



## **Adama**

Greetings, I am Adama. What a joy to talk to you! The words I speak today are also intended for every human being presently incarnated on earth. All the guides on this planet will carry the message to the Sacred Heart of these children who are still unaware of their light.

These Telos meditations are part of a large plan to awake humanity. The planet, as you know, is getting ready for the 5<sup>th</sup> dimension. After evaluating the degree of awakening on this planet, we decided that additional energy would be beneficial and we inspired our Telos groups to declare a monthly day to unite all the groups. Today, I declare that these days are meant for all humanity and that we will use the members of Telos – all those hearts who recognize our energy and are united with us – we will use them as antennas for the diffusion of Sacred Love on the surface of this planet.

We wish to see the consciousness of unconditional love established in your dimension. This is the only consciousness that can free you from the pains that you and humanity are experiencing now. The consciousness of unconditional love breaks down all barriers. It unites, it adds, it multiplies, it never divides. It is this sense of separation that divides humanity. It makes every human live in a state of loneliness as he does not feel connected to all: humanity, animals, plants, trees, minerals, crystals ...

Humans must learn to be One with all life. What is before you, my dear children, is the awakening of this state of consciousness, this state of total love in which you will be enveloped. You have felt and you still feel the acceleration of the energy around you, don't you? Know that this acceleration of energy is called Love. It comes in your dimension to free you, to break your chains, to push you to open your eyes to what you really are: a being of eternity. So do not resist this energy that will sweep humanity, that will sweep with increasing force the unconscious beings, these sleepers.

This energy is an energy of life. When you feel unsettled by the events, by the multiple choices you have to make simultaneously, by the multiple chores. Stop and tell yourself: "I welcome the energy of love, of liberation and I thank the universe." This way, you will not suffer from the acceleration of energy that is currently directed toward humanity, to every particle, every cell, every atom that exists in this dimension. This energy raises the vibratory rate. It literally pushes you to anchor your conscious energies into a more alive, more vibrant dimension. You must learn to accept everything with joy. If you resist the energy of love that is now spreading over the planet, you will not be able to resist for long. It will become too heavy, too enslaving.

I advise you, with all the love of my heart and all the love of Lemuria, to deploy your wings of light and accompany these energies coming to earth. This humanity will be awakened despite itself. We are raising the vibratory rate in your cells, your atoms, your sub-atoms, your DNA. When you sleep, we work with you to realign your energy fields. Gradually, we are forcing these grids to straighten, to bend, to become harmonious, to align with your sacred geometry.

We have placed in the heart of every human being a catalyst of unlimited energy. This catalyst is the Almighty Love of the God you are. This love will awaken in your heart, it will manifest more and more in you. Have you noticed that you are getting new awareness on how to see life, how to feel about it, how to perceive yourself? It is this heart that is awakening in you. It is this powerful energy center -more than atomic- that is awakening in you and is realigning the energy and the spinning direction of your cells and your atoms. All this is in perfect symbiosis with the energy of the planet earth that is also being renewed.

When you hear about earthquakes, be aware that there is also a tremor inside you, a new consciousness that is trying to make its way into your daily consciousness. Whenever you hear about an event that is happening on the planet, stop and look at the opening occurring in you. With every earthquake, every flood, every volcano that erupts, there is something that opens inside you. It begs your consciousness to awaken, to search inside of you. Each earthquake is an indication for everybody to look at this new consciousness that is trying to birth in you, at this new vision that is calling your attention.

When you look at the titles in the newspapers, know that you are linked to this news. Everything is interconnected. When a volcano erupts, there is an energy inside you that you have to eliminate, to transmute into pure light, pure love. No volcano explodes without a reason, no! The body of the earth is being purified. Since you are her children and you are related to her heart, your body, your emotions, your heart are purified simultaneously. So I invite you to do this great work of renewal within you. I invite you to go through this process of discovery, of purification, of welcoming the energy that is finding its way inside the body of Mother Earth and inside your heart and your physical structure.

Today, I invite you to become a luminous being intensely aware of your divinity, walking on the sacred body of Mother Earth in perfect union with her body, her energy and her powerful love. The earth is getting ready to ascend and in her infinite love she wants to bring all her children, all the consciousnesses that inhabit on her surface. She does not want to leave anyone behind. So all the children of divine consciousness, who want to share a consciousness of love will receive additional energy to help their renewal, their realignment, their rebirth. Today I invite you to be reborn as the planet is about to be reborn.

May this revival be manifested with joy, ease, with respect for who you are and for your brothers and sisters who walk beside you who perhaps do not share your vision of life. Respect is a sign of love. Respect for the difference is pure love manifested. Let your eyes, your hands, your feet, your actions be a love of great purity that respects all life, all opinions, all views, all garments, all thoughts because a human advancing on the path of love brings with him all mankind.

You do not have to convince anyone because every human is in you. Every cell in your body is bound in consciousness with a human on this planet. When you walk with love in this dimension, each cell of your body feels this love and shares it with the human heart to which it is linked. So you do not have to convince anyone. You do not have to talk to anyone. You only have to walk with love, to be aware of the love within you, to be the perfect tool for the divinity that uses the form you believe you are, to be this radiant vehicle of light for the divinity you are in this dimension. By shining your love, your light, your respect, all humanity becomes brighter, more respectful, more loving. The most important and the most noble mission that each of you has is to be and manifest what you really are: the pure love of God, of the Source, of the planet with the human form you are currently using.

Let this be a day of Love, Respect and Peace! May these sacred, divine, eternal attributes be manifested all the time in every atom, every cell of your being! This way, you will accompany planet earth in her evolution, in the exponential increase of her vibrational rate.

I spoke on behalf of my brothers and sisters of Telos, of my brothers and sisters of the inner cities and in the name of the Sacred Mother's Heart, this Earth goddess that you could get to know better. More love you will be more love she will manifest in you and around you; more you will become aware of the love light in which you are bathing. This light can transform you completely with ease, grace and rapidity.

I salute you and I salute the divinity in your heart, in each of your atoms, in each of your cells. Bless this body you are using. See you soon!