

Preparation with a Tibetan group

Denise – We will do a channeled meditation. It will prepare the energies to reunite our hearts, our oneness. A group of Tibetan beings are surrounding us now and they want to help us harmonize our hearts together before we receive the messages. So I will let them speak.

Tibetan Group

I salute you in the name of the Oneness, in the name of the Center Point of this Universe, in the name of Unity. I am talking on behalf of my brothers and sisters who are surrounding you in this now moment.

Take a deep breath. As you breathe in, receive the energy of our hearts that is preparing the bridge that will help you unify all that you are in this One Moment. As you breathe in this energy, visualize from your Heart Center, your Heart Chakra, thousands and thousands of threads of golden light. Each one of them is a bridge to connect your consciousness in this now moment, in the time window where you are in this dimension to all your other selves in other dimensions, other planets, other universes, other time windows.

As you become this sun, you explode your Oneness to reach in unity all that you are in all dimensions in this now moment. Each time you breathe in, you receive the energy, the consciousness of these other selves of yourself from all of the Creation that are connecting with you in this now moment, in unity. We, the group of brothers and sisters around you, are helping you. We support this connection with our own heart, our own life because we are already in unity with *All That Is*.

So breathe in this energy, beloved ones, beloved Christ in action in this dimension, beloved consciousness aware of who you are at other levels. This awareness comes today knocking at the door of your heart. Welcome this awareness, this consciousness coming to you today to recreate in you the consciousness of Unity, the consciousness of Oneness.

As you become the focal point of all these small bridges, you also become the Sun shining from this dimension towards all these other parts of yourself. There is a movement from these parts of your other selves, somewhere in the other dimensions, in other states of vibration towards this part of yourself in this dimension. There is also a movement from your Heart Chakra, your Heart Center towards all these other pieces of yourself.

Unity is a state of balance where you reach out and you reach in from where you place your consciousness in the now moment. Unity is a state of being centered. When you feel that you are part of *All* and you shine your own difference and you receive from this Creation *All That Is* at the same time with no separation, with this alignment of planets around this Mother Earth, this dear child of the Light that you know so well. There are new windows, new channels opening for each one of you, allowing you to become again One with who you are.

So, be conscious when you breathe in, you are receiving energies from yourself, these parts of yourself that you have projected in other times zones, time windows, parallel universes, other dimensions and you are not separated.

Today, we bring a new energy to this Planet, to our brothers and sisters of Mother Earth, to this Humanity, the Oneness Energy. Become the conscious carrier of this energy, the Unity consciousness that is about to bloom in this part of you that still feels disconnected from the Whole.

Imagine that you are opening to a new world. You are reopening to your true reality. Feel this movement coming towards your heart and going outside your heart. This movement of coming in and going out is bringing you back again to the Oneness, to the Unity; bringing your back to the Creation of which you are part.

From today forward, these energies will grow inside you. They will bloom inside you. Please allow this movement to happen in you, to grow in you. You must consciously accept and be willing to be part again of the Oneness for you to walk on this Planet as a God, Goddess that you are; to walk as the One that remembers, the One that knows that you are One with Life, One with Eternity, One with Peace, One with Love.

We will be surrounding you all this afternoon. We will help you carry this new Consciousness, this new Heart vibration, this opening, this welcome back to yourself. As you will be gathered this afternoon in this Temple, we will Om for you in all the dimensions of your being. We will Om the return to your Oneness, to Unity for each one of you.

Be blessed! Be blessed to be part of the project Planet Earth Ascension and your own ascension. Blessings of pure joy to each one of you! I have spoken to engrave in you the vibration of your true identity in Oneness with Life. Thank you!

Goddess of Liberty
Accept in your heart your greatness

Beloved children of my energy that I am spreading on this planet now, I am talking to each one of you. I am the Goddess of Liberty and today I come to spread upon your shoulders, upon the altar of your heart, my love, my light and my freedom. It is time now for my children to be free to shine their truth, to shine their true identity in Oneness with Life.

Too long has this planet been forgotten by your Hearts Love, children of the Earth. Too long have you cried because you were alone. Today is the time for reconnection, the time for walking again on the path of Love, the path of Light, the path of Freedom.

As you hear these words, I am standing in the middle of your group. I came with thousands of my angels and we are surrounding you in this now moment.

As you are breathing this energy, beloved ones, imagine each cell of your physical body, each cell of your emotional body, mental body, etherical body, spiritual body, opening to the Grace of Freedom, the Grace of Liberty, the Grace of the new consciousness. The consciousness that allows you to be yourself, that is freeing you from the beliefs that you have carried too long, the beliefs that you have accepted in your hearts because of the lack of Light, the lack of Love; because you forgot the Love of the Father Mother God, the Love of the Source of which we are all the children.

Listen to the vibration of my heart inside you. I am touching you today in a very special manner. I am shining inside you, with you. I have come to cut the ropes, the chains of ignorance, the chains of the 3D limitations. My Love is shining inside you to help you open your true eyes, open your true consciousness, the consciousness that you have forgotten about yourself.

As you hear these words beloved children of my own heart, feel the shining Light in your heart opening all doors, opening and illuminating the spiral of Light rays shining from your Heart Chakra. Feel, see, imagine, visualize the Light spirals, the Life spirals turning, moving, spreading a new Light inside you, a Light that opens the eyes of all the cells in your physical body. A shining Light that allows, for the first time in thousands of years, the opening of your true vision, the opening of the truth of your own reality.

Feel this Light. Imagine it illuminating all that you are from this dimension. Feel this Light that is opening you to your new Life, to your New You, your True You, the One that you have been for thousands of years, the One that you truly are in the dimensions of Light. The One, beloved ones, that you truly are in this eternity, this quality that you have chosen to come and manifest in this dimension. The vibration of your heart is sending waves from your heart to *All That Is* in this dimension. Your Heart Chakra, beloved ones, is connected to all the crystalline grids that are surrounding this planet, inside and outside this planet.

Your Heart Chakra is truly a sun that is linked to all these grids and you vibrate the new life. You are touching these grids with who you are. Your heart is singing its song of freedom, its song of Love, of Light, of Harmony to *All That Is* in this dimension.

Beloved ones, from today on, accept in your heart your greatness. Accept once for all that you are the Great Plan in action in this dimension, that you are part of those ones that are coming to transform this world with what you are, with your Heart, with your Love, with the vibration of your very True Life.

Today, beloved ones, my heart is singing with your heart in unity and we are spreading together the waves of freedom on all the planets. Together we are freeing this humanity from the veils of ignorance, the veils of sadness and despair.

Today, we are bringing a new hope, a new vibration to this humanity, to the life in this dimension, together. Do you accept, my beloved ones, do you accept to play this role?

Group – Yes!

This "yes" is now engraved in the aura of this planet. Each "yes" is a new star shining in the crystalline grids of this planet. Please, I am asking you to believe in yourself, to believe in the power that you are here, this power that you carry in this dimension. I am asking you to go in this heart of yours and contemplate its Light, its vibration. Your heart vibration, beloved ones, is unique to each one of you and I am telling you this heart vibration is singing the song of freedom for this humanity because you represent this group, you represent the New Humanity that has chosen the love, the peace and the harmony. You represent the seeds that are growing in this dimension, the seeds of this New Humanity. In these seeds, beloved ones, everything is possible. You just need to accept your greatness. You just need to allow your greatness to grow and bloom inside you. You just need to accept that "yes" you are part of the greatest adventure that has ever happened on this planet, in this dimension.

As you are listening to these words, beloved ones, open your heart, truly open your heart to receive the blessings of your Higher Self, of this part of yourself that is coming today to touch you in a very exceptional way. Feel the greatness of your Life, beloved ones. Feel the greatness of Eternity touching your heart today, touching who you are, this part of you that is listening now in this time window on this planet, in this dimension. Breathe in this energy. Breathe in your resurrection. Breathe in your true consciousness, your oneness with life.

These words, beloved ones, are words that you can accept in your heart or you can also choose to ask these words to stay on the doorstep of your heart. You choose! You are the creator of your own life! The creator of what you want to experiment in this dimension.

I am inviting you! I am inviting you to open yourself to the ascension of this planet, to the ascension of this humanity, to the ascension of the true Life inside you.

As you breathe in, breathe in the greatness of your Love, the greatness of the energy that I am spreading on your group in this now moment, assisted by these angels around you.

Today, beloved ones, I am inviting you to choose your liberty, to choose your freedom, to walk on your path toward yourself. Everybody is invited. Each human being is being invited to free himself, herself from the path of beliefs, the path of emotions, the path of experiences and to choose the opening. Be open! Choose the true life.

Visualize yourself in your heart, in your Cathedral of Light. Visualize yourself surrounded by the Light of the Grace and receive the vibration of freedom, the vibration of liberty, the vibration that I am bringing back on this planet to free my children. Thank you!

Adama *Visit to the Oneness Temple*

My name is Adama and I am blessing each one of you with the Love of Telos. As you listen to these words, beloved children, imagine that we are bringing your group to one of our Telos Temples. Imagine that you are surrounded by the Light of Telos, the merkaba that we have prepared for you today. Imagine yourself in this merkaba of pure Love, pure Telosian energy, the

Motherland energy, the Love energy of Mother Earth. Take the time to breathe in this energy of Pure Peace, Pure Serenity, Pure Softness of the Heart, Pure and simple Joy. As you breathe in this energy, you are harmonizing yourself with this Telos energy.

Today, we are inviting you to a very special place of ours, the Peace Temple, the Harmony Temple, the Oneness Temple. This Temple represents these qualities all together in perfect balance. As we travel in this merkaba, we are harmonizing each one of you, your heart, your body, your emotional body, your mental body, your physical body, your etherical body. We are approaching Telos. We are landing in a field filled with daisies, with little suns shining the joy of welcoming each one of you. As you step out of this merkaba, you recognize members of your family that are welcoming you in our paradise, the fifth dimension consciousness energies. Take the time to harmonize yourself with this energy, this heart connection.

Beloved ones, you are magnificent. Each one of you is a magnificent Light carrier, a Mother Earth Love carrier walking among your brothers and sisters. I am asking you today to appreciate yourself truly at the heart level. Appreciate the greatness of your life, this life that you share with your brothers and sisters on the surface of the planet.

We are walking together as a group united in Oneness. We are now approaching this Temple that is welcoming you. As we climb the steps that bring us to the floor of this Temple, you are welcomed by the group of priests and priestesses in charge of this Temple. Acknowledge their greetings. They are offering you the Oneness consciousness. Take the time to breathe in this energy. Let this energy touch each cell inside you, around you. Let this energy touch your heart.

We are now walking in the corridor. We are bringing you in a special room that has been prepared to welcome you. As you penetrate in this room, beloved ones, feel the energies, the colors, the vibrations. Hear this pure consciousness, pure harmony, pure peace. The energy that is surrounding you is alive. This energy carries these consciousness and they are embracing you.

You are invited to take a seat. Choose your own chair around the round table in the center of the room. Sit down and place both hands upon the table. Touch this crystal table. Feel your two feet on the floor and center your attention in your Heart Chakra. You will receive energies from your hands and feet that will join in perfect balance in your heart. This Temple, this room is alive. This consciousness is in Oneness with the Life Stream and it is nourishing, from your feet and your hands, your Heart Chakra to bring a new balance and help each one of you being more centered.

As you breathe in and breathe out, feel the new alignment of all that you are, each organ, your brain, your liver, your lungs, your heart, your bones. Feel the Life alignment finding its own balance inside you, helping each one of your cells to find its perfect balance, its perfect center, in alignment with the Pure Life Stream, the Eternity stream, the Harmony stream, the stream of who you are.

Each time you breathe in, you feel yourself finding the perfect center. Each time you breathe out, you feel that everything that is not in perfect balance is leaving your body by your feet, being absorbed by the floor, by the consciousness of this Temple that knows all but perfection, perfection of the Oneness consciousness, bringing back everything in its own perfect state of Oneness consciousness.

This table, this crystal knows each one of you. It gave you the perfect quantity, the perfect vibration, the perfect energy dosage that you need, that your cells need.

Breathe in the Oneness, beloved ones. (Silence)

As you breathe in, I want you to look at the drama in your life, at these emotions that make your life miserable. I want you to put these dramas, these emotions, these situations on the table. Place each one of them on the table: these energies, these fears, these doubts, these questions, everything that lowers your vibrations, everything that removes the joy from your heart. Place them upon the table, beloved ones. They are only energies, vibrations that you are experimenting to help yourself find your own balance, to help yourself open to your true identity, to the new consciousness that you have chosen to manifest in your life. There is no drama! There is no emotion that has the power to bring your heart in the sadness. You give yourself the power!

So, I am asking you today to look at these energies. These energies, beloved ones, are only experiences, vibrations that you are experimenting, feeling, living, choosing to experiment. You have the power to transmute, to change these emotions, these doubts, these fears. You have the power to create your life!

As you listen to my words, beloved ones, visualize these energies being absorbed by this crystal table Love, being transmuted, being welcomed, being reunited with the Love Energy. These energies are pure energies asking you to bless them with the Love of your Heart. There is no drama! There is no situation that is so bad, so hopeless, that you cannot do anything with it! You are the creator! You are God in action! You are the consciousness that is choosing to experiment and live these vibrations. So you can choose to experiment something else. Feel the energies melting, being transformed with the Pure Love of the One Consciousness. Feel that these energies are coming back to you transformed. You have the power to transform the quality of these energies, the vibrations of these energies. So I am asking you now to use your power, your new freedom to choose to transmute these energies. Listen to these words, beloved ones, **YOU HAVE THE POWER** to choose to transmute these energies. **YOU HAVE THE POWER** to choose to transform your life, to choose which emotions you are allowing to live, to feel inside you. So, **USE YOUR POWER!** As you feel this perfect balance inside you anchoring itself, you are nurtured by your new vision of yourself, your new vision of life. I am now inviting you to stand up. (Everyone stands up)

You are facing your own power! You are facing your new life with freedom, your new life carrying the freedom energy, your new life sending waves of pure opening, pure freedom, pure liberty, pure magic around you. You are God in action! You are choosing to be free. You are choosing to be yourself, to manifest who you are. You are choosing freedom, joy. You are choosing your own power! You are choosing your new life!

Look around you in this room where you are. You are surrounded by the people of your own family who came to support you, to help you remember who you are. You are walking like a Light Beam on the surface of this planet. We are also walking with you. You are not alone in your mission, you have a support team.

Today, accept to take the authority scepter in your own life. Take it! Look at the table in front of you! A magnificent scepter of authority is manifesting itself. Emerging from the table, this scepter, beloved ones, is made of the energies of your challenges. It is made of all the experiences that you have accepted to go through, to live in the density of this planet. This scepter, beloved ones, represents all of your courage. We are inviting each one of you to take it now. Take it with you! It is time for you to recognize who you are, to recognize that these situations, these challenges are helping you. They have helped to make who you are today. They are part of your foundation. They are part of your greatness. Take this scepter in your hand, feel the vibration. Feel the vibration of your own life that you are taking back with you. As you place this scepter on the altar of your heart, we are inviting you to step out of this room slowly with respect and gratitude.

You can return to this room anytime you want when you meditate to bring back more balance inside you, to center yourself, to reconnect with your authority, with the power that you are.

As you leave this room, the doors close softly behind you. These doors, beloved ones, know each one of your names. When you come back, present yourself in front of these doors, say your name and the doors will open in sign of recognition, in sign of welcoming you back home to the Oneness Temple to help you gain back your authority, your power, your Oneness consciousness.

We are now walking down the corridor and we are bringing you back to the merkaba. Your family members are waving at you saying goodbye and softly you go back into the merkaba in pure harmony with this new life of yours. And slowly, slowly, you come back in this room, in this Temple.

I want you to remember these words, beloved ones, **YOU ARE SACRED!** You carry the sacredness of Life, of the True Life inside you. You have never been forgotten because you are already part of the Oneness. You are already part of ourselves of the Life Creation. Never forget these words! And now, carry this new vibration, the One that knows **WHO YOU ARE** in Oneness with Life, in Oneness with your own power! Thank you!