



## Sananda

I come to prepare the nest in your heart today, to prepare your being to receive the light, the love that is presently being poured upon each one of you.

Take a deep breath, everybody altogether! Appreciate this special moment you take for yourself in your busy days! This special time to go inside and meet yourself! As you go deeper and deeper in your heart, feel the calmness spreading inside and around you. Feel the harmony, the balanced state of mind. See and feel this light around you, inside you!

Presently, you are surrounded by a special group of masters. These beings from the high realms of light know your soul on a deep level. They are forming a circle of love, a circle of will power light. Feel this amazing energy around each one of you! There is a connection between your heart and their hearts. Your soul recognizes this energy.

It is the energy of the masters who were beside you when you first came in the third dimension. These masters were accompanying you. They were always protecting, directing, guiding you. Today, they wish to make their presence known to each one of you. They wish to reconnect with you and they are bringing you a special gift. Something that you had put aside before you came in the third dimension. They have kept it for you all these years. Now, they are surrounding you with this energy and they are presenting you what was put aside by you. Open your hearts, open your arms to receive this energy, this consciousness, this knowledge, this precious treasure. Accept, integrate this energy in your heart. Feel it going in all your cells, your atoms! Feel it going around you, protecting you, becoming one with you! Integrate this energy! It is creating a rainbow of colors around you. It is creating an aura of protection, it is nurturing you. Feel it!

This piece of yourself, that you left aside when you first incarnated in this dimension, is given back to you today as part of the big plan for each soul. Receive it! Accept it! Welcome this energy!

Now, another circle is forming around each of you. It is a circle of joy fairies, of love and light fairies. They are spraying you with this energy, this high, active, lively energy. Fill yourself with this joy! This is one of the purest energy that exists in all of the creation: love, light and joy. Feel it!

This is the signature of Mother Earth coming to bless your heart, to bless your life. Go inside your heart and notice the change of vibration. Feel this joy that is poured upon you! Feel this light and love that the fairies are bringing to you with much respect, love, liveliness, purity. Open your heart, feel it! Attune yourself with the vibrational level of joy! Feel this vibration inside you spreading like a big wave, it is transforming everything it touches from your head to your toes. Feel the expansion of joy inside of you! You have the power to create joy, to create peace, to be light. Use this power, now! Imagine that you feel this joy inside you. Imagine that this joy is transforming you and it will!

You are the sole creator of your Universe and your Universe is everything that is going on inside you. You have full power to build, to feel the energies that you wish to experience every day. Use your power! Use your creative power!

As you are enveloped with this energy of joy, imagine that everything is filled with joy, filled with lightness. Imagine you are a free child of God, a child of the freedom. You have full power over your life, over who you are, how you feel, how you live your life. Imagine your wings of life expanding. Imagine you are a free child of

light and love playing in this dimension without any limitation. Everything is possible in your Universe.

By thinking this way, by acting this way, you activate all the laws of the Universe to obey your intentions. You activate and open all the doors for the abundance, for the fullness of life to come towards you and to manifest inside you and around you. Spread your wings of light, your wings of freedom! Spread your energy to embrace all that is around you without limitation.

Everything you touch is transformed into pure gold, pure light, pure love, pure life, pure freedom, pure harmony. You are a being of light walking in this dimension, transforming everything from the inside out.

Now, as you are sitting quietly on your chairs, you breath this energy, this empowerment of energy and you feel you are creating a new world for yourself. There is no limitation. You are creating your new life where all doors are opened. You are a free child of God walking in this dimension freely, with joy in your heart. As you feel this joy, turn you inner eyes towards your heart and contemplate this blazing fire of joy spreading joy in all of your being. Contemplate this joy and remember this moment so that you can recreate this feeling whenever you wish.

Wouldn't it be great to start your days by creating this joy inside you and spreading it all around you? How would you like to live with this joy inside you? So, use your power to create the life you want. You are an eternal being. You are connected to all the kingdoms around you. Now, it is time to open your heart and reconnect to all these kingdoms. Each one listening or reading this message, has special ties with some of these kingdoms. Rediscover your connections. Some of you will feel amazingly beautiful around tree and flowers. Some of you will feel great around animals. Some will feel wonderful around music. Reconnect to these kingdoms for which you have connectivity of soul, connectivity of heart because they correspond to these vibrational levels that are pulsating inside you, inside your heart, inside your bones, inside your mind.

Everything is sound and vibration in the Universe. You are a being of vibration. So starting today, discover who you are. Participate in this great adventure of reconnecting with who you are. Look around! What do you like? What do you want to do? What inspires you? Reconnect with these parts of yourself that you forgot about. Imagine yourself in a quiet place of your choice and call these kingdoms to manifest themselves to you. Believe what your imagination will present to you. Follow these images, follow these sounds to rediscover these energies in you and use them to transform your life.

Today could be the first day of your new life, if you so choose. I invite you to explore these inner worlds, these inner kingdoms because you are a universe full of surprises, full of wisdom, full of knowledge. Look at this joy shining in you. It opens all the doors. Nothing resists because joy is the signature of love. You cannot be joyful if there is no love vibrating in you.

Joy is the ultimate signature of love!

If you want to know how much love is in your life, look at your degree of joy. The more joy the more love! This is so easy! It is a simple equation. But this equation is a key. Put joy in your heart and you will open all the doors inside you. Put joy around you, you will open all the doors around you, not only in the third dimension but also in all the inner dimensions.

Be the creator of joy! Be the creator of your own life with the love as a foundation. Use the joy as the master key to transform your life, to transform how you perceive yourself. When you look at yourself with joy in your eyes, you contemplate only what is beautiful in you. You cannot contemplate anything else. Joy does not see anything that is of low level. It embraces everything, it transmutes everything. As soon as somebody with joy in his heart comes in a room everybody feels it. Joy is communicative. If you put this joy in your heart, soon, your life will be transformed like magic at all levels.

Use this key! Use this power that you are to create this joy, to manifest it, to feel it, to live it. Always keep your inner eyes on this burning fire of joy inside you. If one day you don't feel the joy and you have trouble creating

it in your heart, call upon the joy fairies. Your simple intention will bring them to you. They will surround you and within three minutes you will feel this joy inside you. But you have to ask. You have to think about it. You have to be conscious of the power that you have, that you are.

Contemplate this fire inside you. Feel it transforming each cell, each atom in you. Feel the vibration spreading. For those who do not feel anything, it does not matter. Each time you will do this, you will trace lines of feelings inside you and around you. You will realign these lines so that you will perceive, that you will feel the energy stronger and stronger, each day. Just one thing is asked of you, it is to believe in it and to do it until you feel it. You are the sole creator of what is going on inside of you! You were and you are the sole creator of what you did to yourself to forget about these feelings. You willingly chose to feel nothing, to see nothing, to play the game of the third dimension, of the no-love dimension in order to experience its effect. Now you have seen, you have contemplated.

Today is the time to close the door of these no-love days and open the door to the light, to the love. It is the time to open the door to the return to your reality, to the real you who once upon a time was feeling life in each cell, in each laughter, in everything you saw.

You are a powerful creator! Believe it and act upon it!

Now, imagine yourself surrounded by a circle of peace. You are the master of your destiny sitting, feeling this peace around you. You are aware of your powers. You are aware that you are a free being able to create your life.

I bless each one of you. My heart to your heart is creating a bound of love and light. Each day, I walk beside you. I support your energy. I put my hand on your shoulder. You are not alone! You will succeed! I am Sananda, your brother of eternity!

## **Adama**

Greetings everyone, my name is Adama. My heart is filled with joy as I share these moments with you. Feel the peace around you. As I am speaking, a circle of Telosians are placing themselves around you. They put their hands upon your shoulders and they send you their love. Receive this energy from the heart of Lemuria. Let this energy bring you peace, respect, harmony, purity. Feel this energy transforming you. Welcome this energy that we are sharing with you.

This is a world of transformation. We, of the higher dimensions, are preparing a path for you. It is a path that we are inviting you to test and live in your daily lives. It is called the love path and it starts with love for yourself.

You are asked to make many choices during the day. What choices do you make? These are initiations of love. Do you choose to accept yourself with unconditional love? Or do you criticize yourself and your actions during your day? How do you perceive yourself? Are you your best friend? Are you the one who always gives a helping hand to all these emotions inside you? Are you the one who accepts what you did as a training mechanism? Are you the one who laughs after having made a decision regardless of the result? Do you say: "I did or said something stupid"? Or do you say: "Well I'm still learning and next time will be better"? Do you give yourself a chance?

I am inviting you today to become your best friend. How does a best friend behave? You expect him to never bring you down with his criticism. A friend will give you advice to perk you up, to bring you to the next level, to help you grow in who you are. So, do you accept yourself? Do you always have this attitude of helping yourself to grow in who you are? It would be a great step for each one of you if you made the decision in this Now moment to always be your best friend, to always see yourself as the most precious person in all your life.

These simple words are part of a foundation for rebuilding the image you have of yourself, rebuilding the beliefs that you have about yourself. The beings of the 5<sup>th</sup> dimension see you as the most exquisite creature in the world because they see the sacredness of your heart.

If each time you look at yourself you were contemplating the Sacred Heart your attitude towards yourself would change. You would not blame nor criticize yourself. You would not put yourself down. This change of attitude is one of the requirements for you to be able to walk on this love path. Do you realize it? You cannot walk on this path if you do not love yourself unconditionally. This means becoming your best friend, always supporting yourself, accepting the words that come out of your mouth, the thoughts that go through your mind, the emotions that go through your heart. How do you handle those emotions?

When an emotion comes to you, you often ignore it. You pretend it is not there because you don't want to feel the pain, the shame or the fear associated with it. And what is an emotion? It is a simple energy. And what happens when you reject or ignore this energy? It creates an abyss between you and this love path. It drives it farther from you. It is important you realize and understand the games that are being played inside you. Each time you choose to ignore or pretend that you did not feel anything, you deepen this ABYSS.

What will you decide to do from now on? Will you choose to stop that game of ignoring these emotions, these thoughts that are flowing through your mind?

All these energies are your children. They are your creations. If the feelings are inside you, if the thoughts are inside you, you have something to do with them. Stop pretending you don't have anything to do with them. Each time you reach to this energy, you recognize yourself as its sole creator. This means you can take this energy, accept it, welcome it in your heart and transform it.

Today, I invite you to open two doors. First, the door of the consciousness that you are the sole creator of everything that happens inside you. The second door is accepting and recognizing your creation. It is welcoming, integrating this energy so that your love for this energy is stronger than the energy itself. So build this burning love, this burning joy inside you. When this energy comes to you, embrace it unconditionally with your love and your joy. Do not ask where it is coming from. Do not judge yourself. Do not say: "I should... I should not..."

*Accept this energy and say: "I recognize you. You are my child. Come in my heart. Today is the day of your freedom. Today is the day of my freedom with you. Today is a new day and together we walk on the path of unconditional love. I accept you, please accept me. From this day we are one. No more rejection, no more separation! No more pretending that you do not exist! I recognize you my child and I love you. Come in my heart so that we fill ourselves with joy. From this day, only joy and love unite us."*

One of the main reasons of my presence among you today is to start building this love path, this life path so that it becomes more tangible day by day to each one of you. Believe it or not, we are walking on that same path towards your direction. We are walking on that love path that you are building and when you will feel this path beneath your feet, you will see us in front of you. The only way you can feel this love path is to create this acknowledgment of who you are. You have to change the polarity of the energies that are making you who you are. You have lived many lifetimes in this dimension. You have polarized energies while experimenting in this world. All of these energies are precious. They have given you knowledge and experiences that many beings from the other dimensions will never be able to understand. They have taught you a consciousness, a perception of who you are that is unique. The only thing left for you to do now is to embrace these energies and unite with them. And to unite with these energies there is only one path: the love path.

So I invite you into the adventure of discovering and accepting these energies inside you, of uniting with them. If you take this decision today, it will become a game for each one of you. You will realize that by doing this,

you free yourself. You open doors inside you. You open the doors of feeling the joy, feeling the true life and this creates magic in your own life on all levels.

My heart blesses this path of love in front of you. My heart blesses your heart. We bless this bridge of light that we are building altogether. We bless the eternal life so that we can learn and understand more about all of us each day. We thank the Creator, Mother God, Father God, the eternal life so that we can experience and grow in our eternal perfection minute by minute, day by day.

My heart, your heart, One heart! Blessings from Telos, from our Hearts, from the Creation. Thank you!