

Denise Laberge

Protection

I invite Archangels Michael, Gabriel, Raphael and Uriel to position themselves around each person of this wonderful and unique group.

We invite our I Am That I AM Presence to open our hearts in a very special way today and we open ourselves to the Eternal Harmony, the Cosmic Harmony, the Galactic Harmony, the Eternal and Planetary Harmony, and especially Planetary.

We invite our brothers and sisters of Telos, the High Council of Telos, Adama, Ahnahmar, Aurelia.

We invite all our guides, all the Angels, the Archangels, the Masters of the Seven Sacred Flames, Lord Lanto.

We also invite El Morya, Paul the Venetian, Hilarion, Sananda, Lady Nada, Serapis Bey, Saint Germain, and the Master of the Seven Secret Rays that we do not yet know.

We also invite all the Beings of the Light Dimensions who want to share their Light, their love, their peace with us.

We also invite all our Galactic brothers and sisters, the planets of the Solar System, our brothers and sisters of the Sun. Especially, we invite all our brothers and sisters of all the kingdoms who share this beautiful planet with us, the human beings; this humanity that is in transition and is seeking Light, Love, the New Earth, the New Consciousness. We ask the Consciousness of Harmony to envelop us all in order to be aligned, and to prepare our foundation for harmony so that we can carry it every day, every second, every minute.

We ask the Creator Father Mother God, the Divine Mother, Mother Earth to bless our hearts, to bless the Life in us so that we grow more and more each day in this Love, this Light, and in this Peace that is coming to meet each living heart of this planet to create a New Era of Peace on this Planet.

Alignment with the Spirit of the Flowers

The next time you look at a flower, say thank you!

I am the soul of the flowers. I am the Sacred Fire connected to all the flowers growing on this planet, all those precious beauties bringing their radiance, their colors, their perfumes in your world, the world of humans and all kingdoms of density.

I am a Bright Consciousness that belongs to the whole creation throughout space and time. I am a Beauty Consciousness and I manifest my beauty in all the flowers that grow on all the planets to harmonize - because beauty brings harmony.

Have you noticed, Children of the Earth, when you clean your house, when you place all of your items, your furniture in a harmonious order, it creates beauty and beauty influences your character, your vision of yourself and your vision of Life? Beauty and harmony are intimately related. My children, the flowers growing near you in the utmost discretion and silence bring beauty on this beautiful planet you occupy, on which you grow.

Today I stand before you to open a new door, the door of understanding of who you are in your environment. The aroma emanating from you, the fragrance of your love, the fragrance of your heart, your actions, your words, bring beauty in your families. You are the living flowers of the Human Race and, by being who you are, you create harmony without realizing it.

As you hear these words, I envelop you with the harmony, the beauty of my heart. And while you're focused on that heart inside you, try to feel the beauty you carry because beauty can be felt. Beauty produces a frequency, an energy that expands in all directions. Can you feel the beauty you carry, the beauty that you are, children of the Earth? I am a Light Consciousness belonging to Eternity and, when I look at you, I see wonderful flowers, symbolically, because each of you radiates a light composed of several colors. So really, you are flowers among this great humanity. Your auras are colored. They emit a frequency, they also exude a scent. Yes, you release a fragrance. Your physical nose cannot smell this but you can sense this fragrance with your etheric nose, the one belonging to the most subtle body that is closest to your physical body. Yes, you are flowers, flowers of peace, flowers of love among your brothers and sisters.

As you form this circle, imagine or feel the light that you shine; it is enveloping you and talking to your cells. The light that you release is situated in your Heart Chakra and that light carries your fragrance, your real color, the color of your eternal identity. Invite all the cells belonging to your physical body to feel this light, this perfume you emanate. Invite also the cells of your etheric, astral and mental bodies to open and smell the scent of your true Heart. Invite them to admire the color of your Real Being, what you really are: that Consciousness of Eternity who plays the games of the density among your brothers and sisters.

You, the Love flowers who are listening to me now, are forming a circle with us. On behalf of Harmony and Eternal Beauty, we invite all the flowers of this planet, all the human hearts to join us by intent, by Love and see, feel, imagine the wonderful fragrance that mankind emanates on the Earth. Because in reality you are one humanity, one heart, one unique fragrance in all Creation.

See that perfume, that light spreading all over the Earth. It is unifying everyone, opening a new door in the heart of every human. Feel that your brothers and sisters of the Earth perceive a new light, a new frequency that envelops them, soothes them, gives them hope. Feel that this fragrance, this radiance that we create together, spreads the love of their heart within them.

We are currently creating a breach in the heart of every human, a breach of Love, of expansion, of hope, and of light. And this breach of light allows the Loving heart of each human to manifest itself. See this wave of new light approaching us right now, it carries the signature of all those hearts that we are. This wave of light puts a smile on every face, places an energy of hope, of peace in the heart of every human on Earth. See the light spreading, its perfume enveloping every human being, caressing and harmonizing all humanity. We ask the Consciousness of Harmony to continue nurturing each of these hearts, each of your brothers and sisters of the Earth until the true Love of their hearts can manifest, live, support, encourage, and, transform them.

My dear children of the Earth, the beauty of your hearts is a flower. The radiance of your Love is a frequency, a color. Where you are right now, at work, at home, at the grocery store, you spread the fragrance of your Love. You spread beauty. You touch souls. Become more and more conscious of this. All the flowers of this planet now emanate, radiate their colors, their perfumes to participate in the raising of your frequency; participate in raising the energetic frequency of this planetary consciousness, and this Life in which you participate. So next time you look at a flower, say thank you! Express your gratitude to the flower for its beauty, its color, its perfume, its Love. Say thank you because its beauty is participating, like each of you, in creating a new world. Soon the flowers of this planet will raise their vibration to radiate even more the beauty of their essence. The radiance of their love, their humility and the discretion they carry for every human on this planet are participating in the creation of this new Earth, this new consciousness that is sprouting and growing in the heart of their human brothers and sisters.

On these words, the Spirit, the Soul of the flowers, the Soul of harmony, and of beauty, I salute you.

Adama

The contemplation of your beliefs

We greet you with the heart of enthusiasm, beauty and joy of Telos. I am Adama and today I come among you, using this voice, accompanied by several of my brothers and sisters of Telos. They now form a circle around you, as they usually do in each activity and occasions you meet.

Today we have made an elixir of eternity for each of you. Yes! This elixir is currently at the center of your circle. Feel its radiance, its color, its light. The creator that you are, Light power incarnated in this body, I invite you to collect, by your pure intention, a few drops of this elixir and absorb it in every cell of your physical and subtle bodies. Invite your cells to take a drop of this elixir of eternity to immerse and bathe themselves in the liquid, and feel its Light, its frequency, its radiance. You may ask yourself: why this exercise?

It is time for every human on Earth to open to the worlds of endless possibilities. It is time for each of you to give up some of your beliefs that limit you. It is time to open yourself to all the possibilities, the unimaginable, to open yourself to the magic of the True Life. Why wouldn't this elixir be before you now, charged with the quality and the attribute of Eternity? And why wouldn't it be so? Why wouldn't it be possible for each of you to bathe in this eternity, in this elixir, in this liquid that we have prepared for you? Actually, this fluid has changed its polarity, changed its subatomic substance to charge itself with the attribute of eternity directly from Source and this, solely by intention, your intention. It is up to you to choose to take the step towards this possibility, towards the magic of Life that can bring to each of you a great inner/outer transformation at all levels of your Being.

Today I invite you to cross the great door and walk into the 5th dimension where everything is possible; the dimension where you are a creator, where you manifest all your creative gifts. However, to become a creator, you must first walk towards this goal! Walk towards this possibility! This makes sense, doesn't it?

The 5th dimension is a very different dimension than the one you know on this planet right now. To enter the world of the 5th dimension, you must learn to shed some weight, certain beliefs. Today I want to bring to your awareness a simple belief that you carry, a simple habit that you live with every day and here it is: many of our brothers and sisters on the Earth presently define themselves mostly by their possessions. Have you not noticed? My car, my house, my wife, my children, my husband, my ... my ... my ... my ... All this is mine! I'm great! I'm wonderful! I am someone! I have lots of money in my bank account. This money belongs to me!

Well, is it true? Do all these possessions actually define you? You, the Eternity? You, the Source in action in this dimension? You, who has no beginning or end? Is this what defines you, my children? Imagine a world where everything belongs to you and nothing belongs to you; where all you need magically appears, and as soon as you no longer need it, you make it disappear!

Imagine a world where everything is possible! You want to have a car, it appears! You want to take a trip, you take the trip! You want to visit a star, you visit the star! You want to exercise, you exercise! Everything is possible in time and space. You can manifest everything you want. You would you like a pearl necklace, it appears! And you choose the size of each bead, and its color. You want a 24 carat gold watch that keeps the time within one second for eternity, it manifests. When you no longer need something, it dematerializes itself.

So if you were a being walking in the 5th dimension with this understanding of life where everything is possible, where everything and nothing belongs to you, and I asked you the question: - *But who are you?* "

Could you say:

-« *Well, I have a million dollars in the bank. I own ten cars. I own a diamond bracelet. I am all that!* »

Could you say that? Could you present yourself that way? Well no, since all those who are around you have the same abilities as you. Each of them can create a diamond bracelet at will and have fun comparing:

- « *Oh I felt like having yellow diamonds today! And you, what did you choose? »*

- « *Oh, I was in the mood for blue diamonds and I put them around my neck and you, where did you put them? »*

- « *Oh, I put them on my ankle! Ah! This is wonderful! »*

- « *Do you love the feeling, the emotion that it brings you? »*

- « *Oh yes, it is perfect! See you later! »*

- « *I am tired of this diamond necklace. I let it go. I let it dematerialize. I do not want it anymore. »*

Do you understand a little bit what I am trying to say? This is one of your beliefs. You identify yourself with what you have. Think of it! Do you own the air you breathe? Do you own the water you drink?

I address you today with these simple words to get you to another Earth, the Earth of the Contemplation of your beliefs, of what you carry inside you. And to know this Earth, you must first choose to walk on it, to get there. This means that you must learn, make the choice to walk toward yourself because these beliefs that define you, that limit you, you have been carrying them for so many years, and yet you do not even see them anymore. You have merged with these beliefs and today they have become a burden. This frequency is incompatible with the frequency of the fifth dimension. And the good news is that each of you carries many of these beliefs! Isn't that wonderful? A fabulous adventure awaits you! That of the discovery of the frequencies you carry within you, those frequencies that limit you. You will tell me:

- « *But I have no belief that limits me! I love my life. I'm perfectly happy! »*

And me, I answer you:

- « *Perfectly happy! Is that true? Does your heart sing the joy of living every second and every minute of every day? Each morning, are you happy, delighted to start a new day of adventure? Is Life really a dream for you? »*

If you can answer yes to all these questions, I have nothing to add. You're already there! But if you cannot answer yes to each of these questions, there is a belief inside you that prevents you from living your dream, your life, from living what you came to create and manifest in this dimension with all the Love of your heart. To discover these beliefs, you must accept, choose to walk on the Earth of the Great Discoveries, of the Great Contemplation of your interior. You must choose to align yourself with the beliefs, the ideas, the culture of the 5th dimension. You must choose to harmonize yourself, to harmonize your heart, your thoughts, your emotions, your actions, your words with the vibrational frequency of the 5th dimension.

How can you do this? I give you another exercise, another way to do it. Very very easy! You are a Creator. You are part of the Consciousness One. You are the Great Life in action, each of you

in your own way; you have all of its potential, its power, its imagination, its creation, its will. You have all that in you, whether you realize it or not.

Take a few minutes each morning or in the afternoon, it does not matter. Sit in a nice, comfortable, peaceful place and, with your intention, ask the vibrational frequency of the 5th dimension to settle in you. It's simple, isn't it? You stop everything. You calm yourself and you take the time to connect with the vibrational frequency of the 5th dimension, with its Love, its peace, its Light. You then ask for it to come and live in you, in your emotions, in your thoughts, in your heart, in your cells. You can choose to ask everything all at once or you may ask one day the Great Peace Consciousness of the 5th dimension to settle in you at all levels of your Being. Another day, you could choose to ask the Infinite Eternal Love to settle in every cell the Infinite Eternal Unconditional Love of the 5th dimension and beyond! Why limit yourself to the 5th dimension?

I repeat: you are Powerful Creators! However, you must believe it. You must choose to believe it and especially you must choose to stop running after the 3rd dimensional list of everything you have to do and say, declare, exchange, work. You have to reserve a few minutes each day where you stop everything and tune your heart into the vibrational frequency of the 5th dimension. You call it to you anchoring it in you. During the 5 minutes where you make that call, remain calm, feeling the changes in you. ***It's not because you cannot feel anything with your physical senses that nothing is happening. On the contrary!*** Each time you do this exercise, change will settle in yourself, first in your most subtle and luminous bodies to eventually reach your physical body.

So, from day to day, from 5 minutes to 5 minutes, you will call the 5th dimension to settle in all the levels of your being, in your inner space and also around you, in your workplace. You can take 5 minutes a day. You can ask the 5th dimension to settle in your relationship with your parents, your children, your friends, a particular friend. You imagine that friend. Imagine the vibrational frequency of the 5th dimension coming and transforming your relationship with that person, ***while believing it, of course!*** If you do not believe it, then you are wasting your time because you are the ultimate and perfect Creator, aren't you? These exercises that I give you today are for the real creator you are, for the one learning to manipulate the energies, the frequencies to create, to transform, to change. And that is in you! You all have the ability, the power and the authority to do it, and live it.

So dear radiant suns walking among this humanity that ignores itself completely, or almost, I invite you to walk in the 5th dimension, to feel it around you, to call it around you and inside you because everything is energy. I have already said it and I repeat: everything is energy, everything is consciousness. When you call the Consciousness of the 5th dimension to you, it hears you. The Consciousness of the 5th dimension is a consciousness/energy in itself and it exists in the Great Creation, in the Consciousness of the Great All. ***With the simple intent of your heart, it comes right away.*** It hears you and it obeys your request. It is at your service. Do you understand this, my dear children?

Let me give you an example: when you walk on a path and there is a beautiful flower nearby that spreads its color and scent, you will notice it, won't you? Its beauty will attract you. Immediately you will go near it, you will look at it, admiring and smelling it, and then you will continue on

your way. Yet this flower was there, humble in its discretion. It did not scream at you but you saw it and noticed it. Its beauty attracted you. Well, you are the flowers of paradise. The 5th dimension is that Consciousness that walks among humanity at the moment, and it admires you. It is attracted to you. It is presently looking at every human being and enveloping them. However, very few humans welcome this Consciousness, very few are ready right now to open their hearts to it. So what do you think that Consciousness will do when you, this flower of marvelous and exquisite beauty, call it into your life? Do you think it will pass near you without noticing you, without looking at you, ignoring you? Oh no! It is awaiting this call, this invitation. Know, children of the Earth, that the Consciousness of the 5th dimension is currently enveloping planet Earth. It seeks the hearts willing to harmonize themselves with it. It does this to help them transform themselves, discover themselves, literally resurrect themselves; to shift to their true identity, the one that touches and speaks of Eternity.

I invite you as of today, my dear children, to consider that you are bathing in the 5th dimension. Feel it surrounding you, and invite it to transform you. But you must stop and take the time to invite it, and feel it, allowing it to touch you, transform you, and merge with you.

These are the few words I wanted to tell you today on behalf of the *Great Harmony* that is anchoring itself on this earth despite all appearances. Do not be fooled by appearances! A *New Earth* is in preparation, and you are participating in this plan! Thank you!

Consciousness of transformation

Nothing can resist me!

I am the Energy, the Consciousness of Transformation and I greet each of you, children of the Earth, children of the Humanity, children of the New Race that is preparing for this planet, on this portion of Eternity in all Creation. I am the energy that accelerates the transformation that can adapt to any vibrational frequency to transmute it, transform it, and assist it in its elevation.

I am this Consciousness, currently sweeping the planet at all levels. I support the transformation of governments, of traditions, of cultures, of beliefs, and the transformation of humans and of all kingdoms. I am the *Energy, the Consciousness of the Total, Sublime and Supreme Transformation*.

Today I present myself to you with a very precise goal. I offer my services to total Love, total dedication and total transformation to accelerate the opening of your consciousness, accelerate the opening of your heart. As *the Energy, the Consciousness of Transformation*, I am polarized to transform into higher vibration not into lower vibration. I elevate. My polarity raises frequencies. It creates the expansion of awareness, the expansion of life, beauty, and perfection.

Today I stand before you to offer my humble services. So call me to support your transformation at all levels, to transform your relationships, your understanding of Life, your physical body, your workplace and your vision of life. I know all the frequencies, all the consciousness. I am part of

Life in action, of Life in transformation. I am the transformative side of Life. I can adapt to any situation, to all vibrational frequencies, to everything that exists at all levels, in all dimensions. ***Nothing can resist me!*** Do you understand? ***Nothing can resist me!*** This means that if you call me, if you invite me, I will help you, support you and ***nothing will resist you! Everything will be possible!*** Thank you for your attention and I will continue to be with you till the end of the day. Thank you!

The ancestors

Because your consciousness is linked to ours, we are ONE

We want to join you in the moments of eternity you are living right now. We know each of you intimately. We are your ancestors who made your presence possible on this Earth now, in this incarnation. We have preceded you, we were at the beginning of this great adventure in the density and for each of you, we are forming a great line of Loving Light that goes to the Heart of the Creator, to the beginning of Life, to Source. Each of us worked, toiled, discovered this dimension as you are doing now. Each of us has courageously discovered qualities, vibrational frequencies that we carried in our hearts just as you do presently.

Know that you carry within you the sum of all that we have carried, all that we have radiated. You do not only radiate your own worth, your own heart; you also radiate the heart qualities of all those who have preceded you and have allowed you to incarnate on this planet.

Why our presence among you today? Because we too are working on the Ascension/Earth project. We too are walking with you. Do you know that we are thousands supporting you on the other side of the Veil, thousands for each of you?

When you start your day, do you think that you are alone? Oh no! We are always at least a dozen around you to support the energy of your heart, the energy of your life and why? It is because your consciousness is linked to ours. We are One. We are really ONE. Each of your ancestral lines is ONE with you and all the ancestral lines of this humanity are really ONE. You represent the last link of a great chain of support and Love. We, of the invisible world and you, of the physical world, are all working together. We would like you to open a door in your heart to welcome the past, welcome what is most beautiful, most elevated that belongs to the past and is in your heart so that it radiates consciously in your life, in your heart. Because, you see, what you radiate also belongs to us. We are part of it. We recognize it. We recognize ourselves in you because you carry us, because our memories are in you. So do you think you live your life only for yourself?

The little news of the day is that no, you do not live only for yourself. You live for all those who preceded you and for all those who will follow you because we are part of a Great Whole. We belong to the Great Consciousness. We come today with these words to allow you to open

yourself to greater than you; to a way of seeing life that encompasses more the true Life, that touches it, that approaches it, that does not work in closed circle as you always did - as we did in the past lives, those preceding you. Starting in this lifetime, it is no longer desirable to operate in a closed circle. The energies that come to you, each of you, call you to open yourselves. By opening yourself, know that you are opening us, do you realize this?

The more you accept the Great Life, the Love, the peace, the more it opens us. This creates opportunities for awareness expansion for each of us also. And do you think that it is only for your ancestral line that you are here? No! There is more! Whenever you open yourself up, you open the heart of humanity, this Humanity to which you belong.

You will say:

- « *But that's impossible! I cannot be linked to all the people who live in China or Africa or Japan! Come on!* »

And we say to you:

- « *This left hand that you use and that right hand you use, do they belong to the same body? Can you separate them?* »

Can you say one morning:

- « *Today I do not want to use my right hand. I will leave it on the table. I am going without it and forget about it.* »

You cannot do this because the right hand and the left hand are part of the same body, aren't they? Well, each of you belongs to the body of the Humanity. Can you separate from it? Not really! No more than you can separate your left hand or your right hand from your body. You could, of course with a small ax if you really tried, but do you really think you can move away from humanity? You are part of it! You are part of humanity from the physical point of view and also from the point of view of the humanity Consciousness on Earth. Every thought is added to this reservoir of Humanity. All this you know, of course!

The reason we are here today is that we would like you to become more conscious. By being more conscious of this reality, you walk toward the World of Unity, you learn to recognize that each of your brothers and sisters belongs to the same heart, the same body, the same consciousness. That's where humanity is heading now. By knowing it consciously, by anchoring it in you, by living it every day more and more, you will accelerate this understanding within you and soon, very soon, we wish for each of you, you will hear your siblings thinking inside you. You will capture their thoughts, their emotions, their feelings since you will be ONE, since you have already accepted within you that you belong to the same body. If you cannot accept this as a fact, a reality, it is impossible for each of you to capture the thoughts and the emotions of another Human Being. If inside you, you feel strongly that you belong to the same body, that you advance together in a wonderful direction, this creates bridges inside you. This starts to create Light grids that allow you indeed to grasp the thought, the emotion of the person in front of you and also of the man or woman in Africa, on a Pacific Coast, on an Atlantic coast or any other Ocean.

Yes, by your mere intention you can connect with someone in Japan because in your heart, you accept that you actually belong to the same body, the same Humanity. This truth, my children, can allow you great insights. It may allow you to accelerate your march towards Unity: Unity within yourself and your own Unity with Humanity.

We approached you today to create a bridge of Light, a connective bridge that we hope you will welcome in your hearts and will expand around you to reach everything living on this planet, to reconnect it to the Heart of Mother Earth.

We, your ancestors, the charming hearts that love you so much, we salute you. Thank you!

Translated by Janine Leclerc