

Denise Laberge

Welcoming Telos

Let us close our eyes and imagine we are surrounded by the soft Light filling this room. A Light of love filled with harmony, softness and brightness embracing each one of us. As we become aware of this Light, feel our brothers and sisters coming from Telos and surrounding us in a circle.

These beings that are coming and surrounding us are the people and support team that have been supporting you for many lifetimes. They know you, and around each one of you, these beings form a circle and surround you.

And now, Aurelia is also here, and she is coming with children of Telos. They are standing in the middle of this room with her. Each child has brought a very special crystal that has been prepared for each one of you.

For seven months, these crystals have been prepared in the Temple of Blessings. They have been attuned to your heart uplifting you and reactivating within you your true mission, the mission of Love in your heart.

And so, while you are sitting, there are children coming toward you. They are holding a crystal in their hands and placing these very special crystals on the altar of your sacred heart. Just open yourself to receive this crystal. Inside this crystal, there are seven Lights. It is different for each one of you. It is the Seven Sacred Flames that have touched this crystal to attune and align you with your heart. From now on, it will be easier for you to attune yourself to your heart and your intuition. This crystal will assist you in creating your true life in this dimension. The children are very happy and joyful. Just feel the energy !

(Silence.....)

And at the same time, as we are gathered here in this place, Mother Earth is very present with us today. She is embracing our group with her Love. She is nurturing our Lemurian heart, the heart of Love, respect, harmony, and compassion.

Feel that your heart is being supported by the Love of Mother Earth. And since Mother Earth knows each one of you, the kingdoms that are sharing this Planet with us are part of her heart too. So we are surrounded now by many, many invisible beings

representing every kingdom sharing this planet with us. I feel the animals are the representatives of the animal kingdom, and for each one of you, there is an animal coming toward you, in front of you, presenting itself to you, bringing the quality of its heart to help you, and support your awakening.

Just welcome this energy! And if you cannot feel, or see who is in front of you, just imagine who it might be, and which animal it is. The one presenting itself in your imagination is truly the being, the energy facing you. So, I ask each one of you to once and for all accept that your intuition is perfect. You are a being of perfection and of intuition. The only thing that is between you and divine intuition is your belief about yourself.

So, as you hear these words, any belief or anything that is between you and your divine intuition limiting you, imagine this energy as a ball of light in front of you. The animal that came toward you is taking this ball of energy that carries the belief that is limiting you and is accepting this energy in its own heart, transmuting it in Pure Love and freedom.

Since you are a creator, you are creating your own freedom. Today, you are choosing to free yourself from any restrictions that are limiting you, that are limiting your acceptance of the full divinity that you are at all levels. And this animal that presented itself to you, is offering each one of you its help to assist you toward your freedom.

So each day, you can repeat this exercise. Each day you can let go of one fear, one belief, one energy that you don't need anymore. And this animal, this friend, this brother, this sister will come and offer this service with so much love to assist you in your awakening. You may not know that the animal kingdom is very much aware of what is going on, on this planet, now. The animals are walking toward Oneness and they are willing to support our awakening with the Love of their hearts. Helping those among this humanity to walk toward Oneness of Consciousness.

As we are accepting and choosing to open our heart to the freedom, to the awareness to the One Consciousness, all the kingdoms sharing this beautiful planet will walk in the same direction, the same goal: becoming One. But we, as human beings, must choose to open, must choose to accept who we are. We must accept that we are truly a Divine Being, truly an unlimited consciousness that is choosing to awaken to its true identity, to eternal identity.

Today, as we feel this energy, we accept to open ourselves, to open our heart to all of creation. Today we invite consciously this Universe to accept us as its child because today we make the decision to let go of all the false beliefs that are limiting us. We

accept to reconnect to the Universe, reconnect to the Oneness, to this part of ourselves that we have forgotten.

Just feel this energy. Now since each one of us is a Creator, let us practice a bit of magical creation. Now with your imagination, create inside of you a space of magic, a space of beauty, of perfection, a space of 5th dimensional Consciousness. Imagine that we are bathing in this energy, that we are surrounded by this energy, that we are creating an energy of Oneness that each one of us is part of. And this energy of Oneness is opening to the world, to the Universe. We are a Consciousness that is opening to All That Is. We are creating that we feel this energy. We are creating that we are One with the Consciousness, the One Consciousness. We are not separate anymore. We are creating a time space window where everything is possible. Everything is possible inside of us and around us because in this now moment we are connected to the Universe. We are opening ourselves to welcome this Universe, this energy, this consciousness.

And now, I will let Aurélia speak to us.

Aurélia

You are invited to participate in the creation of a New World.

Welcome! Welcome in the world of magic my dear daughters, my dear sisters, my dear friends. Even though you may not remember me, a long, long time ago we were walking together in Lemuria in the Pacific Ocean at the time when there was dry land. I know each one of you, and each one of you is here today to reconnect with a portion of yourself that you are carrying in your heart for thousands of years. So as you hear these words, my beloved daughters, I am inviting you to feel this heart inside of you. This heart is alive. It is always with the One Life that is all over this dimension, inside and around this planet, inside and around your body, in this dimension. You are living in a world that is alive and you are a part of it.

Today I am looking at you, each one of you. I am looking with my eyes of Eternity. These eyes, my beloved ones do not compare, do not judge, do not criticize. These eyes are in admiration for each one of you for who you are inside of yourself.

Today I am asking each one of you to accept yourself fully, as you are. Now! Right now! With the clothes that you are wearing, the colour of your hair, your hands, and everything that you are with these feelings, these emotions, these beliefs, ALL THAT

YOU ARE! And I am telling you one thing: what you are right now is light, is alive, it is still with immortality and Eternal life. You can choose today to align yourself with Eternity, with the life movement that is always in action, always exploring, always marveling about the power, the creativity, the forms, the colours and the vibrations.

If you listen carefully to these words, my beloved ones, I am offering you today to accept and welcome immortality inside of you. If you consciously accept that you can be eternal, you can resurrect, revive your physical body and everything that you touch. You can truly start a new life without any limitations. These words that I am pronouncing, that I am saying to you, are filled with my heart, my wisdom, the wisdom of the One Consciousness that does not know any limitations.

The only thing that you know about Eternity comes from your belief system and what you have accepted as truth about yourself, about this dimension, this planet and life itself. When I say you are a creator, I mean it. You are a Creator. You are a portion of the One Consciousness that can choose to become once again the One Consciousness with your physical body. Dear ones, these words carry a vibration. If you accept these words, they become a vibration that can touch your heart and your mental body. It is time for each one of you to start exploring the Universes that you carry inside yourself. Do not wait until you leave your body to open yourself to what is coming to this planet. I am inviting you to open yourself to these energies right now, as they are coming to uplift the awareness of humanity in this lifetime. In fact, I wish that each one of you, today, will dare to open a new door in your heart, the door of limitless, the door of infinite possibilities, the door of your true identity.

This world is a world in transition. You are living between two worlds now, the 3rd dimension that is about to leave, and the 5th dimension that is about to manifest itself on this planet. I am inviting you to choose the world in 5th dimension, which means that you accept consciously to open yourself to a world filled with magic. A world that does not know the word "suffering", the word "pain", the word "lost". A world that supports Life in all its forms. This is truly what is coming to this planet. A new form of life where everything is possible. I am saying these words in front of each one of you today so that the seed of all possibilities can grow inside of you.

On a daily basis, renew consciously the belief that all is possible, that you create a new way of life for yourself and that you allow this new way of life to come toward you to manifest inside of you and all around you. I am asking you to trust the life movement, the real life, and to trust that life so much that you will let it work inside of you and stop resisting the life movement that is coming toward you. This will free you from all that belongs to the 3rd dimension, all that belongs to the suffering, to the pain, to limitations. Do you understand these words?

I am asking you to accept that life can be magical, can be easy, can be joyful because truly these qualities belong and describe true Life. So today, why not choose to open your arms, open your hearts and accept that life comes to you and gives you all that you ever dreamed of, all that you wish. All that you deserve, dear ones! You deserve a life of abundance, of joy, of peace, of harmony. Each one of you deserves to live a Life filled with joy. The good news is that the energies coming to this Planet right now are supporting these vibrations and the opening of the heart. These energies are coming toward each one of you. To allow and let these energies come toward you and help you transform your life in a life of dreams, you have to open your heart. You have to allow, accept and welcome Life.

You have to trust and practice trust, beloved ones. Trust the Life movement, trust Creation, trust this Universe because, believe it or not, the Universe in which you live is intelligent and alive. This Universe knows each one of you because you are part of it. You are the only one that thinks this Universe does not know anything about you. You think you are separated from this Universe, from this Creation, but let me tell you that you are the only one believing this! The Universe has already accepted you, has already opened its arms to accept you, support you, and nurture you. Why do you think you are still alive? Do you pay each morning for the air you breathe? Do you pay each day for the water you drink? This Universe knows each one of you. And presently, the energies around you are coming toward you in support of your dreams.

Today, consciously, I am telling you to dare open the door of your heart, to accept and welcome the Life movement to assist you. Stop lacking confidence and not trusting life. You have all the possibilities in front of you. You have right now in front of you a special door, the door of magic, the door of true life, the door of joy, of freedom. I am inviting you to open this door, to walk through it, and to choose doing it. You are free. You can choose anything you want to experiment. I am here today to tell you about this, about this news: magic is coming! The energy of magic is here touching this planet, touching this matter, this dimension. The ones that will choose to open to magic, that will welcome the energy of magic will feel it and see it. They will notice it because they will be attuned to its vibration. Because when you choose to be attuned to its vibration, its frequency, its life, you will allow the magic of life to touch your heart, touch your life and attune your life to its power. Do you understand beloved ones?

You are invited to participate in the creation of a New World. A world of peace, love, respect, and harmony. You are invited to participate in the 5th dimension that is anchoring itself on this planet, around and inside this planet for the good of all. But

only the ones that choose to open their heart and welcome this energy will be able to attune to this frequency. Do you understand?

We said to you earlier that you were a Divine Being. You are already Divine. You are already perfect. I am repeating it: you are Divine, beautiful ones. You cannot separate yourself from the sacredness of your heart, from the Sacredness of Life inside of you expressing itself. This is already inside of you, through you, through each one of your words, your actions. All you need to do is accept it, to choose accepting it and letting it grow inside of you.

Each day, just take a few minutes of your time when you get out of bed. Stand up in your room and declare to the universe:

***" I am part of this universe.
The universe is part of me.
We are One.
This day is magical!
This day is filled with joy, and I am living true Life. "***

And after, observe the miracles, beloved ones. By this simple gesture and intention, you are allowing, and welcoming the magic of life expanding inside of you to come and touch your home, your work, your relationships, everything that is about you because this life, beloved ones, this Life is One. There is only One Life in action right now in this dimension. It is a Life of Love regardless of what you observe around you, there is only one type of life possible. It is a life filled with Love! Because without love, beloved ones, this planet would not exist! And you would not be here.

Consider everything that is still hurtful, lacking in respect, harmony, peace and compassion. Just observe this as a way that serves as apprenticeship for your brothers and sisters that still need to learn. They still need to walk on this path and come to a point where they will realize they can choose to experiment a better life. They can choose a world of peace. Do you understand these words?

Everything is a matter of choice, and everything is related to the level of consciousness. Someone that is aware, that is conscious, has a choice between these options. Someone that is asleep is not even aware of his own life and does not even realize he can make choices. This person is just existing. So when you see things, actions, emotions around you that are not in harmony with your heart, you do not need to stay in that place or in the presence of these people. You can choose to detach yourself and respect their learning experience. Because all of these experiences in this dimension have a purpose: building awareness, consciousness in each living form.

There is nothing bad, nothing good. Each experience is part of your learning curve, is part of the path that brings you to a point where you realize you have a choice. Where you can choose to change your life, where you can choose to experiment and feel other emotions, other behaviors, where you realize you can choose yourself, yourself first. Do you realize what I just said?

You are the most important person in your life. The life that expresses itself through you is sacred! Let me repeat: The Life that is experienced through you is sacred! You are participating in that life. It is part of the Oneness. So, I am telling you: stop placing everyone else before you. Your life is the most important one because you are part of life. By accepting this you start feeling, working, looking around you with different eyes. You begin experimenting and feeling your masterhood, the power inside of you. Do you understand?

So, I am inviting you beloved ones, to explore this universe that you carry inside of you. This Universe is you with all that you are, completely. These are the simple words I wanted to share with you in this now moment. Thank you.

Adama

Sacred Feminine blessing the Sacred Masculine

Blessings from my heart, dear ones, beloved ones, sacred ones, I am Adama, your brother. Today, it seems I am the only man around here. Well by this voice, but know that there are many of us masculine energies around you now and they are coming to give you a gift.

As you hear these words, beloved daughters, bring your attention to your heart. Today we are bringing you a special gift. The Telosian brother coming toward you, in front of you now, salutes your greatness in this now moment. He offers you a symbol, a frequency that I am inviting you to accept in your heart. This frequency, this energy appears inside of you, in your imagination, either as a flower, as a word, a stone, a crystal, or perhaps as a planet. Welcome this energy and its form or colour as you perceive it, as you heart receives it.

This energy, beloved ones, is the energy that will help you accept and bless the masculine energy in this dimension, in your dimension. And as I am pronouncing these words, beloved ones, they are spreading on the whole planet. You receive this energy in the name of all the women of this planet presently in incarnation. And this

energy is touching the heart of all your sisters in this now moment. So, visualize, feel a web of light, blessing, welcoming and understanding the masculine energy that is in so much need these days on this planet.

I am talking to the Divine Sacred Feminine aspect of you in incarnation now in this lifetime. You have accepted one more time to take the body of a female person in this humanity. You are the ones that are bringing the new energies on this planet, beloved ones. The new energies are here, and are going through all women. You receive the energy of the new life and you spread it around you. You spread it in the hearts of all those around you, especially in the hearts of men and the masculine aspect of your species. Do you understand these words beloved ones?

The feminine energy is open, is openness, is welcoming, is welcome, is the door by which the new energy will be able to touch this dimension because the feminine energy is Love itself. Feminine energy is the Love supporting this world and you are 22 women present here today. Aren't you? This is a magical number! A powerful number sealing the collective consciousness.

As you hear these words, visualize, imagine that all levels of light are receiving this energy of blessing, welcoming and understanding of the masculine energy. Because the masculine energy needs your love, needs your respect and your blessings. Masculine energy is begging for your love, begging for the compassion of your hearts, begging for the opening of the heart. The opening that is meant to open itself to receive the New Life.

A woman is the one that carries the child, that brings life into manifestation in this world. A woman is the sacred mother, the one that brings life into manifestation in this world. Let me repeat this: "Feminine energy, the feminine frequency of the heart is the One that brings life into manifestation in this world! " So beloved daughters, are you willing to accept and welcome the masculine energy into your hearts? To infuse it with Love, respect and harmony? To infuse it with the quality of the 5th dimension in the name of all women in this humanity?

Group – Yes!

Make this " yes " resonate in all the hearts of this humanity in this now moment in the hearts of all feminine and masculine energies in incarnation now! Visualize a web of light, my beloved daughters, linking the hearts of all those in incarnation right now. And this web of light carries the frequency of the heart, of understanding, of welcoming compassion, of blessing, loving, respecting, bringing harmony and peace.

Together, you in this dimension, and us in the invisible world, are seeding your heart, the heart of humanity with these qualities now. See a new frequency touching, moving from heart to heart, bringing a new energy, a new colour to each heart in incarnation now, beloved ones. You are each one of you a powerful Creator. Together, we are creating a change of frequency, we are anchoring a new energy. You are 22 women changing the face of this world, participating in the Creation of a new Life, bringing into manifestation a new lifestyle for this humanity.

(Silence)

Your imagination, your feelings, the vibration that you carry is creating, beloved ones. Each time you imagine, you create. Each time you feel, you bring something into manifestation. When you imagine and you feel at the same time, you attract from the Universe all the elements that will bring something into manifestation. Your imagination represents the major aspect of yourself by creating something in the mental body. When you imagine, when you create something, when you think about something you use the major aspect of yourself. When you add a feeling to it, it is like you are speaking to the Universe. You ask the Universe to bring you all the elements you need to manifest your wish. This is why it is so important when you imagine something that you add the feeling. Without the feeling you do not send any request or command to the Universe. The Universe will take notice, but it will not feel the request long enough to take action upon the idea or thought. Do you understand?

The feeling aspect corresponds to the feminine aspect. The feminine aspect is the builder of the body of a child. It is not a man that bears a child. Have you noticed? It is a woman. A woman is the feminine aspect and the alchemist that knows how to build, that knows which element is required to build a body, to build a project or to build something. The feminine aspect is the intelligence in matter, it is the ingredient that is required to build.

That is so important to understand. It is very simple, so simple that most of the women on this planet ignore the power they carry. When a woman realizes her power, she creates. She has all the ingredients to create by adding her emotions and feelings. And since you have already a feminine body you are even more attuned to the Creation, and to bring something into manifestation. Even your body is creating and manifesting life.

So these are the simple words I wanted to share with you. You must understand and accept inside of you the important power that you carry, the great power that you are, and that you are manifesting in this dimension. I am inviting you to meditate on these words. Meditate on the power of the feminine aspect, the feminine energy that you carry in your physical body, as well as in your Universe. The Universes inside of you that are your thoughts, your feelings, your belief system, all that is in the non visible form.

My heart is blessing your hearts because in truth we are One heart. Thank you!

Saint Germain

Blessing of elixir

My name is Saint Germain and I bless each one of your hearts, beloved ones. As you hold this elixir in your hands, feel the energy of your Higher Self merging with you. Feel it touching your hearts in a very special way today to create an opening to fully accept who you are as a Divine Being experimenting in this dimension. Feel it beloved ones, because you are Divine. Your hands are Divine. Your breath is Divine. All that you are is Divine.

So, together with me, united as one heart with your heart, let's bless this elixir and charge it with the Pure Love of our hearts, of Life itself, expressing itself with perfection inside of each one of you, using each one of you to bring perfection, peace, harmony and Love in this dimension.

I am asking you, beloved ones, to charge this elixir with the qualities of your own life, the vibration, the frequency of your heart. See the Light transmuting the cells of this liquid. See your Love polarizing this liquid in an elixir that will create this opening inside of each one of the cells participating in the creation of your physical body. Together we infuse eternity, compassion, limitless. We infuse the 5th Dimensional Consciousness in this liquid with Love, gratitude and the Sacredness of your heart.

As you drink this elixir, it will bring the new frequency of your New Life into matter. So, the more you feel that this elixir is charged with the energy of your New Life, the more it will manifest the New Life from within you, from inside each one of your cells.

So please, take a minute to charge this elixir with your own vibration, the vibration of your heart, the vibration of Life within you.

(Silence)

And now, drink slowly with the Sacredness of your Heart.

I am Saint Germain your eternal brother.