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Denise Laberge

Meditation

When looking at the night sky, we see beautiful stars, it is magical. We can stay there for hours contemplating each star; and we, the light workers, are these stars for humanity, among humanity. We must let this awareness flow into us. We must really welcome and integrate the fact that each of our hearts is important. We have a role to play in the Great Plan. This role is to radiate love, peace, radiate all that is most beautiful: live the magic of the 5th dimension.

When I was getting ready this morning, I received a message from Adama. The magic is really very powerful and is present around us, but it is up to us to open ourselves to get used to feel of it.

There are thousands and thousands of Beings in the Invisible, in the Light dimensions that are there to help us and intervene as much as possible. We are the front door of this magic. If we think that we are just a little ordinary human, very quiet, who does not do much and does not have a big role, we cannot open the door of the magic. These Beings, they see us as extraordinary, as individuations of the Source.

We are powerful creators. So, the more we open ourselves to this truth, the more we welcome it and we accept it, the more we allow them to come to help us and produce the magic in our daily lives.

The first condition to respect is to look at ourselves as powerful magicians. Use the words "**powerful magicians**" because we are magicians. So the more we see ourselves as Light Beings, as messengers of Love, as Beings with a big radiant and luminous heart having an important role to play on the planet, the more we allow the magic to come into our everyday life. It is somewhat like a human body: each cell has its place, each of them is important. We are like cells in the luminous Christ consciousness Body for humanity.

Do you realize the role that we have in these moments? One cannot escape this. One cannot hide from that role that we have chosen to live, to incarnate in this life: to radiate our heart, radiate our true values for which we are incarnated in humanity. All the rest, the negative, we must forget.

Adama said this morning that there were two great movements taking root on the planet. You have already read and heard this: *the movement of those who create the magic and the movement of those who create other things in suffering and pain.*

He also said one thing you do not realize. Those who live this movement have incarnated for the exact purpose of the demolition of the current civilization; the demolition of the limiting beliefs, the beliefs that prevent us from living the Divinity. This movement is not there for nothing, like those who still live wars and want to kill.

Why is that? Because things must be removed, cleaning has to be done for the 5th dimension to really be anchored on the planet in humanity. For us, our role is to keep your eyes focused on Light and Love, because that is what will be triumphant.

Adama was also saying: *look at what is happening now on Earth. Your role is not easy because there are all these currents stirring up emotions around you, there is an emotional and physical turmoil at all levels.*

He also explained: *"This is exactly what we experienced when we started to live in our city of Telos. At first, it was very, very difficult. We had to create the city of Light. You, you are creating the 5th dimension. You live something similar to what we have experienced."*

I had read this in the book, but then, I felt it. There is a period of turbulence that we are passing through on Earth, but that is part of our going from the 3rd dimension to the 5th dimension. The 3rd dimension where we live limitations, doubt, fear, where people are still in separation, to go in a world of fifth dimension where we live in unity, connection, respect, love, Light, magic.

This is what we are experiencing in terms of humanity, and that does not mean it will be easy. But it will be much easier if we welcome our greatness. If we focus on the Light of our Heart, on the power of God in us, then we will be able to create our fifth dimension in our daily lives.

All the energies of the Light dimensions are there to help us, and given that those energies are higher, they can intervene more quickly, with more magic, more power, at a greater pace. So we just have to decide on what we want to focus. What does each of us want to live? What do we want to connect to? Because help is here. We have to choose among what others want us to believe, what we are shown and what we want to live. Stay focus. Not to give up is most difficult. Then, it is the transition.

I felt that when the Lemurians arrived in the city of Telos under the mountain, the first years were not really easy, but they did not give up, they focused on the goal. That is really what we are experiencing. We are in transition, not yet in the fifth.

Anchoring ritual and invocation

I invite the Archangels Michael, Raphael, Gabriel and Uriel to position themselves around us, to keep us in the energies of Light, Love and Peace throughout this encounter with the Holy Light.

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

We invite our I Am Presences in a special and extraordinary way today, to open our hearts to receive the Light, the energies that are poured on our group, that are poured on every person currently praying on Earth. Each person who, in his Heart, joins the great movement of Peace, to the great movement of Love and Light for the whole world, for all humanity.

Today, as one heart, we join with all the Brothers and Sisters of Earth who are currently in prayer, in meditation, in contemplation to send waves of love, peace, joy, Light on all humanity, all over the Earth, to create a new world. 1.26

We also invite all our guides, all the Angels, all the Archangels. We invite the Beings of the Light dimensions to come to share with us their love, their peace, their joy, their patience and their welcome of the now moment. 1.44

We ask God Father Mother Creator, the Divine Mother, the Source, to bless the hearts of all our brothers and sisters of the Earth, of all the kingdoms. Bless the heart of Mother Earth, bless the one heart that we are all now forming so that this Light, this Love spreads and transforms this dimension, the third dimension; transforms the planet; transforms the consciousness of humanity so that it opens to Love, Peace, Joy.

Ashtar

Find your Truth

Greetings! Greetings to all of you! I Am Ashtar of "Ashtar Command"! And today, I come to greet the valiant knights of the Light that you are, every one of you currently incarnated on the surface of this planet.

Know that today, as you hear my words, we have positioned Light vessels above each of you, above each of the groups that have gathered for Peace, for Love. This is to amplify the energies of Light that you create together, the energies of the New Consciousness that are sweeping the planet.

Know that we, from the Light worlds, who came from multiple universes to assist you in this great awakening, feel privileged to accompany you in this great work of enlightenment of consciousness. For you see, you are enlightened from the inside by the Heart that is vibrating in you.

Today I would like you to engrave these words in each cell of this temple that you use on the surface of this planet. You radiate a special Light, a Light spectrum that reflects the values you have always kept in your heart throughout your numerous incarnations.

And this Light spectrum is presently assisting the awakening of humanity to a world of peace.

I would like these words to resonate within you because it is your role, children of the Earth, the role of holding high the torch of peace, the torch of love which understands, shares, respects and brings harmony. This is your greatest mission. And it begins with you, with the way you look at yourself. And when this look allows you to greet yourself with Love in all the greatness that you are, it literally transforms the vibrational fiber, the frequency of this planet, not only the physical matter but also the etheric matter enveloping the planet, enveloping this humanity.

So today, I say to you who are holding the torch of Light, Love and Respect: *"Keep steady!"* I say: *"Do not let yourself be misled. Do not listen to the manipulation from your media. Do not listen to the manipulation that the television programs aim to do in each of you."* I tell you: *"Listen to your heart! Turn your eyes, your attention to this Heart in you and learn to understand it. Learn to live from your own values without fear, without any doubt, without comparison, without self judgment."*

You have heard these words many times, but today I want to add an energy of awakening, an energy of opening so that at last, you understand that you are the only master of your life. You are the only master of your decisions, your choices, your actions. You are the only master of the decisions you make for yourself, for your family, for your friends. You are the only master of your destiny. 4.46

I say these words so that you understand once and for all that you must stop waiting for instructions, indications, protocols, rituals from others. Everyone has his own truth. Each of you has a different path, a path that brought you where you are in the moment with everything that is within you, and this path is perfect. This path serves the Great All. This path is part of a consciousness that creates a new Earth. This path is defined by you, you who are important and who bring your own color to create a New World.

So I say to you: *"Stop listening to others. Stop searching for the truth in the heart of another person. Find your truth. Find what makes you happy, you, and live according to that choice, according to what you feel."* It may seem simple to listen to these words but to be able to follow this heart within you, you must let go of your fears, your doubts, let go of your beliefs, let go of all that prevents you from living your own life, as you wish it.

If you feel like dancing for one hour on a large street in downtown Montreal, then do it! I'm not telling you to go dancing on the Metropolitan. No! I tell you to learn to follow your heart, to follow its impulse. This heart in you has been created to bring its color to the Great Plan and it is by listening to your heart, by following it, by acting according to your feelings that you will allow your brothers and sisters of this humanity to do the same thing: to live by their own feelings. The more you agree to live according to your feelings, the wider you open the door of that life model to your brothers and sisters of the Earth and the sooner it will produce peace on this planet. 7.59

Understand these words. You have lived for thousands of years, for thousands of lives in the grip of manipulative beliefs, beliefs that have prevented you from living your life according to your

feelings. By living your life according to your feelings, you live a life of love, peace and joy because you are in action. When speaking, you express yourself according to your heart, to what it dictates and know that your heart knows only one language, the language of love, sharing, joy. Anything that does not vibrate at that frequency is suggested by your mind, your ego, by that part of your consciousness that felt separate from the Source and created its own world in the separation.

So from now on, who are you? You are a Light star shining in the big sky of humanity. You welcome yourself every day more and more in your truth without doubting what you feel. You learn to live according to your feelings. This does not mean that overnight, everything will be rosy and magic in your life. No! You are learning to tell the difference between what your heart tells you and what your mind tells you. It only takes your decision to commit yourself to walk the path towards your heart and with every step, every decision, every new understanding; you raise your vibration, your frequency. You raise your trust of this path within yourself. You grow and you make this path, this learning, easier.

Bring joy; invite magic into your life. Get used to feeling it around you and in you, because with this simple attitude towards yourself and towards your path, you allow the Great Life to facilitate everything for you; to open the doors of your inner consciousness, your heart consciousness, the consciousness that you are; to remove any interference quickly and with ease. And that, only by adopting the attitude that everything is easy, everything is magical, that you are divinely guided; that the 5th dimension supports you, envelops you, embraces you and is growing inside you. These simple words, children of the Earth, can transform your lives, transform everything you know, and you think you know, about yourself and the life you use every second.

So, yes, you are the shining stars in the sky of humanity. Yes, all is possible for you. Yes, the magic of the Light dimensions envelops you and is ready to open the doors for you. You only have to welcome these words with sincerity in your hearts and decide to commit yourself to walk this path of self-discovery; the discovery of what lives in you: this Light, this Love, this Consciousness that you are. You, humans who think you are human beings. You, Gods, Goddesses who are still unaware of who you are.

These are the words I wanted to share with all of you today. These are the words, the energies, the frequency that I place in your hearts so that they propel you in the days and weeks to come to the Great Gate of your enlightenment; the Great Gate of the consciousness that realizes, that feels what it is, that feels that it is part of a Great All. It is not separated from anyone, it is part of everything that is in this dimension. It is part of that connection with the Life. Be blessed, be blessed and be blessed in the multitude of all you are in this dimension and beyond.

I Am Ashtar and I spoke on behalf of the Light family that came to assist you today to amplify the Energy, the Energy of your heart, the Energy of peace, of Love in this dimension.

Thank you!

Mary*You are the All*

Receive the stars of my heart. Receive the peace of my soul. Receive the Light of the Life that is in me and in you. I am Mary. I am your sister. I am one of those that you know very well from the Light worlds because together we have often worked on the surface of this planet, as well as in other universes, where we prepared ourselves before this great adventure on planet Earth. 0.54

Today I cover you with this energy to affirm, to support this willingness in you; this willingness to awaken to the greatness that inhabits you, to awaken to the truth of the magic that is in you. This truth, which many of you continue to resist, because too often we made you believe that you were a mere human.

Well! Today I put a Light pearl in each of your hearts. A light pearl radiating the frequency of your heart; the frequency, the color of who you actually are in the Great Creation. As you hear these words, I ask you to focus your attention on what you feel in your Heart, to focus your attention on this eternity that inhabits you, my children.

Now imagine you are a star in the great sidereal. A star that knows no beginning no ending. You are an eternal star, a star that has accumulated a great knowledge, a great science; a star that has lived and will live forever. This experience you are living now, on the surface of this planet, is a drop in your eternity; it is an experience among the billions, billions and billions of experiences you have lived and will live.

Today, I invite you to open yourselves to the Eternity you are, the Eternity of consciousness that you are. A consciousness that knows everything, that can do anything; a consciousness that is not limited by anything, a consciousness with imagination, creativity, an enlightened consciousness.

And as you focus on this Heart inside you, on this star that you are, feel yourself floating in a sea of Light. You are part of the great Consciousness of Life. You use a physical body now on the surface of this planet, but this body is linked to the consciousness that you are. This consciousness that encompasses all, that feels everything, knows everything. You see, my dear children, why are you limited to this body? Why do you think you are limited to this body? Because it is a truth you have accepted to live. You have accepted to create limitation. You have accepted to believe that you were just a human, just matter on a surface, a planet.

Well! Do you know that by your imagination, by your beliefs, by the beliefs you accept within you, you can change everything? Do you know that you can connect to all Creation only by your feelings, by the belief that you can do it? Nothing limits you.

Today, I show you a new way. I show you a new way of looking at Life, of considering that you are part of the Consciousness of the Great All, that you are the All! When you are alone at home

in your living room in meditation, what prevents you from imagining that you are God in action? That you have all the powers? What prevents you from feeling this brother, this sister in China or Russia, or on Mars, or on Venus, or in the sun?

Today I tell you that you can do everything. I present you this learning process: focus on the Heart within you and imagine that you feel all of Creation. You belong to creation. You are the All. You are the chair on which you sit. You are this house where you reside. You are the neighbors. You are humanity. You are the animals, the crystals, you are the ocean. You are all that exists, you are everything that you believe exists in your dimension.

I invite you to practice feeling that you are not just a body. You are first and foremost a consciousness. Who says consciousness says energy, frequencies. You are a frequency, an energy that has all the powers. You have all the powers since you are an individualization of the Source, of the Energy Creator of Life. You have all the powers. You just have, each of you, to choose to believe in this truth, in this potentiality. You just have to open yourself to the True Life, the Great Life, to invite It to teach you Its true nature.

My dear children, what you are experiencing now, your current lives, are only a millionth of 1 percent of your potential, it represents only a small, small, small percentage of the Greatness you are, of the Power within you. So when you talk to someone, believe that this someone in front of you is part of you.

Stop this perception of separation. Imagine, practice feeling that you are part of the All, that the All is part of you, that you are not separate from anything or anyone. You are no longer separated from any of the objects that you think to be objects. Each object in your dimension is a consciousness, an energy, a frequency that brings its color, that contributes to the experience of the third dimension by its vibration. Everything is alive, everything is consciousness, everything is energy.

From now on, my dear children, practice feeling that every human is part of you, is an aspect of your consciousness, he complements you; that together you are working as one humanity for the same goals: you are working to create a new human consciousness on this planet. You are working to create a new way of life; each bringing his heart, the best of himself. Yes, even those who blow themselves up with bombs bring something to this dimension. They bring the demolition of what cannot enter into the fifth dimension. This is a service to the Great All, a service of Love.

So, as of today, my dear children, may your eyes, your thoughts, your actions, your words become only blessings for this Consciousness that is within you, around you, in all things. This Consciousness, currently in action in this dimension, is creating a new world, a world of peace, joy and Love and it is to this frequency that you belong. So, I send you an invitation: become a blessing for this dimension, you the shining stars in the sky of humanity. You are the stars who are weaving the fabric of this humanity that will soon shine with a thousand lights, that will soon only know Love, Peace, Harmony in everything.

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These are the words I wanted to share with you today, those words of Love, words of Light, these words of Truth.

I am Mary, the one who surrounds you every morning with her love!

Adama

You belong to the Consciousness

I invite you to feel the energy that is surrounding you now, my dear children. The priests and priestesses of the infinite Temple of Love have come to surround you today, to embrace you in the love of the cosmic flame, to embrace your heart, your beliefs, to embrace your cells, to appease the mental, to appease that heart in you. Feel the pure Love vibration we are pouring on you.

I Am Adama and today I extend over our group the Love from our hearts, the Love of all the inhabitants of the City of Telos. This Love joins itself as one Heart to your group and all the children of the Source who have made the effort to come together to spread an energy of Love on the planet, an energy of Light and Peace. As one Heart, we vibrate at this frequency, we amplify its light, its energy.

I invite you to imagine that every human presently in incarnation on Earth, that every Heart, opens to receive this Light, opens to receive this Peace. Together we create a Peaceful space for humanity, for the children of the Earth. Feel, visualize the planet in a state of equilibrium, in a state of perfection where Peace prevails in all Hearts. Feel the peace spreading into the oceans, the forests, in all that is, in all the living things on this planet. Visualize and feel the peace establishing itself. It comforts the heart, calms the fears.

(Silence)

You are consciousnesses, my children. You are consciousnesses linked to the Great Consciousness in action on this planet now. And every time you choose Peace, Love, you emit a frequency that spreads in all directions. You emit a Light, an energy that spreads in all directions. You change the vibratory frequency of this dimension, of this planet, of all that the people; and this is a truth that I invite you to welcome into your hearts today, to welcome as a profound, true and real truth, a truth that participates in the transformation of this planet.

My dear children observe your lives now, what you live, what you feel.

Aren't you in transformation? Have you noticed?

Have you noticed this questioning?

Have you noticed the intensity of the emotions that shake you, that run through you?

Have you noticed the decisions you must make about yourself, about your family, your relationships, your work?

Have you noticed the changes looming on the horizon of your lives?

Have you noticed that you are in transformation?

Yes, the Great Life Consciousness One is transforming the world. It uses everything to transform this world, to transform the Life of the entire planet and those who inhabit it. And you are part of this transformation. The Great Consciousness One which is pure Intelligence, pure Consciousness is in action now. It uses each of you to bring a new frequency in this world, to create openings in the hearts of your brothers and sisters, to make big changes. You are not alone. You are the tool that Life uses to transform this world. Are you aware of this, my dear children? You are not separated from the Great Consciousness movement that is sweeping the planet right now. You are not separated from the Great Plan that comes to the rescue Life on this planet.

Today I invite you to look at yourself with new eyes, to stop comparing yourself. I invite you to identify yourself to the great movement of Unity that is developing, manifesting on this planet. This great movement of Unity which is manifesting, which is developing in this dimension, it pushes you to unite with each other, to discover, to feel that you belong to the same Consciousness. This happens by small increments, by becoming more conscious little by little. The Great Consciousness pushes each of you towards the great truth that you belong to the Consciousness One, that you belong to a world of unity, a world of consciousness, energy, joy, happiness, magic.

Each of you is walking on a path that you are discovering; a path that pushes you. A path that shows you something different in relation to yourself, that makes you realize how you think, how you look at Life, how you consider yourself, how you compare yourself.

Don't you notice, my dear children, that everything you live each day becomes more intense? These choices are more intense within you, they make you vibrate at a higher intensity; these regrets, this guilt make you open yourself more? Have you noticed that what is bothering you makes you suffer more? Everything is more intense. Who says more intense says more alive. 9.32

The True Life comes to reappropriate its place on this planet; and the True Life is All That Is, it is part of this planet: humans, animals, plants, water, all the elements. Everything becomes more alive. The Light of the Great Life intensifies, increases its frequency, which will cause an awakening of consciousness, an awakening within each being on this planet whether they are animal, plant or human. Everything becomes more alive, more intense, more connected to the Great Whole, because Life is One, Life knows no separation.

In Life everything is interconnected, just as everything that has been created in this dimension is interconnected: the trees, the animals, the plants, the water, the air. Everything is interconnected, since everything is part of the Great Life One. Nothing works in isolation, separation. 11.04

There is only the human being who believes to be separate in this dimension. The animals know their role, they feel their position in the Unity, in the manifestation of Life in this dimension on

this planet; the plants also know. There is only the human who, for now, still feels separate. So separate that he feels superior, he believes he can use anything for his personal profit. While my children, if you notice, if you look around you, everything works to create harmony, the plants, the trees, the water, the crystals, the air. Everything works together as a single Consciousness to create beauty, diversity, harmony and to live in harmony now in this dimension.

Well! Isn't it wonderful that everything that comes now in the Life of humans pushes everyone to question himself, to revise his perfection of himself and Life in general?

Observe yourself. Notice the changes happening within you, the changes in your way of thinking in relation to yourself and to Life, in relation to the emotions you feel, in relation to the decisions you make. You are very different from the person you were only three years ago. The intensification of the Energy, of the frequency opens large doors of awareness, of great understandings within you.

So I, your brother, invite you today to say yes to the great adventure that you live! The great adventure of discovering who you are, what lives inside you, this Heart in you. The Great Consciousness, the Great Life is in you, in your heart and it guides you perfectly wherever you need to be. It guides you in spite of yourself. Have you noticed? In spite of yourself, it guides you to where you need to be.

So I, Adama, your brother, I invite you to stop resisting. I invite you to trust, to feel the magic around you. I invite you to become aware that you are not alone in this great adventure; that it is the Great Consciousness that guides you. It uses every human, every animal, every tree, every flower, the smallest speck of dust. It uses everything to walk towards Unity, to recreate Unity in this dimension. This is the great adventure that you are living now. You are engaged in a quantum leap. You are engaged in a new way of life. Those words my dear children are vibrations, are energies that I place in your hearts today to create openings, create a new understanding in relation to yourself.

Don't you realize, my dear children, that with the Power of Life within you, you can do anything, imagine anything, create anything? Don't you realize that the essence of Life, of Consciousness, of Energy is to create; to create what it dreams of, whatever it puts its attention on? You are powerful; you attract from the Consciousness itself what you imagine, what you dream. It is the Consciousness One that dreams through you. It is the Consciousness One that wants to create through you. It is the Consciousness One that puts a dream in you because it has everything to realize this dream, since you are part of that dream. ***Do you realize my brothers and sisters that you can do anything, dream anything, imagine anything, create anything? Such is your power!***

So open yourself to this reality, this energy that you are. You are Pure Power in action in a world which is at the moment in separation, and you now know that the Consciousness One uses everything in this dimension to create a new world. Isn't it an extraordinary adventure? Isn't it a paradise that you are creating, that the Consciousness One is now creating with you, for you? Focus on this goal. Focus on this objective. Focus on your way of thinking. Associate yourself with the great Life Power current which is in action now on this planet!

There are always great movements on this planet now, great regressive and progressive movements. You belong to the evolutionary movement. May this movement to which you belong bless the regressive movement, because these two movements will birth harmony, perfection, paradise! For each movement has its uses, every movement creates, participates in the creation of the New World. There is nothing negative in this dimension. Everything is coming into balance. Everything is putting down the foundation of balance to create the New World, the New Earth; and this is a truth.

While you are gathered in this place, thousands more are gathered on the surface of this planet in Peace, Joy, Love, to create a New Earth. Take a moment to feel this Creation.

From this moment forward, my dear children, I invite you to admire the New World, the New Earth that is being manifested. Look beyond the appearances. Feel beyond the appearances. Live beyond the appearances. Create the New Earth together. Let's create together, we of the Light dimensions and you the Pillars of Light on Earth.

Thank you!

Denise Laberge

Acknowledgments

We will thank our brothers and sisters from space, from the intra-earth, from the Light dimensions, our brothers and sisters of Telos, all the ascended masters who assisted us, our guides, all our angels, archangels, our Presences I Am.

We thank the Great Life that is manifested in us and around us and to which we belong.

We thank the Great Plan, that allows us to grow and manifest every day more and more the wonderful being taht we are, that allows us to add our color to the creation of the New Earth.

Thank you to Life, thank you to the Source, thank you to Mother Earth, thank you to the Great Central Sun.

Thank you, thank you, thank you!

Thank you!