

## TELOS

### The Sea of Eternal Silence

Let us take a few deep breaths. Slowly we go inside our sacred Cathedral of Light to prepare ourselves to receive the energies of Love and Light that will be poured upon this humanity starting today for a period of seven days.

Let us imagine that we are young children running in a field of grass and there is a sun shining in the sky. The trees are green. The flowers are growing all around us and we feel happiness in our heart. Let us go back to these days where everything was possible and we were joyful. In the middle of this field, we see somebody walking toward us. He is a tall man and his smiling face is shining. As we approach this person, we realize that it is Sananda. We will let him talk to us.

### Sananda

Greetings my children! It is so nice to meet you here in these magical surroundings of your youth. Let us imagine that this is a magical time. The air around you is magical. The grass is magical. Everything emits an exquisite perfume in these surroundings. I want to bring you to a very special place. Please, lay down on this inviting carpet of grass. And as you close your eyes, listen to the words, to the energies carried by my voice.

Imagine that this carpet of grass is a floating sea. Not any sea! The sea of Silence. The sea of eternity, eternal silence. Feel the silence going inside you, touching your very own cells, bringing a quality of peace inside you at all levels of your being. This sea is like a soft nest. You are floating. You are suspended in this water and the Silence is embracing you, bringing you peace.

As you hear these words, you continue to breathe slowly and deeply. With each breath you feel that peace, that silence at a deeper level. You are so peaceful in these surroundings, hearing these words. You feel the peace, the silence alive inside you. It carries an energy of Light. It embraces each one of your cells. It embraces the space within each cell between the electrons, the protons, the photons. This peace, this silence is filling up each space inside you. As you float on the sea of Eternal Silence you are ONE with this alive Consciousness. This Light carries you.

You rest in the hands of the Creator. This Sea of Eternal Silence is the hands of the Creator holding you like a precious jewel part of His own Life, part of His own breath, part of His eternal peace and silence. As you float on this sea, in these hands, you listen. You focus your attention inside your very own heart and you listen to the voice of your own I AM Presence talking to you. Since you are embraced by the Eternal Silence Sea, at this very moment, you hear very clearly *the voice of who you are really*. Listen to these words.

Your I AM Presence has something to tell you. It has a word for you, a picture, a feeling that it wants to communicate with you. You can hear, you can feel this communication very clearly because you are surrounded by the Eternal Silence Sea and this place is magical. Nothing can interfere between you and the Source of Life that is bursting inside you, that is your Eternal Light, your Eternal Sun shining inside you. So let us take a few moments to listen. Everything that you will feel is a direct message coming from your I AM Higher Self in this now moment.

(Silent pause .....)

As you stand in this Eternal Silence Sea, you know that you are part of the Life, that you are precious, that you are unique, sacred, eternal. As you feel this Silence, this peace inside you, I would like you to focus your attention inside your body. Contemplate the beauty of each cell making up this body of yours. Contemplate the beauty of these consciousnesses, these energies inside you. They are alive. They are conscious. Salute them. Greet them with love. Recognize their existence, their importance. Recognize their uniqueness, their consciousness part of your own consciousness.

As you go inside your body, imagine a sun shining inside each cell. You are travelling to awaken the Christhood Energy inside each one of your cells. You see the Sun rising, shining in each one of your cells. Each layer, each part of your body is important, your bones, inside your bones, the muscles, the blood, the nervous system, the hair, the skin. Each organ awakens as you travel inside this body. You see the Sun shining in everyone of these cells because your consciousness is alive and ***you can transform, you can awaken your very own cells.*** And as you are floating in this Eternal Silent Sea, there is no interference between you and the communication you have with your very own cells.

So continue this trip inside your body. Turning on the suns, the light in all the cells that are coming towards you to present themselves to your consciousness. As you travel inside your body, you soon realize that you are illuminated. Your whole body is glowing with a new light, a new life. The vibration level is increasing and as you feel this energy rising, you notice that the Eternal Silence Sea around you is changing. There is a vibration of Love that is being created around your very own body because the rising vibration of your body is communicating to the Eternal Silence Sea a new vibration of life, a new vibration of Love. So now, you are not only receiving from the Eternal Silence Sea, you are giving back Love. You communicate with this sacred space. You are supported by the Love of the Creator and by awakening yourself to your very own Light, you give back more Love to this Silence Sea.

Feel these energies rising inside you. This growing light brings a new feeling inside you. The feeling of security, protection, happiness, hope, peace, harmony. The feeling of loving life, being at your place, appreciating the now moment. The feeling that everything is possible, that life is magical, that you are part of life, that from today everything will be magical in your life because you know that you are supported by the Love of Creation.

As you feel this energy glowing inside you, slowly... slowly... you come back in your child body. You are not floating in this Sea of Eternal Silence anymore. You are standing on this carpet of grass looking around you, opening new eyes. Your body is shining like a thousand suns. You are alive. You are part of Eternity. Everything is possible. You create your life with a new awareness.

Feel the doors of life opening all around you. All the doors of the Universe are opened. You can receive from this Universe all that you need. All the love, all the support that you need. All the courage, the compassion, the harmony, all the magic. You can receive all the abundance. You can receive all that makes your life a dream come true.

You decide that all the doors are opened in this very now moment because you are a child of the Universe and you have awakened the Eternal Light inside you, the Eternal Love, the Eternal compassion and harmony. And from today, you are these qualities manifested at all levels of your being.

As you look around in this nice place surrounded by trees and flowers and the other children, you sit down on this grass that you find so magical and you contemplate the beauty of this place. In this very now moment, you anchor at a deep level of your heart this truth:

*I AM an Eternal Being.*  
*I AM a Child of the Creator.*  
*I AM creating my own life with magic.*  
*I open all the doors.*  
*I welcome all the gifts that the Universe wants to give me.*  
*I trust fully, completely this life, this moment, this lifetime.*  
*I AM at a good place and each day is better, magical.*  
*And I have found my place in this Creation,*  
*And I manifest my beauty, my power, my creativity,*  
*And my life is a blessing for myself and all of this Creation.*

Anchor these feelings, this energy inside you and ask each one of your consciousnesses, each one of your cells inside you to anchor this new reality in their own heart. Each one of your cells is a consciousness like yourself. It has its own memories, its own feelings. It holds the memories of all your past lifetimes. It has to recognize and accept this new reality. It has to open its own heart. So, take a deep breath and anchor this reality in the consciousness on each one of your cells asking them to open themselves to the magic of life, to the Love, to the Light.

(Silent pause .....)

As you speak, you fill your cells, these consciousnesses inside you. Welcome them. Some of them might be afraid, might be mistrusting. Just take them in your arms, bring them in your heart. Embrace them like a child that is afraid, that has been hurt. Bring in the consciousness of your cells this new consciousness of trusting life, opening to life, feeling the life of the Light and Love coming to you, manifesting itself inside you and around you each minute of each day.

We are giving to this humanity new powerful tools. We are pouring down on this humanity a new energy of Light and Love that can transform their very own life very rapidly. This energy is poured down not only on the humanity but also on each lifeform of every kingdom on this planet. This energy is magical. If you accept it, welcome it, you can transform rapidly your life, your belief system, your emotions because it brings the energy of the Great Central Sun. It brings the very own life of the Great Central Sun to awaken the consciousness of each cell, each consciousness, each energy in this dimension. If you open yourself to welcome this conscious living energy, it will help you transform yourself. It will guide you to change your vision of life, to give new thoughts, new beliefs, new ways of looking at yourself, at life itself. This energy is conscious, alive and full of Love, harmony, compassion. It is as if you are receiving a transfusion directly from the Great Central Sun. This transfusion, if you accept it, will transform you. Nothing resists the level of Love contained in this energy. If you open yourself to accept and welcome this energy, each consciousness being touched will be changed forever.

But for this, you have to open your heart. You have to trust. You have to take that step, to dare, to trust life, to trust that the magic is coming to you. That the Love is coming to you, inside you, changing you. ***This is so important.*** Those ones who will choose not to open their heart, will not be able to benefit from this quintessence of Love and Light that is being poured down on the human beings and on each kingdom: the trees, the flowers, the crystals, the animals, the seas, the stars, the fishes, the birds... Every consciousness alive is being transfused with Love and Light of a quality that has never been received in this dimension prior to these days.

This is a major milestone in the ascension of the planet. This level of Love and Light that is poured down will open all the doors that have been locked for millions of years, if you choose to accept it and welcome it.

As you stand in this place, contemplating the beauty surrounding you with the eyes of a child, integrate inside you this reality that was yours when you were young. Life was beautiful. Life was a playground. Life was amazingly exquisite and perfect. Life was bringing you everything that you needed. Life was your best friend. Try to remember this feeling, this energy that you were filled with as a child.

We ask you to trust what will be presented to you soon. Your eyes might contemplate something different from what my words are saying to you today. What is going on in the third dimension is only a temporary state, a temporary period where some cleaning has to be done in preparing the land to receive the most beautiful castle of Light and Love that will be built in this dimension. You are the builders of this new castle of Light and Love. But first this castle must be built inside you, in your heart, in your head, in your feelings, in your beliefs, in your emotions, in your actions, in all aspects of your very own life.

This energy that is coming on this planet now is magical. You can use this energy to recreate your very own life at all levels, to develop a new vision of life, a new vision of yourself, a new vision of your beliefs. Accept to open to Life, to trust Life. Accept to live like a child admiring everything, blessing everything, each animal, each cloud, each stone, each flower, every minute of each day.

You are the sole creator of your life. You have the possibility to change your life now. We hope that starting today you will choose to create a life of magic, a life of happiness, a life of eternity for each one of you.

I Am Sananda and I spoke to your souls tonight, to each one of you. You came to change your life, you came to open your heart and I gave you a tool. This Eternal Silence Sea is a magical place where you can come to speak with your Higher Self. This place is sacred. It is aware when you come here. Your Higher Self knows your intentions and nothing in this Universe will stop you from communicating with your Higher Self in this Eternal Silence Sea where perfect peace is created, is alive, conscious and welcomes you like a divine mother knowing very well the depth of your heart.

I bless you, each one of you and we will talk to you soon in a few days again.

## **Mother Mary**

Good night everyone, my name is Mother Mary. Even though we seem to be very few here tonight, know that there are many millions of beings from the different light dimensions around you. Also present are many souls from the astral world. They are almost touching you. They came to hear the news. They came to hear about this special light that is being poured down in this dimension. They came to open their heart to the Love of the Creator because they also want to benefit from this love, this light. This occasion is special for humanity. It covers all the aspects that are linked with planet earth, the solar system and this galaxy in the third dimension and also in the fourth, the fifth, the sixth, all the dimensions.

You are part of a plan you cannot even imagine. The planet is ascending. All the solar system is ascending. All this galaxy is ascending because what is happening on this planet has a ripple effect. When a stone is thrown in the middle of a very calm lake, all the lake knows about it. Each drop of water that is part of the lake knows that something happened because they feel the movement. There is an energy that is being moved all across the lake because of that stone.

This planet, preparing itself to ascend in the fifth dimension, is creating a ripple effect in all the creation from this

dimension upwards. As this planet is being prepared, all the solar system, all this galaxy and this universe are waiting for the shock wave of Love that will be transmitted from this dimension to all the other dimensions.

So, even the beings far away in this galaxy came to attend this meeting with you. We would like you to take a few seconds to try to feel their presence, their love energy with you.

(Silent pause .....)

As you try to feel this love energy, imagine that a sun is shining in your heart. Beams of light are going in all directions blessing each one of these hearts in all the dimensions. As you imagine this light flowing out from your very own heart, visualize that these light rays are love, gratitude, awareness and blessings. As you imagine and you feel these rays of light shining in all directions from your very own heart, feel the love energy that is embracing this space and spreading among all dimensions, touching the heart of all these consciousnesses. You don't know these light beings but they know you.

Feel the love harmony embracing each of these consciousnesses. Imagine that you are creating the most beautiful, exquisite light heart. It is made with the heart of each consciousness that you are now touching with your own heart. As you imagine this magnificent light heart, see it alive. Visualize it bringing joy to you and to each consciousness needing joy.

This heart is powerful, filled with joy, love, light, harmony, peace, compassion. It is your creation. It is the creation of each energy consciousness part of this meeting today and, from now on, this heart will sing the glory of being alive, conscious and filled with joy.

When you wake up in the morning, if you feel a bit sad just think about this heart. Ask this heart to come and fill your heart with joy. You are a creator. You are the master of your life. You just created this heart with the pure intention of your heart, the pure intention of your love and the intention of love of all those beings around you. You can use this heart now to help yourself, to help your friends, to help this humanity, to help anything you want. It is a power source energy. Love is eternal. Love is the life itself. You should know that you have the power to create and change your life.

The energy that is surrounding you these days and that will be poured upon this planet, this dimension in the next coming months will amplify. There is a big plan to awaken this humanity. You can use this energy to transform your life drastically at your wish. You can use this energy to transform your very own vision of life, your very own vision of yourself.

I invite you to explore all the possibilities of this ultra powerful love light that is coming to you. You are a magician. Use your imagination. Ask you Higher Self to guide you to know how to use this powerful Light of transmutation and transformation.

Ask you cells how they feel this Light? How can they use this Light to transform themselves? All this Light can be used to heal, to remove everything that is heavy about their memories, about the energy that has been attached to the cell core itself because of the heaviness of emotions, the heaviness of beliefs, the heaviness of limitations that you have imposed to yourself due to your lack of discernment, your lack of consciousness, your lack of awareness.

Talk to each energy consciousness that is alive inside you at each level of your own being and ask them how to use this pure Love Light that is coming to you. Because you cells remember how they were when they were

created. They remember the song of eternity. They remember the song of perfection. It is inside them. You forgot about it but they know. So, talk to your cells and ask them how to heal yourself with this Light. They recognize this type of Light. They recognize its vibration, its energy, its consciousness.

We are giving you today one of the most powerful tools that has ever been given to a human being walking on a planet of the third dimension. This is a grace that is being given to this humanity because this planet is preparing itself to ascend to the fifth dimension. This is a tool to assist you in transmuting your body, your belief system, your emotions at a level that will make it possible for you to accompany the planet in her own ascension.

Please use this tool, open up to this love, to this light. Accept it. Accept that it is possible to change, to make your life a miracle, a magical dream, every minute of each day. Will you use this tool?

It is a blessing for each one of you. As I was talking not only you were listening, all those ears around you were also. They will use this powerful Light Love to transform their own vision about themselves, about life, about their own limitations they have created. They will create themselves a magical life, an eternal life.

I have spoken to you, to you and to you of all dimensions.

I greet you in your own very new life. We bless you with all the love of our hearts. We bless you with the life qualities of joy, peace, harmony. Blessings!