



**Dreamwalker  
in Atlantis**

**Erik Istrup**

“It’s not about the words! This book is doorway into a history long forgotten.

We live in a world where so often books serve as nothing more than a reinforcement for our beliefs about the nature of reality and the history of consciousness on this planet. In other words, we want what we read to match our truth. Not for me. Instead books are passageways for a greater awareness, a vehicle to dive even deeper into Self and my own knowingness. ‘Dreamwalker in Atlantis’ did this for me. Not only did I find myself in the story of Yadar, I also found myself deep in my own experience of my lifetimes as a Dreamwalker in Atlantis.

For me, this book was not about the words on the paper, it was a portal into lifetimes and a civilization long forgotten despite its deep and unwavering impact on the world we live in today. And that’s the best kind of book - one that serves as a gateway into deeper understanding of where we came from and what we are living today should the Atlantean Dream be of interest to you.

Thank you for a job well done, Erik Istrup! I highly recommend this book for anyone with an interest or connection between Atlantis and its relation to the story of Yeshua. You may just find yourself in your own Atlantean lifetimes remembering the intense beauty, splitting heartache and well, all of it.”

~ Sar’h

Erik Istrup has also written  
“*Choose a simple living*” (2014).

See also *The Adventures of Luzi Cane:  
The Soul of the White Dragon* (2017)  
*Rider of the Crimson Dragon* (2019)  
*Return of the Unicorn* (2019)

# Dreamwalker in Atlantis

*by Erik Istrup*

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## Preface

I chose to let the fictitious protagonist, Yadar, be the author, and most of the time let him describe places and things he experiences in his dreams and meditations, from the time in which he lived, which is around the end of the Atlantic Period about 14,000 years ago, Alt, as it was called at that time. Sometimes, however, I use the terms we use today to facilitate comprehension and to avoid long explanations. Seen from Yadar's perspective, he has infinite opportunities regarding choices he can make into his future. Since I, however, am the actual author, the experience line that goes from Yadar's time to mine is already experienced by a part of my soul's consciousness, and is, therefore, in terms of events, fixed.

Some people you will encounter in this story have names that do not fit with today's girls' and boys' names, but I used the names I sense the characters have.

Although Yadar is a fictional character, and you can read the novel as fiction, I use Yadar to describe things and experiences drawn from different incarnations or lives. You can say it is the same soul that has experienced these lives through different people. Some information is given by other awarenesses.

Some consciousnesses that appear as persons in Yadar's story are reborn and live today. If you are one of those, you may have a sense of recognition when you read about yourself.

Many of the lives have been about travel; about movement. Either as a pioneer to explore the new, or as a diplomat to bring balance and harmony in a world most often seen as chaotic and unfair. On a higher level, it has been about raising a hand saying “yes” when asked to volunteer for development work.

There is reference to a people, Shee, which we know as elves, but who name themselves Sidhe.

While working on the book, the events that I described touched me. Often so much that I had to pause and dry the tears or just go into the experience. But let's get started on the story.

- *Erik Istrup*

## Introduction

Let me start by presenting myself. After that I will tell you why you can read this book. For now, you can call me Yadar. It may sound a bit cryptic, but you will soon get an explanation.

I have no biological family and live alone in a small apartment in the temple area. I am associated with a particular temple, but I also work in others, depending on where my expertise is needed. I have my private study in the temple and there are various service functions associated with it.

You must know that the book cannot be publicly available until its content cannot lead to people being hurt due to the knowledge it contains.

In this life, I am convinced that I have lived in the past, i.e., before I was born into this life, and also will come to live again after leaving this. That is why I am called Yadar in this life while in other lives I have other names and other personalities; yes, and different gender. Since I have only recently realised that I have lived in the past, I also write hoping others can see that this is how things work. Perhaps one of my souls' incarnations in the future could benefit from the book.

I'm a dreamwalker, but it's only one of my many chores. I will tell you more about this later, but a dreamwalker is a person who accompanies the consciousness of a person back toward its starting point, shortly before, during or after the body is dead. The place is called the Flower Bridge. From

here, the consciousness continues on by itself.

I am also a researcher and work with all kinds of energy, dimensional shifting and life energy. As scientists, our work involves both exploring, and using our knowledge to help our fellow human beings in the widest sense. In the time I live, we are not so rigorous about whether it is work or interest that occupies our time. We usually do what we feel like doing and have the ability to do, and it is natural we share goods and favours. Here we do not keep accounts of who owes what, but more of who can use one's assets and who can contribute what you need. I am giving something to one person, but I receive a service from another. It is more about keeping the flow of services moving, rather than keeping track of whether I received enough in return from the one to whom I gave something. If I am in need of something, I can always find one who can help me.

During the period referred to here, we who are initiated can shift things slightly out of the third dimension toward the fourth, whereby temples and people become invisible and cannot be sensed by creatures in the third dimension. As I am one of the initiated, they have trained me in the deeper understanding of our world and its residents, and in various methods of gaining access to deeper layers of humanity's consciousness, and to affect them.

At this time, we do not have a concept of god, which, I understand, gets a lot of attention at a later stage in the planet's history. We are convinced that the source of life is in the physical body. Why should life energy be outside ourselves? It is the

body that is alive, right? In addition, we research energy, in the form of vibration, sound and light. We use crystals in research, but I can understand, from my dreams, that the crystals will, over time, lose their power in later periods. The concept of god involves more than three dimensions, where the deity occupies the highest. I will come back to these metaphysical concepts later. The metaphysical concept, what lies beyond the physical world, is just beginning to emerge and is known only to a few here in the temples.

I will try to keep my story from my present chronological. On the other hand, it is extremely difficult, if not impossible, to put my journeys to other times in chronological order. Although I can sense a certain order, it is as if the level of consciousness of mankind fluctuates and is not simply increasing towards a higher development. Moreover, it is as if the individual dreams and visions are interconnected; not only with each other but also with what I experience while I'm awake. Later, I will go into more detail about the consciousness of mankind.

It is strange that in dreams I have prior knowledge that I do not have when I am awake. It is as if I jump into a life and link to the person's memory of what has gone before and to the people surrounding me. Sometimes I know the person I am facing from my waking state, even if the person looks different, has a different face or gender.

## The work as a dreamwalker

It is morning and I am in my study in the temple. I have been out on the balcony placing crystals so the sunlight and the rain around noon will clear them, so they are ready for my work.

It is very unusual to have one's own study and a home on its own. People live in large groups, sleep together and work together. People do not feel the need to retreat and be by themselves. It is not in consciousness. We are about 100,000 people here in the temples, working more or less in secret on discovering our full awareness. We do so under the guise of looking for life energy, what makes a being able to live. It is an individual process to seek one's full awareness, but we share each other's experiences and try out different techniques. Unfortunately, we lost a boy the other day. He was working as a helper when he walked into a room where we were investigating the channels of consciousness using crystals.

I have many activities by which I contribute to the society and among these, as I said, is dream walking. That is precisely why Janir now visits me, announced by the service person, Cantor. I know Janir and her husband Jacor, but, true to say, I have recently been so absorbed in my work we have had no contact.

"Excuse me. I announce Janir's arrival. She wants to inform you of her errand herself."

"Thank you, Cantor. Just send her in."

“Dearest Janir. Come in, come in.”

I flutter around a little, not sure in what order I must do the different things that a host should do.

Janir smiles. I catch her eyes and instantly feel relaxed.

“Thank you, Janir.”

“And thank you, dear.”

Janir is still smiling. She is an elderly woman. Much older than her face tells. Her eyes, however, cannot conceal her wisdom. Not that she tries to do so. She has mild features and radiates both gentleness and firmness, just like the planet she has always worked with. It is perhaps why today she wears a red dress reaching the floor. Embroidery almost covers it in dark red and brown shades, making it look like a topographic map of a desert area. Now I notice that the fabric in many places emits little flashes of light and I think of raindrops in the sunshine that irrigate the wilderness. If I wait a bit, the flowers will surely emerge from the red sand.

“Yes, it’s beautiful, isn’t it?”

“Well, yes. Sorry, I got lost in my own thoughts. It was something about desert sand, raindrops and flowers. Now I’ll stay focused.”

I fetch Janir a glass and pour water for both of us. We sit opposite each other.

While I’m trying to remember where we left, last we talked, Janir explains why she has come.

"Jacor has chosen to leave this world soon. We three have, frequently, discussed the topic and you know his arguments for not using the pyramid."

Yes, the arguments are familiar and we agree that it is incompatible with equality and humanity that only the elite can use the crystal bed in the pyramid to charge the body's cells with life energy and prolong life.

Janir continues, after taking a sip of water.

"Many oppose him, and even more think he is an old nitwit who makes a fool of himself. If they think he hurts the higher society's position, it will look bad, not only for him but also for his friends and family."

"He is stubborn, the dear Jacor, but how is he physically and mentally?"

"He's fine, but I sense fatigue. Or I should rather say that he's full up with this life. In particular, I see it in the way he moves."

"You come to ask me to be his dream walker companion?"

"Yes. There can be no question that you should be the one. I will also be with him."

"You know, Janir, that it will be a great honour for me to make this dream walk with Jacor. Have you thought when we can go into a little more detail about the event?"

"Come to us tomorrow, while the day is still young, and let us enjoy breakfast together."

“It’s a deal. Say hello to Jacor and tell him I look forward to meeting him.”

We get up, say our farewells and Janir floats out the doorway as if she does not touch the floor. I sense a faint scent of flowers and fragrant herbs; her characteristic fragrance.

I immediately note the appointment in my calendar, because I know from experience that I easily get distracted and forget even important arrangements.

Before I tell you more about the dream walk, you should hear about an experience I had the night before I was to meet Jacor and Janir.

## Choose a simple living

Yadar learns much about being human and how we are seduced by mass consciousness, our emotions and imaginations. In my book, *Chose a Simple Living*, I describe some of these facts, as well as presenting tools to live a more conscious life that is not filled with drama.

You learn how to become the one who governs your life by becoming aware of the nature of life, thereby getting closer to the concept of free will. The majority of people only use the 'free will' to choose the colour of their shirt, and then they react the rest of the time.

## The main character, Yadar

After feeling the name of the book's protagonist, Yadar, I looked for information about the name. I find that it is used as a female name, and I find a description of the properties associated with the name. It actually turns out that the personality of the protagonist I have created fits very well with the description.

*The name Yadar has created a sympathetic nature with the desire to link friendship and understanding, both socially and in the business world.*

*The peaceful and disarming appeals to you, and you wish, of course, to have security in a home where your life can follow a certain pattern and where you should not make major decisions.*

*You have difficulty in taking specific positions, partly because you lack self-confidence, partly because you do not like issues creating discord between people.*

*Procrastination is a weakness in your nature that prevents you from completing your plans or concentrating for a long time.*

*Although the name Yadar creates the urge to understand others, it should be emphasised that it limits your vision and often turns you against technical details.*

*This name, when combined with a last name, can confuse happiness, satisfaction and success, as well as cause health weaknesses in the liquid and waste system.*

Was it the choice of the name that created the person, Yadar, or was it the person whom I had imagined that caused me to choose the name, Yadar? I chose the name very early in the process, but the main character was, after all, in a sense, already created.

## About the author



I was born in 1961 in Denmark. I saw my first UFO when I was in 8<sup>th</sup> grade, in the middle of the day, during a playtime.

I started to write in my early years, but it was not until I saw the possibility of self-publishing that I created books.

I am a qualified technical artist, technical assistant and electronics engineer. I completed my latest work as a technician in 2005 and got a bachelor's degree in social education in 2010.

In 2003 I started at healer education, mostly after working hours, and completed part 1 in 2005. This was one of the major steps towards a more metaphysical approach to life. During that period, I came in touch with several people who are media for non-physical beings, which gave me further insight. Gradually, I grew more confident in my own skills and could eventually sense the information that benefited me in everyday life.

In 2011 I went to Greenland for my first work as a social educator, working with people with autism spectrum disorders until October 2017. I went to Denmark and gradually started to work as a writer and publisher.

*Erik Istrup, Danmark, January 2019*

# Dreamwalker in Atlantis

*by Erik Istrup*

The man, Yadar, works, among other things, as a dreamwalker in the land of Alt, known as Atlantis. As dreamwalker, he prepares and assists a person from this life to get safely to the other side after death.

Yadar has experiences in dreams and meditations that show him that he has had other lives. To his great surprise, he also experiences glimpses of events in possible future lives. He even experiences lives on other planets, and it becomes difficult for him to keep track of who he is. However, he can get help from friends in his other world. There is also help to gain from his other I's who he meets in dreams and meditations.

The author uses his own experiences from this and other lives as the basis for the book.

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