

Of course. Here is the detailed, chapter-by-chapter analysis of "The Story of Atlantis & The Lost Lemuria" by W. Scott-Elliot, formatted as you requested.

The Story of Atlantis

Chapter/Tablet Title/Number: PREFACE (by A.P. Sinnett)

Key Characters Introduced or Mentioned:

- **The Accomplished Occultist:** The individual who, through developed psychic powers, can access the "memory of Nature" to research past events¹.
- **Mankind:** Viewed as a spiritual unity, currently in an early stage of evolution, wilfully holding itself back from knowledge essential for its progress²²².

Key Locations Mentioned:

- **Super-physical planes of Nature:** Realms beyond the physical that contain the imperishable records of all past events³³³³³.
- **Atlantis:** The prehistoric continent whose history is the subject of the book, the knowledge of which is necessary to understand modern ethnology and race development⁴⁴⁴⁴.

Key Events & Stories:

The preface does not narrate a historical story but instead tells the story of how the information in the book was obtained. The central event is the act of historical research using a method independent of written records⁵⁵⁵⁵. The author explains that accomplished occultists can exercise a faculty called "astral clairvoyance," which allows them to read the "memory of Nature"⁶. This infallible and inexhaustibly minute record contains the true history of all past events, from the growth of the planet to the rise and fall of ancient races like the Atlanteans⁷. The preface asserts that this book is a pioneer essay of this new method of historical research, compiled with watchful care by qualified individuals who were also granted access to physically preserved maps from the remote periods concerned⁸⁸⁸⁸.

Key Concepts & Esoteric Knowledge:

- **Astral Clairvoyance:** The psychic faculty used to investigate past events. It is a developed form of the same principle that underlies ordinary memory and thought-transference⁹.

- **The Memory of Nature:** A stupendous, unified, and imperishable record of all events imprinted on a super-physical medium¹⁰¹⁰¹⁰¹⁰¹⁰¹⁰. It is described as "infallibly accurate and inexhaustibly minute"¹¹. All individuals are unconsciously connected to this memory, but occultists can learn to access it consciously and at will¹²¹²¹²¹².
- **Super-physical Planes:** The preface posits the existence of planes of nature beyond the physical, which human consciousness can be trained to access¹³¹³¹³¹³. Memory is described as a function of these planes¹⁴.
- **Rejection of Materialism:** The preface strongly refutes the materialistic view that memory is merely a function of brain molecules, arguing it belongs to a super-physical principle in man¹⁵.
- **Ethnological Key:** The history of Atlantis is presented as the essential key to understanding the chaotic and confusing data of modern ethnology, geology, and race migrations¹⁶¹⁶¹⁶¹⁶.

Alleged Time Stamps or Historical Periods:

- The preface refers to investigations dealing with periods "removed from our own by hundreds of thousands of years"¹⁷.

Direct Quotes of Significance:

- "The memory of Nature is in reality a stupendous unity, just as in another way all mankind is found to constitute a spiritual unity if we ascend to a sufficiently elevated plane of Nature in search of the wonderful convergence where unity is reached without the loss of individuality." ¹⁸
- "A time will come as certainly as the precession of the equinoxes, when the literary method of historical research will be laid aside as out of date, in the case of all original work." ¹⁹

Chapter/Tablet Title/Number: The Story of Atlantis: A Geographical, Historical and Ethnological Sketch

Key Characters Introduced or Mentioned:

- **The Seven Sub-races of Atlantis:** The Rmoahal, Tlavatli, Toltec, First Turanian, Original Semite, Akkadian, and Mongolian ²⁰.

- **The Manu:** An exalted Being responsible for planning the types and superintending the formation and education of each Root Race²¹²¹²¹²¹.
- **Adept or Divine Rulers:** Beings from other systems of worlds who ruled the early Atlantean races before humanity could produce its own Adepts²²²²²²²².
- **The Toltec Adept Emperor:** The second emperor of the great Toltec federation, who established a "Divine dynasty" that ruled for thousands of years in a golden age²³.
- **The "White" Emperor:** The leader of the faction who followed the "good law" after the schism, driven from the capital by a rival emperor from the "black arts" faction²⁴.

Key Locations Mentioned:

- **Atlantis:** A vast continent that once occupied the bulk of the Atlantic Ocean basin, extending from near Iceland to Brazil and connecting to Europe and the Americas at various times²⁵²⁵²⁵²⁵.
- **City of the Golden Gates:** The great capital of the Toltec emperors on the eastern coast of Atlantis, known for its elaborate system of canals and fountains²⁶²⁶²⁶²⁶.
- **Poseidonis:** The last remnant island of the Atlantean continent, which Plato wrote about and which was submerged in 9,564 B.C.²⁷²⁷²⁷.
- **Ruta and Daitya:** The two large islands into which Atlantis was split after the catastrophe of 200,000 years ago²⁸²⁸²⁸²⁸.
- **Lemuria:** A still older continent in the south from which the first Atlantean race was segregated²⁹²⁹²⁹.
- **Egypt:** Initially a colony of Atlantis, founded by a great Lodge of Initiates around 400,000 years ago³⁰³⁰³⁰.

Key Events & Stories:

The book tells the epic story of the Fourth Root Race, the Atlanteans, over a period of millions of years. The narrative begins with the segregation of the first sub-race, the **Rmoahals**, from the preceding Lemurian race³¹. These were giants of 10-12 feet who were initially ruled by a divine Manu³²³²³²³². They were followed by the red-brown

Tlavatli, a hardy mountain-loving people³³³³³³³³.

The climax of Atlantean civilization came with the

Toltecs, a copper-colored race who established a magnificent, continent-wide empire ruled by a dynasty of Adept-Emperors from their capital, the **City of the Golden Gates**³⁴³⁴³⁴³⁴³⁴³⁴³⁴. This was their golden age, marked by just government, advanced arts, and incredible scientific achievements, including the use of "vril" and the construction of air-ships³⁵³⁵³⁵³⁵³⁵³⁵³⁵.

However, this golden age ended as a faction of the people turned to the "black arts," using their occult powers for selfish ends. This led to a great schism and a series of wars that culminated in the first great catastrophe **800,000 years ago**, which sank the "City of the Golden Gates" and broke up the continent³⁶³⁶³⁶³⁶.

The subsequent history is one of rising and falling civilizations among the later sub-races—the turbulent

Turanians, the patriarchal **Semites**, the sea-faring **Akkadians**, and the nomadic **Mongolians**—punctuated by three more great catastrophes that progressively shrank the continent until only the island of Poseidonis remained, which itself sank in **9,564 B.C.**³⁷³⁷³⁷³⁷³⁷³⁷³⁷³⁷³⁷³⁷³⁷³⁷. Throughout this history, priest-led emigrations carried Atlantean culture and bloodlines to all corners of the globe, forming the basis for ancient civilizations like those in Egypt, Peru, and Mexico, and providing the ancestry for many modern races³⁸³⁸³⁸³⁸³⁸³⁸³⁸.

Key Concepts & Esoteric Knowledge:

- **Root Races:** Humanity evolves through seven great "Root Races," each with seven sub-races. The Atlanteans were the Fourth Root Race, preceded by the Lemurians (Third) and followed by our own Aryan (Fifth) race³⁹³⁹³⁹³⁹.
- **Clairvoyant History:** The book's information is based on occult investigation of the "akashic records" (Nature's memory) and physically preserved maps from the Atlantean epoch⁴⁰⁴⁰⁴⁰⁴⁰.
- **Vril:** A personal psychic force that was widely developed and used for many purposes, including powering air-ships⁴¹⁴¹⁴¹⁴¹. In later times, this was replaced by a more mechanical

etheric force.

- **Air-Ships:** The Atlanteans developed sophisticated flying machines, built of a lightweight metal alloy and powered by an etheric force generated from a central "metal chest"⁴²⁴²⁴²⁴²⁴²⁴²⁴²⁴². They could travel at about 100 miles per hour⁴³.
- **Sorcery:** The turning of occult powers to selfish and malevolent ends. The widespread practice of sorcery by the later Toltecs was the direct cause of the cataclysms that destroyed their civilization⁴⁴⁴⁴⁴⁴⁴⁴.
- **Land Tenure System:** During the Toltec golden age, all land was owned by the Emperor and administered by viceroys for the common good. Produce was divided among the population, and poverty was unknown⁴⁵⁴⁵⁴⁵⁴⁵⁴⁵⁴⁵⁴⁵⁴⁵.
- **Religion:** Early Atlanteans practiced a form of ancestor-worship which evolved into sun-worship, with the sun-disk being the primary symbol of a Supreme Being⁴⁶⁴⁶⁴⁶⁴⁶. In the decadent phase, this devolved into each man worshipping his own statue in magnificent temples⁴⁷.

Alleged Time Stamps or Historical Periods:

- **4,000,000 - 5,000,000 years ago:** The Rmoahal (1st sub-race) came into existence⁴⁸.
- **1,000,000 years ago:** The Toltec empire was at its height and their great federation was established⁴⁹⁴⁹⁴⁹⁴⁹.
- **850,000 years ago:** A major glacial epoch occurred⁵⁰.
- **800,000 years ago:** The first great catastrophe, which sank the "City of the Golden Gates"⁵¹.
- **400,000 years ago:** A great Lodge of Initiates from Atlantis founded a settlement in Egypt⁵².
- **200,000 years ago:** The second great catastrophe occurred, splitting Atlantis into the islands of Ruta and Daitya⁵³⁵³⁵³⁵³.
- **100,000 years ago:** The Akkadians overthrew the Semite power on Atlantis⁵⁴.
- **80,000 years ago:** The third great catastrophe, which sank most of Ruta and Daitya, leaving only the island of Poseidonis⁵⁵.

- **9,564 B.C.:** The fourth and final catastrophe, the submergence of the island of Poseidonis⁵⁶.

Direct Quotes of Significance:

- "The destruction of Atlantis was accomplished by a series of catastrophes varying in character from great cataclysms in which whole territories and populations perished, to comparatively unimportant landslips such as occur on our own coasts to-day." ⁵⁷
- "The battle of Armageddon is fought over and over again in every age of the world's history." ⁵⁸

The Lost Lemuria

Chapter/Tablet Title/Number: The Lost Lemuria

Key Characters Introduced or Mentioned:

- **The Third Root Race (Lemurians):** The race that inhabited the continent of Lemuria. Early Lemurians were gigantic, soft-boned, semi-astral beings who were not yet fully human⁵⁹⁵⁹⁵⁹⁵⁹⁵⁹⁵⁹.
- **The Lhas:** Highly evolved beings from a past system of evolution who, due to their karma, were required to incarnate in the primitive Lemurian bodies to guide and improve the race⁶⁰⁶⁰⁶⁰⁶⁰⁶⁰⁶⁰⁶⁰⁶⁰.
- **The "Sons of God" from Venus:** Exalted beings from the Venus scheme of evolution who came voluntarily to Lemuria to act as rulers, teachers, and the Manu for the race⁶¹⁶¹⁶¹⁶¹⁶¹⁶¹⁶¹⁶¹.
- **The Lunar Pitris:** Beings who constituted the bulk of humanity on Lemuria, having come from the preceding "lunar" Manvantara⁶²⁶²⁶²⁶².

Key Locations Mentioned:

- **Lemuria:** A vast equatorial continent that once stretched from near Africa across the Indian and Pacific Oceans. It is presented as the probable "cradle of the human race"⁶³⁶³⁶³⁶³⁶³⁶³⁶³.

- **Easter Island:** A remnant of a landmass that was part of the Lemurian continent. Its giant statues are said to represent the gigantic stature of the later Lemurians⁶⁴⁶⁴⁶⁴⁶⁴.
- **Madagascar, Australia, Southern Africa:** These are described as some of the oldest lands on Earth, having once been parts of the Lemurian mainland⁶⁵.

Key Events & Stories:

The book tells the story of the Third Root Race and its now-sunken continent, Lemuria. The narrative begins by presenting scientific evidence from geology and biology for a submerged southern continent⁶⁶. The occult history then describes early Lemurian man as a gigantic, non-speaking, soft-boned creature with a third eye at the back of its head for physical and psychic vision⁶⁷⁶⁷⁶⁷⁶⁷⁶⁷⁶⁷⁶⁷⁶⁷.

A pivotal event in their evolution was the arrival of divine teachers from Venus and the incarnation of the Lhas, who guided the race, taught them the use of fire, agriculture, and the arts, and most importantly, stimulated their mental growth, which allowed them to become truly human by receiving the spark of mind ("Manas")⁶⁸⁶⁸⁶⁸⁶⁸⁶⁸⁶⁸⁶⁸⁶⁸. Another key story is the "Sin of the Mindless," a period before the race was fully endowed with mind when they interbred with huge she-animals, creating a race of dumb monsters⁶⁹⁶⁹⁶⁹⁶⁹. The progeny of this act, through a long process of evolution and a later similar "sin" by the Atlanteans, are said to be the ancestors of the modern anthropoid apes⁷⁰⁷⁰. The continent of Lemuria did not sink due to tidal waves like Atlantis, but was slowly destroyed by volcanic action over a vast period, raked by fire and ash until it was finally submerged before the beginning of the Eocene age⁷¹⁷¹⁷¹⁷¹⁷¹⁷¹⁷¹.

Key Concepts & Esoteric Knowledge:

- **Third Root Race:** The Lemurians were the Third major stage of human evolution on Earth, a race that was more physical than the preceding etheric races but less so than the later Atlanteans⁷².
- **Evolution of Reproduction:** The book describes a radical evolution in human reproduction during this era. Early Lemurians were "sweat-born," then became androgynous and "egg-born," before finally separating into distinct male and female sexes⁷³⁷³⁷³⁷³.
- **The Third Eye (Pineal Gland):** In early Lemurians, this was a primary organ of both physical and psychic sight, located at the back of the head⁷⁴. As the two forward-facing eyes developed, the third eye atrophied into the pineal gland, becoming an organ of purely psychic vision⁷⁵.

- **Origin of Apes:** The anthropoid apes are presented not as ancestors of man, but as the degraded descendants resulting from the "Sin of the Mindless"—the interbreeding of early, not-yet-fully-human Lemurians with animals⁷⁶.
- **Volcanic Destruction:** Lemuria was destroyed primarily by volcanic eruptions and subterranean fires, which caused the land to sink piece by piece over a very long period⁷⁷⁷⁷⁷⁷⁷⁷.
- **A Lodge of Initiation on Lemuria:** A lodge was founded not for the primitive Lemurians, but for the evolving beings from the Venus system who had come to act as their teachers, indicating a universal path of spiritual development across different schemes of evolution⁷⁸⁷⁸⁷⁸⁷⁸⁷⁸⁷⁸⁷⁸⁷⁸.

Alleged Time Stamps or Historical Periods:

- The book avoids specific dates for Lemuria, preferring to use geological epochs. The continent's main existence is placed within the **Permian, Triassic, and Jurassic** epochs (first map) and the **Cretaceous and Eocene** periods (second map)⁷⁹.
- The first sub-race of Atlantis (the Rmoahals) arose from Lemurian stock **4 to 5 million years ago**⁸⁰.
- The "Sin of the Mindless" led to a race of apes during the **Miocene period**⁸¹.
- The final destruction of Lemuria occurred before the beginning of the **Eocene age**⁸².

Direct Quotes of Significance:

- "The Indian Ocean formed a continent which extended from the Sunda Islands along the southern coast of Asia to the east coast of Africa. This large continent of former times Sclater, an Englishman, has called Lemuria, from the monkey-like animals which inhabited it, and it is at the same time of great importance from being the probable cradle of the human race..."⁸³
- "During the Third Race the boneless animals grew and changed, they became animals with bones, their chayas became solid. The animals separated first. They began to breed. The two-fold man separated also. He said, 'Let us as they; let us unite and make creatures.' They did."⁸⁴

