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Introduction

Today's meditation theme is "*Celebrate your greatness*" or rather "*Learn to appreciate your greatness*." This is what is happening with humanity now. The attributes of the 5th dimension are knocking on the door of our heart and this drives us to make major transformations, major changes in our lives on many levels. There might be some among you who have already started to make big changes.

As we are flexible and we have accepted a contract, which is a beautiful adventure of transformation in this incarnation, we will let the Masters speak. We will listen to what they have to tell us today to help us transform ourselves, to become once again the birds that we are without knowing it.

After the anchoring ritual, we will hear those who want to address us. I felt the presence of several beings earlier. There was even a delegation from Venus and they might speak to us too. They know us very well even though we are not aware that they are close to us.

I will start with the anchoring ritual. We will take a deep breath and invite Archangels Michael, Gabriel, Raphael and Uriel to position themselves around each of us to keep us in the energies of Love, Peace and Light.

I also invite our brothers and sisters of Telos, the High Council of Telos, Adama, Ahnahmar, Aurelia, Saint Germain, the Masters of the Seven Sacred Flames, Sananda.

I invite our Presence I AM, our individual rays, those who know us very well and support us in this incarnation. I invite each of these rays to position themselves around each of us to feed our hearts and allow the anchoring of energies that will create an opening and support the elevation of our vibratory rate.

I also invite all the Beings of the Light dimensions to join us, all those who want to share with us their light, their peace, their joy, their patience, their determination. As we form a circle here, we open our heart to feel their presence around us, the presence of the love in their heart, the vibrational presence of their heart.

And we also invite the Planetary Hierarchy who monitors the evolution of humanity and of all the kingdoms who share this beautiful planet with humanity. Let us not forget our brothers and sisters from the stars, the solar system and beyond in the Light dimensions who want to join us with their heart, their love, and the real life, they want to share with us.

As we listen to these words of love in our hearts and that these stars, these lights shine inside us, imagine roots of Light starting from your heart, running down along your spine, going through your feet and anchoring themselves to the centre of the Earth. Visualize these strong powerful roots anchoring you in the energy of this dimension; this sacred, divine, marvelous and magical dimension that we are discovering together in the last few years.

From this heart, firmly anchored with the heart of Mother Earth, now visualize light rays that pass through your crown chakra and move toward your divinity. The one that surrounds you now, that opens up like a flower to receive the love rays of this presence, this consciousness that you are in the Light dimensions.

Also see these light rays reaching up to the sun of our solar system to receive a special energy, and starting today an elixir of eternity. This elixir of eternity touches every cell of your being because together we are walking on a new path leading us to rediscover our true essence, our pure eternal divine essence. This ray brings drops of eternity to each of us. This elixir of eternity will, from now on, feed our heart chakra in a very special way.

This light ray makes its way up to the Great Central Sun: the Source of the Sources, the Source One, the Consciousness One, to receive the blessing of the Great Life, the True Life. So feel that light penetrating you, settling in your heart and enveloping you entirely.

Receive the blessing of the Great Life which is now taking root in a very special way in the heart of each of you listening to these words. So feel this heart, this sun in you that radiates a new energy, a new vibration, a frequency of Eternal Love.

Mother Earth

Open up to those words, open up to this reality!

I am the one who welcomes you in the sacred heart of your being, my children. I am Mother Earth! I am the being that allowed you to exercise your wings of creator, your wings of divinity, of God and Goddess that you are. In this life, my children, you come to take flight. You come to learn how to spread the wings of your heart, the wings of the Pure Essence of Eternity that you are, each of you.

Yes, these words are addressed to each of you because everyone is a precious, unique and wonderful sun. These are the words I would like to anchor in you. I would like to see them resonate in each of you forever because these words carry your signature. They carry the splendor of the greatness you are. Today, I invite you my dear children, to open your heart to a new reality: the reality of your eternity, your grandeur, your beauty, of the extraordinary and perfect Being you are. Yes, these words are true. Never doubt them!

I come today to ask you a big favour my dear children. I, who has supported you for millions of years, would like to be considered as your partner, as one working, walking, breathing, and growing with you. You have kept a doubt inside you for thousands of years. The favour I am asking you is that every time this doubt comes to mind that you give it to me. Every time it creeps up in you and babbles about your inadequacy relating to the greatness that you are; I am asking you, with all the love of the mother that I am for all of you, to offer me this doubt, to give it to me with absolute trust.

Today, I reveal to you that you no longer need that energy. You no longer need to drag this cannonball. You no longer need to believe that you are only a human walking on the surface of my body. My dear children, do you know how valuable each of you are? You carry my Light, my Love. You have carried it in each life, in each experience you had in this dimension of density. You have carried it each time. Now I want you to engrave these words in your heart so you never forget them because they are the truth. Each of you is a wonderful, amazing, bright, eternal consciousness that you minimized to the point where you think you are just a grain of sand on the beach of Life.

The energies, coming in your heart today, talk about this forgotten greatness. And I am asking you another favour: give me the belief that you carry within you that defines you as a single grain of sand in the creation of the Almighty. You are not that grain of sand that you think you are, my children. You are radiant, amazing and wonderful suns, you are shooting stars. You are the awakened consciousness of this humanity. *Why do you think you are here in this room right now? Why are you those ears that listen to these words, these vibrations, these frequencies? Why were you attracted to this place at this moment?* It is because you remember. Inside, you remember who you are. Your cells remember who you are and every night they whisper to you about your greatness. They ask you to remember. They ask you to wake up.

I have prepared these words today. I present them to each of you, to your physical ears so that these words can reconnect with the frequencies/vibrations that expand in you every night. Yes, acknowledge the greatness that you are. Open your heart and accept it. These words are important: acceptance, accepting! Open yourself to the truth of those words, the truth of this vibration, this frequency. You chose your incarnation in this pivotal period of the project Earth Ascension because you have accumulated in you all the wisdom you need to open the large door of your eternity, of the consciousness that becomes One with the Great Life, with the Consciousness. Each one represents a unique and sacred attribute of that Great Consciousness which is Life in all dimensions.

I invite you to go into your heart, to focus your attention on that heart inside you, my children. Your heart is the great portal of your resurrection. It is the great vibratory door that lets you align yourself with the knowledge that you are, with this part of the Consciousness One that you have painted with certain abilities, frequencies, colours, and Sacred Attributes. Feel this door inside you, this heart in you. Feel that it is in perfect harmony with the sacred divine attribute that you are, you, in Creation.

I invite you to welcome in yourself this part of the Great Consciousness that you are. It comes, today, to merge with each of you in quite a special manner. Feel the Great Peace, the Great Harmony, inhabiting this heart in you, this Light Cathedral that you are. The physical body is a Light Cathedral, my children, shining with all the fires of your eternity. So feel it! Feel your Essence now climbing the stairs leading to the altar in your heart to reconnect with you. This consciousness, my children, calls you to open yourself to it. This consciousness is your true universal cosmic eternal unified identity; the one wanting to know your everyday consciousness; the one deciding that you are ready to welcome it today in this divine sacred and perfect moment. **And as I have said earlier: give me this doubt!** My heart is big enough to take in all the doubts

of humanity, for these doubts, my children, are living energy frequencies that I recognize and love and that my Almighty heart is able to assimilate, transmute and bless in your name.

My dear children, with these words I wish to sow a great truth in you: that of the greatness you are, that of the eternity you are, that of this wonderful and perfect consciousness you are. It comes to expand in your heart from now on and to illuminate my heart in this density, to illuminate the surface of my body with that Light; to illuminate the density with your love, with your heart, with the recognition of my Life in you, with the recognition of the Life Source in you.

Bless you! Bless you for this torch you carry, for this essence you are and that you learn to manifest more and more every day. You have no choice! The Great Plan is perfect. You have prepared it with me. You have prepared it with the support of the Highest Instances of this solar system. Together, we have prepared your awakening, your resurrection, your ascension. Open up to those words, open up to this reality!

I invite you to surrender, to release from your heart, your mind, your emotions, all that is heavy, all that cannot be in harmony with the energies of the 5th dimension. I invite you to bless this Eternal Life that anchors itself in you today. I invite you to sprinkle it with your love, to feel it growing inside you.

As I address you these words, you are surrounded by a multitude of my children from my Light realms who are working with humanity. They also celebrate with you, your awakening, your resurrection. I am Your Mother Earth. I am this energy, this consciousness that surrounds you, supports you and walks with you all. Thank you!

Adama and the Telos team

I invite you to welcome the greatness you are!

We are with you. We are around you. We are with you as one heart. I am Adama and today I come, with a team from Telos, my brothers and sisters of Telos who know you so well, who know your heart, who know your courage and your audacity. And these words, I have chosen very carefully. So I invite you to welcome them with an open heart!

Today I am addressing myself to this courage inside you. This courage has accompanied you during the multiple lives that you have experienced on this planet, in this dimension. I invite you now to focus your attention on your heart and feel the courage that is within you my children. This courage enables you to face all the obstacles, all the major challenges that present themselves to you in this life. Indeed, there are great challenges for many of you and know that these challenges are at the height of this courage my children. The bravest have agreed, from life to life, to carry the light of their Love, to radiate it among their brothers and sisters of the Earth.

In this life, you feel apart from the others, don't you? You feel like you are different, you do not think like the others, but let me tell you that this is not the first time this happened. In each of your lives, you were different from the others. In each of your lives, you believed that life was other than what was showed to you in the belief systems, in the traditions, the culture, the limitations. From life to life, you have always been different. You never denied your heart and that explains why you are here, listening to these words. Yes! And that takes courage my children! So why did I choose today to talk about courage? There is always a reason, isn't there?

I ask you to connect with that part of you that many of you have ignored, of which you are not really aware. So imagine a sphere of Light. It represents the courage you are; the courage that you have created from life to life, that assisted you, supported you; the courage that never abandoned you. Feel the courage approaching you in the form of a sphere of Light and today I ask you to welcome it consciously, with open arms, and an open heart. I ask you to welcome this consciousness, this part of yourself that some of you are not aware of.

This exercise is important! Why? Because you do not know yourselves my children! You do not know the richness of your hearts, the richness of your souls, the richness of the experiences you have accumulated in this dimension. The energies that arrive on this planet now, bring you back to yourselves, and return you to your oneness. This means that all these energy/consciousness, these parts of you that you are not aware of; or that you have chosen to deny, reject, abandon, well, they are walking toward your heart now. Welcome this courage that you are. Yes, each of you is brave on a scale that you cannot imagine and these words are true at all levels for each of you.

This courage is within you. Today it is asking to reintegrate your heart with your invitation, your conscious choice. This courage wants to live in you. It wants to become still a greater force inside you and support you. It wants you to be ready for these parts of you that are walking toward you. It wants you to have the strength, the courage to say:

"Ah! I was expecting you; finally you present yourselves to me. Finally I recognize you. Today, I decided to open my heart to welcome you. I have waited for you for thousands of lives. I do not want you to get away from me again. I no longer feel shame in my heart over you, dear consciousness / energy. Today I welcome you. I recognize you as my creation. I recognize you as my child, as a part of me; and I welcome you in my heart with all that I am. I become ONE. I am returning to my oneness. I repatriate all my energies / consciousness that made me evolve in all my lives. I will keep you in my heart. I stop rejecting you, denying you, ignoring you."

My children, some of these energies are called suffering. Some of them awaken very painful emotions in your heart, in your body. Today I invite you to recognize the richness of that experience, the richness and the treasure hidden in this frequency, in this energy / consciousness that participated in expanding your consciousness in this dimension. I invite you to accept everything, to welcome everything. May your heart be the door of the Great Welcome for all these experiences, these energy / consciousness that are now walking towards you!

You have heard these words before. You have read them in numerous styles but do you realize,

my dear children, that the Creator you are cannot penetrate in the heart Love frequency of the 5th dimension with parts left hanging outside. It is impossible! The 5th dimension is a dimension of Unity, of Love, that does not judge, does not compare, does not criticize. And these words are first addressed to yourself, to yourself thinking of yourself, thinking against yourself. These words are addressed to this thought inside you that must become a peaceful lake welcoming all of you. So that in Unity, in Consciousness, as a great loving sun you can enter into the Love dimension of the 5th dimension which is a dimension that rejects nothing, that never gives up, that envelops all without criticizing, without judging.

Focus your attention on your heart, this bright sun that you are. Each of you is a priceless treasure in the Great Life Consciousness. And from now on, I invite you to only see yourself as these jewels that you are, as this wonderful life consciousness that you are, without rejecting anything about yourself, without criticizing anything about yourself, without judging anything about yourself. Embrace all that you are. Envelop all that you are with your love, with this Heart vibration that welcomes without judgement, without criticism. Again become ONE!

I invite you to welcome the greatness that you are and to choose today to live it and manifest it where you are, with all that you are. You only have to change the way you look at things, my children. Change the perception you have of yourself, of these small habits you have, these little beliefs that you nourish in yourself. Change your perception! Set loving eyes on everything within you and these loving eyes will repolarize all the consciousnesses inhabiting you toward the same direction, toward the blessing of the life you are. It is so easy! So simple and easy! You are breathing in this moment. You are in a state of Light, a state of peace, a state of harmony. You are the creator of this peace, this harmony in the present moment. You are the Almighty God of your life in this moment of eternity that you are now living by breathing, opening yourself up and welcoming.

This is the 5th dimension! To be like a flower! To welcome the sun rays on you, welcome the wind around you, welcome all that is happening around you and in you and bless it. My dear children, by blessing this life you are using you polarize it to abundance, magic, power, joy.

I invite you my dear children, my dear brothers and sisters of Light, my eternal suns to meditate on these words, to meditate on the greatness that is within you, the greatness of the treasures you have earned and that you carry inside. I invite you to welcome these treasures. They are currently walking toward you from your other lives, your other incarnations, your other experiences in other worlds, in other universes. I tell you: you are walking toward your reunification, you are returning into oneness. You are about to repatriate these vibrations, these frequencies that you projected in other dimensions, other worlds, other times/spaces. You are calling them to you to become ONE again in order to cross the great door of Ascension, the great door of Resurrection of your Eternal Consciousness in this density. And that, my dear children, is the greatest adventure you have ever lived on a planet of density in a dimension such as you know and experience now.

I am your brother. I am Adama surrounded by members of your Telosian family, these beings who have never forgotten you. Thank you!

Consciousness of the 5th Dimension

Do not search for me! I am already in you!

Imagine the magic of the 5th Dimension that envelops you, my dear children, I am the Consciousness of the 5th Dimension. I am this energy, this Light, this frequency surrounding Earth right now, enveloping all kingdoms, each of you. I would like you to become more aware of the energy that I surround you with every day. This energy drives you to recognize the importance of your heart, to recognize the importance of your own life

I am the one that is pressing you to recognize that you are important. The one that is pushing you to recognize that yes, you need to make changes, you cannot take it anymore, and the one that is pushing you to choose yourself. Do you hear these words? Do you understand them?

I am the Consciousness of the 5th Dimension, that comes to expand within you that Light Essence you have always carried and which is in perfect harmony with my heart, with the sun I represent; with the vibration, the polarity I represent in this world to assist in its transformation.

In fact, my dear children, my dear suns, you are a part of me. Each of you carries in your heart, a part of my vibration, of my consciousness. The 5th dimension is a dimension that you have all known, that you have all experienced, that you have all lived and you carry its energy within you, in your heart, in this life you are living now, in this Essence that you are using through your physical body, through each of your thoughts, your actions, your emotions. Yes, I, the consciousness of the 5th Dimension, am here with you. I am the energy that has been with you, for thousands of years. And today I am consciously reconnecting with each of you. I am telling you: "***Do not search for me! I am already in you!***" I am asking you to open up consciously the door of your heart so that I may shine in your life, this life that you are experiencing, these attributes of my Consciousness. Do you understand these words, my dear children?

I am that Consciousness, that energy that comes today to remind you that you already belong to the Light, you already belong to the Heart frequency of the 5th Dimension. The attributes of Unity are already present in you and they are there to serve you. They are within you so that you can transition, smoothly, from the energy world of the 3rd dimension to that of the 5th Dimension. We have prepared everything together for each of you. We chose the most perfect experience to help you in this life to open yourself up to the unity, the magnitude, the immensity of your Being.

Today, we are sowing new truths in you, new energy, new consciousness so that your physical ears can hear. We have prepared this meeting of the minds several months ago! Now you are ready: 75% of the consciousnesses inhabiting you said "yes". They chose to walk toward the unity, toward the repatriation of all that composes you, of all that belongs to you as Divine Sacred Eternity Consciousness.

I invite you to choose yourself, choose your greatness, choose to free yourself from all that limits you and prevents you from welcoming yourself in your entirety. You no longer need to drag these limitations, these beliefs, these frequencies in your heart. I invite you to replace all these beliefs

by accepting, welcoming the greatness that you are, in all humility, with love; blessing this energy in you, welcoming it, believing in it!

Do you realize, my dear children, that by choosing to "*believe*" that I am in you, this gives me permission to help you, to grow in you, to transform your thoughts, to transform your emotions, to transform you from the inside? I belong to the Christ Consciousness that is returning to his children. I belong to the Eternal Love movement that supports all Creation. I belong to the life inhabiting you and we can grow together but, only if you can believe it, if you choose to believe it. Let me do the work inside you. Let me help you. Let me support you. You only have to welcome me, your Sacred Heart; me, that part of you that has never forgotten you

Do I come to impose on you exercises or work? No! I come to reveal myself to you, as a part of you. As that part of you that you have chosen to polarize and anchor in yourself to assist you in your awakening. I am an energy that, together, we have created to ensure your awakening.

I invite you to meditate on these words, to welcome them in your heart if they appeal to you. I do not come to impose my law because my law is your life, my law is you. You are my law. You are me and I am you. I am this sun, this light that you have chosen to place in your heart before starting your incarnations. I am that sun of Love that you are and today I come to reconnect consciously with you. However it is your choice! It is your experience! It is up to you to bless the life within you! Thank you!