirit and matter. Atlantis embodies the solar, crystalline structure of divine wisdom, while Lemuria holds the lunar, heart-centered current of unconditional love.

Together, they represent the balanced union of masculine and feminine energy within creation, and within ourselves.



Atlantean Energy

Core Vibration: Solar, golden, crystalline, structured

Primary Element: Fire and light

Themes: Illumination, sacred geometry, spiritual technology, truth, higher learning

Atlantean High Priests and Priestesses

- Symbols: Sun disks, crystal staffs, golden temples
- Colors: Gold, turquoise, cobalt blue
- Energy: Teachers of sacred geometry, divine will, and crystal-light architecture
- Alignment Note: Best approached through meditation or prayer for divine wisdom. Their energy awakens clarity, balance, and responsibility in creation.

Atlantean Water Keepers

- Symbols: Chalice, spiral wave, crystal vial
- Colors: Aqua, seafoam, silver
- Energy: Guardians of water wisdom, emotion, and sound frequency



- Alignment Note: Safe and restorative. Perfect for emotional release, sound healing, or working with oceanic light codes.

Atlantean Fire Keepers

- Symbols: Blue flame, golden torch, solar eye
- Colors: Electric blue, gold, white
- Energy: Transformation through sacred flame; purifiers of density and truth-seekers
- Alignment Note: Potent energy – only call upon in clear, protected spaces. Best for advanced lightworkers comfortable with transmutation.

Crystal Dragons of Atlantis

- Symbols: Crystals, sacred geometry, flame, dragon wings
- Colors: Rainbow, emerald, sapphire
- Energy: Grid keepers of crystalline knowledge and protectors of sacred light
- Alignment Note: High-frequency and heart-centered. Approach with grounded intention for crystal work or planetary healing.

Lemurian Energy

Core Vibration: Lunar, heart-centered, oceanic, crystalline

Primary Element: Water and sound

Themes: Love, intuition, unity, communication with nature and the cosmos

Lemurian Priestesses of the Crystal Temples

- Symbols: Lemurian seed crystals, spirals, dolphins, lotus
- Colors: Rose, opal, aquamarine, lavender
- Energy: Unconditional love, sound healing, crystalline telepathy, and divine feminine wisdom



- Alignment Note: Gentle and nurturing. Ideal for heart-opening meditations, crystal attunements, and emotional healing.

Lemurian High Council (Crystal Elders)

- Symbols: Twelve-pointed star, crystalline flame, sun disk
- Colors: Iridescent white, rose-gold, violet
- Energy: Oversouls of unity consciousness and divine remembrance
- Alignment Note: Extremely loving and safe. Call upon them for global peace work, grid healing, or guidance in collective ascension.

Temple Guardians of Lemuria

- Symbols: Dolphin, whale, coral, shell
- Colors: Turquoise, silver, pale blue
- Energy: Sonic resonance, harmony, and interspecies communication
- Alignment Note: Gentle and playful. Perfect for connecting with sound bowls, ocean frequencies, and inner peace.

Lemurian Mer-Beings

- Symbols: Coral crown, spiral shell, waves
- Colors: Iridescent teal, pink, lavender
- Energy: Emotional balance, empathy, intuition, and creative expression through the water element
- Alignment Note: Soft and kind. Ideal for releasing emotional heaviness and reconnecting with fluidity.

Lemurian Moon Elders

- Symbols: Crescent moon, shell, singing bowl
- Colors: Silver, pearl, violet
- Energy: Dreamwork, intuitive remembrance, emotional restoration



- Alignment Note: Gentle, maternal energy – excellent for moon rituals, dream channeling, and energy rest.

Guardians of the Lemurian Heart Grid

- Symbols: Crystal heart, triangle within circle, lotus
- Colors: Rose-gold, white, mint green
- Energy: Anchors of universal love within Earth's crystalline grid
- Alignment Note: Very safe, deeply peaceful. Excellent for meditation, compassion, and planetary healing work.