

*Translated by Janine Leclerc*

## **Ashtar**

### *Flower of Life Meditation*

Brothers of the Earth, we salute you. I am Ashtar, your Light brother, who watches over this planet, who watches over its evolution in Light and Love. You are the ones who have checked things out for us among your brothers and sisters; do you realize it, my dear children?

Today, we have placed ourselves in a strategic position around this planet. We have positioned thousands of vessels, forming a great Flower of Life, around the planet. They will assist you in the exercise that I will lead shortly.

I invite you to go in your heart and imagine a glorious dazzling sunshine radiating within you. Take the time to breathe in its Light. Breathe deeply; breathe in its warmth, its life. That heart, that sun is alive in you. This sun represents you.

It is the concentration of your Divinity in the physical world. It is the most perfect image of what you really are: *Pure Light*. Breathe this moment of eternity, this moment in the Great Eternal that you are experiencing right now.

(Silence .....)

I ask each of you, who are hearing these words, to imagine that you are linked to one of these vessels around the Earth at this time. Take a moment to feel the Light Vessel in which members of your galactic family are present. They have come to do this work with you today. Do not underestimate your importance, my children; do not underestimate the extent of your role on this Earth, you who are walking among your brothers and sisters. So, make contact with this vessel: see a thread of Light, a column of Light between you and this ship. And this ship is part of a great Light Grid, a web of Light that forms a luminous sphere around the Earth. So, through this ship, you are linked to this Web of Light.

(Silence .....)

You, the Creator, the God/Goddess that you are, I ask you now to imagine this planet, the Earth at the center of your circle. Imagine it bright and radiant. See billions of stars lighting up; small dancing suns that represent your brothers and sisters of humanity, of the animal, plant and crystal kingdoms; all this consciousness that took form and structure in this dimension.

See these billions of suns and stars in the oceans, on the Earth, in the air. See the Light of each heart, of each consciousness. And you, the God Creator who took a human form and who hears these words, visualize now that each of these hearts, each of these suns, these stars, link themselves to this Planetary Grid, to the Flower of Life that the ships have formed and prepared

around the Earth. See that each consciousness, attach themselves, and connect themselves to the Flower of Life.

(Silence .....

And now, from the Great Central Sun and from the Heart of Mother Earth, see a wave of very special Light. This wave of Light carries the word "Love", as well as an essence, a very special attribute today.

This Love contains the energy of the great awakening of the human heart, the great awakening of the human to his Grandeur. So see this web of Light, this Flower of Life receiving this qualification, this sacred attribute, this Love, this Light, this Vibration. See its Light changing, coloring itself with this attribute, welcoming this frequency that you, the Creator of this circle, have requested; that you, the Divinity in action in this dimension have requested.

And see that Light spreading over the Flower of Life around the Earth, bringing it a frequency of awakening of the human being to his divinity, his grandeur, his potential. See this frequency, this Light, this quality or energy descending the Light threads to touch the Heart of *All That Is* on the planet, in the oceans and on the continents. See that holy attribute making its nest in each of these hearts.

And now see that the veil of separation about to split open around the heart of every human because this energy speaks to every human and presently gives an impulse on the Earth. This is a wake-up impulse, the impulse of a wonderful memory that speaks to the human being about his Essence, his True Identity and carries the words "*Unity, Love, Consciousness, Life*". See that veil, which was walling in your brothers and sisters, opening wider.

This veil will split at the speed appropriate for each of your brothers and sisters, a speed that is acceptable to each one, that suits each one. Today, all together, we declare the awakening of the human race who begins a march towards its total awakening, toward its cosmic, galactic, universal identity, toward its Divine and Sacred identity.

(Silence .....

Children of the Earth, see the veil that is around you separating and gaps of Light are appearing. These gaps of Light will allow you to finally grasp the *Grandeur* that you carry and came to manifest in this dimension.

May those words resonate in your hearts, in your visible and invisible bodies, in the heart of each of the consciousness that live in you; in this physical body, elsewhere and in other dimensions! May these words announce your great awakening to yourself, to the God, the Goddess that you are now.

(Silence .....

Now gently, return to this physical body. You still perceive the vessel to which you were connected by the link of Loving Light. Your Galactic Family says "goodbye" and very gently, you come back in this physical body.

We thank you for this massive awakening work, this sacred magic work, where the soul is. You have most certainly heard these words before: sacred magic, divine magic, when your heart is in action, when you are in action as God and Goddess.

We salute you. We are now retiring ourselves and we will remain around you in energy, in consciousness, in Love!

Thank you!

## I AM

*I AM in each of you. I AM you. I AM Life.*

I am this energy in you. I am this breath inside and outside of you. I Am the Consciousness One that comes to address its children today, the consciousness of freedom, the consciousness of love, the consciousness of justice and today is a great day for the planet, for humanity.

In the eternal present, this day is a great day These words, my children, I would like you to engrave them in your hearts, because from now on, every moment that you live in this dimension is a sacred moment, a moment of discovery, a moment of acceleration toward your role, toward what you came to do, accomplish, live in this dimension.

I am this consciousness that reunites its children right now. I am the consciousness of unity and love living in this dimension since the beginning of all times. Today I come to touch your heart to remind you who you are, remind you that you speak, act and live in my name, because we are one. Do you realize it?

I came today to ask you a favor: to accept who you are completely, to accept the great role that you have come to play in this dimension, to accept that you are more than what you think you are. Children of the Earth, it is time to realize who you are, to welcome yourself. It is time to wake up.

You do not live in separation in this dimension. Everything is interconnected on this earth. In what you believe to be your everyday consciousness, you forget that your mind and your ego are connected to the mind and the ego of all the bodies around you whether they are human, animal or other. Each of you belongs and are part of the Consciousness One.

The time of separation, of disconnection is over and I come to announce it to you. I come to announce and invite you to a new life, a life of ease, abundance and perfection because it is *All That Is*. Everything that exists in Creation reflects the perfection that inhabits you. Why does this

dimension displays, proves, lives only suffering and decay, non-love? Because it has wanted to ignore its true essence. This game is over. You are invited by all Creation to regain your true place and this place can only be found in the love, in the respect, in the harmony of all that you are individually and collectively. ***And this step must be taken!***

You may think that these words are words of manipulation, control, unrestrained authority. Perhaps. Perhaps with your current understanding of separation. However, is a system that brings joy, happiness, peace, harmony, abundance to *All That Is*, a system of manipulation, control, authority that denies the rights of everyone?

I invite you to think, to meditate these words. I invite you to the system of One Life which only creates beauty, joy, love for each one, love for each consciousness that shares this life. Are the words I am saying right now, words of manipulation, of outrageous control; or are they words of truth, honesty, respect and Love? I will let you meditate on them. I will let you make the choice you have to do. I will let you take the step you have to take. That step is in front of you, this door that presents itself to you is waiting for you.

This planet has suffered enough. My children have suffered greatly. It is time for this suffering to end. You deserve joy and my life of abundance and Love. I will never abandon you. I have never forgotten you. And today, I speak to you to open your heart, to bring another language to your heart, the language of hope, respect, harmony, joy, Love and Light. This is a language you have forgotten for too long.

I AM in each of you. I AM you. I AM Life.

Thank you!

## **Adama**

### ***Enter the Wave of Freedom***

We welcome you. We salute the greatness that resides in you. We salute the essence, the Consciousness One that unites us. I am Adama! I am your brother watching over you for so many, many lifetimes; for the many lives you have walked among your brothers and sisters.

For so many lives, you have expected a miracle. I invite you now to contemplate a miracle my children. ***You are the miracle you have always wanted you have always waited for.*** You are the one that can do everything, change everything, imagine everything, create everything. You are the Consciousness in action now in this dimension. I invite you to stop postponing the acceptance of that truth today.

We are now forming a circle around you, we, your brothers and sisters of Telos, we, your galactic brothers and sisters. Many came from Venus, Mars, Aldebaran\* and the Pleiades.

Representatives from several planets and stars are surrounding you now because this moment is important not only for you but also for humanity.

We planned a project to help our brothers and sisters of the Earth, to help humanity to open up to the great Truth, to the Great Life that was hidden for too long. The truth is that you belong to a Global Consciousness, the Consciousness of Life in action.

This truth is so far remote in the mental concept that very few humans, among our children of the Earth, can accept it yet. It is very hard to accept that you are linked to each other, that you are interconnected. It is very hard to realize that others also feel what you are feeling, that others also learn what you are learning. It is very hard to realize that we are one with you and that you are one with us in the worlds of light. ***The first step, my children, is to accept that this is true, it is a true reality, and that the real truth carries the signature of True Life!***

Today you have heard words that have stirred your hearts, have stirred your emotions and most importantly, your beliefs concerning emotions. It was the purpose. In fact, last night, each of you heard all these words from the center of your own heart because last night you were on the ships with us and, together, we visited this moment, this day of preparation for you and for mankind. And you, around the large crystal table, you connected with the Heart of the Great Central Sun, the heart of the Consciousness One and together we heard the same words, we felt the same emotions.

How is this possible, my children? How is it possible that all of us can feel, hear, experience the same words at the same time? It can only be if we belong to the same Consciousness. We are, each one of us, children of the Source, pure and perfect creations of the Source, experimenting, growing, exploring new avenues. This truth does not imply that you no longer have any freedom, that you must obey. This truth implies that you have all the ability, all the qualities, everything a creator needs in order to also create.

Each of you is a Being carrying a great power, a mighty power as well as an undeniable freedom that nobody can take away from you, that nobody can manage in your place. When you lose this freedom it is because ***you allow another consciousness to have power over you.*** When you are aware of the power within you, you keep your freedom, you keep your power because you are its master. You are aware of what you are, the power of the Light within you and you use it to create even more. It is this truth that you are currently integrating within you, that you are accepting in small increments until one day you will completely stand on both legs, eternally and infinitely aware of this truth living in you. Currently you use your physical body, you feel it, you touch it, you identify yourself with that physical body.

Today I invite you to identify yourself with something more real that corresponds with the grandeur you are. I invite you to identify yourself with the Great Central Sun, the Source of All Life. I invite you to identify yourself with Life itself, to stop identifying yourself with the physical body you use. I invite you to practice feeling that it is the same consciousness that lives in you and in each of the people around you, in each of the animals, trees, flowers around you, and even in the cloud above your heads.

I invite you to come out of your shell, my children, to stop hiding yourself in this physical body. I invite you to come out of the prison you have created for yourself. I invite you to identify yourself to the Sun, the Light, to Love, to the Consciousness One. I invite you, in fact, to start your real life as the Consciousness One using all these forms around you, moving in the oceans, through every animal, every cloud in the sky and also in the air around you, the air you breathe. I invite you to take a big step into the unknown, my children, with a new way of living, to see yourself, to feel yourself, to feel the body you are using, to feel the wind and the air you breathe.

This exercise, you have just done with the thousands of ships around the planet, was specifically intended to create a breach in the consciousness of separation, in the consciousness of the ordinary human snoring throughout the day and, in these words, underline the pure truth, my children. Our children of the Earth snore all day long, ***ignoring the power, the creativity, the imagination, the intelligence and the perfection they are, that inhabits them.***

Do you feel that heart inside you? There is only one heart that beats in this humanity and it is the Heart of the Love of the Consciousness One, of the Unity walking towards you. Several children on earth will choose to ignore this call, to ignore the invitation to the Real Life.

Well! I invite you to surf the wave of opening, opening of the heart, opening to yourself, to the True Life. I invite you to learn to taste this Life.

These are words, just words, aren't they? But these words are charged with an energy that breaks down the walls that keep you in a living prison, to crack the walls of limiting beliefs, fears, doubts.

To those who are afraid, to those who doubt, I say: Dare walking over your doubts. Dare walking over your fears and go see! Test the true Life! Then you will be able to decide if these words are true or false, to declare whether all these principles, these concepts that are presented today are real or pure imagination, invention by someone who dreamed in color. Yes, these fears, these doubts keep you in the third dimension. Do you realize this? Why are you in awe, in submission before these fears, before these energies that are pure energy that you have experienced, that you wanted and chose to experience in this dimension? Why are they your masters? You are the master of these energies, you the Almighty. ***These fears, these doubts are only energies.***

I urge you to ignore them, to move forward, to seize the great wave of opening and freedom that comes to you. I invite you my children, to welcome the unknown and look at the transformation of your life, look at the transformation of your ways of thinking, to look at the phoenix rising from the ashes because that is what is presented in front of you now.

(Silence .....

We, from the circle of Light around you, are enveloping you in the Love energy of our hearts. Feel it. You are blessed, extremely blessed by the Life that inhabits you and walks towards your freedom. Be aware of it. Welcome all these upheavals in your emotions, in your mind. Yes, everything is moving inside you. It is this turbulence that moves you forward. When long and difficult days appear, welcome them in your hearts because they are days that bring you your

freedom. ***Welcome them!*** Look for the treasure that each day brings you, for treasure there is! Stop playing the victim.

I invite you to play the Master, the Initiate. I invite you to play Consciousness who knows why, who does not doubt that there is a purpose to this situation, who welcomes with love and who observes; who dares to feel and put words on the emotions you feel because those words make you discover what connects you to the old image of the 3<sup>rd</sup> dimension, to the old life of separation. ***It is up to you to uproot everything that holds you in the third dimension, my children.***

Despite all the love we carry for you, we cannot do it. I have already said it and I repeat it today. You are the Master you are the Creator in apprenticeship. It is you who has chosen these experiences to grow, to wake up and this is a truth. When you try to hide from your truth, it is your victim at play that takes all the space in you.

The victim in you keeps you away from the Master that you are. So talk, tell your victim:

***"You know, dear victim, I have listened to you for so long, for so many lives, now I will listen to the Master in me, the one who has chosen. The one who knows. The one who is aware of the True Life. Shut up! Shut up, victim! Now I listen to the Master in me and it is my absolute choice."***

My children, when you maintain this language, you silence the victim that brings with it all these doubts, all these fears. You make the Master appear. You allow him to take his place in you, to speak and to teach you. You authorize the part of you that knows everything, that knows you, that is linked to all Consciousness One, to talk to you, to teach you, and tell you about the True Life. So, what voice will you choose to listen? It depends on your commitment. It depends on your beliefs. It depends on the path you choose, the path on which you choose to walk.

On these words, my dear children, may the path of Light, Love and Peace come towards you and may the discernment of your sacred Heart express itself by choosing the right path.

I am your brother. I am Adama, who knows you so well, the one who loves you with an infinite love. Thank you.

\* Note: **Aldebaran** is also known as **Alpha Taurus**.

## **The Angels of Autumn**

***I invite you to meditate these words***

We are the angels of the Autumn season, the Angels of the wonderful colors in this this area of the planet where you live. We are those who come to color the greenery around you, who make it change color to create beauty and wonder in your hearts.

We now form a circle around you and please invite us to come and color your lives; color these aspects that you live, these relationships, these situations, these emotions, these beliefs. Invite us to color them with the magic of life in order to help you discover the beauty of this perfection that is around you and within you.

These words may seem childish to you. Know, however, that they carry a great truth. Yes, we are the Guides for several children of the humanity. We are these Guides that teach how to transform the perception, to transform the vibration, to transform the energy.

We are masters of transformation and we can teach you to transform these aspects of your lives that you want to change. We can teach you how to modify these aspects of your life that bother you and that you do not understand, that you cannot identify, where you cannot find the treasure. For in everything there is a treasure and teaching. Nothing in your daily lives is just a coincidence. There is always a meaning, a teaching, a message. Even the bird, singing on a branch near your balcony, has a message, has a meaning for the person who listens. Nothing happens by chance, absolutely nothing.

I invite you to meditate on these words because you, as a power acting as a simple human playing the game of separation, cannot capture all the nuances of the words we use to speak to you now.

When you undertake a project, you can imagine it; you visualize the time, the materials or the sequences to be taken to achieve the desired outcome. When you are planning, organizing the steps, the materials, when you assemble all this in sequence so that you can accomplish and manifest this project you become and you are the master builder who thinks of everything, imagines the whole, who prepares everything to create.

Well! Know that this whole planet and everything that lives on this planet was imagined, conceived as a project by a single Consciousness that takes care of each of you, that takes care of every cell that makes up your physical body, each of the energy/consciousness that makes up your subtle bodies, each of the energy/consciousness that makes up every shape, every structure that inhabits this planet, all the oceans, all the continents, all the air you breathe. All this represents an Intelligence, a Thought in action that controls ***absolutely everything***. I repeat: ***this intelligence, this consciousness controls absolutely everything in this dimension to the smallest blade of grass, to the smallest atom of matter. This consciousness is All.***

So I, who is speaking to you using these words, whom am I addressing myself to since you have been imagined by this supreme intelligence?

***Where are you in this Grand Plan?***

***Who are you?***

***Why do you exist?***

***Who takes care of you?***

***Where are you going?***

***And what do you think of this?***

So you, the magician, the Almighty, the Consciousness One experimenting, growing, exploring, inventing, who are you if not the magician of your own lives, in this Life that is part of the Great Life, of this Consciousness One. You are not separate. So, are you powerful? Are you intelligent? Since you are part of it, you cannot separate yourself from what you are.

We, the Angels of Autumn, offer our service to support you in this transmutation of yourself, this transmutation of your thoughts concerning yourself, these emotions in relation to yourself, to life. This is the service we offer you, we who belong to the Consciousness One and who have chosen these words to touch your hearts.

Thank you!

*Denise Laberge*

*Acknowledgments*

We will finish. We thank all those who came from the worlds of light to accompany us.

We thank the infusion of the Great Awakening Light in this dimension.

We thank the Source.

We thank the life in everything within us.

We thank Mother Earth, we thank our brothers and sisters of Telos.

We thank the Planetary Hierarchy.

We thank all those who, in some way, have joined the group to celebrate life, to be grateful, to grow with more beauty.