

## **Denise Laberge**

### ***Protection***

I ask Archangels Mikael, Gabriel, Raphael and Uriel to position themselves around us, to keep us in the sacredness of the eternal moment.

I am inviting our dear I AM presence to take the goodness of our heart and open to the Life inside and around us.

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

I am also inviting all the Beings of Light from all Light dimensions to come and share their peace and love for us, to surround us, to embrace our hearts, this One Heart that we are creating together in this now moment. I am asking Father Mother God, the Planetary Goddess, Mother Earth to bless our life, to bless our hearts, to bless all that we are in this dimension and all other dimensions. I am asking that today we open our hearts in a very special manner and allow the reconnection of who we truly are with the Life movement, with the consciousness of the Source, this new Consciousness that is anchoring and growing inside each one of us.

### ***Presentation***

When preparing for this meeting, I felt huge powerful crystals anchoring themselves all around us. So imagine and visualize these crystals surrounding us. They are of different colours and they create different sacred geometry figures. The geometry figure that comes into your intuition is the one that is important for you in this now moment. So what is coming up through your intuition is the sacred geometry figure, and today, this is the gift you receive for your evolution. Now I will let the Crystals talk to us.

## **The Crystals**

Beloved children of my own heart I salute you. I am the Crystal Consciousness. I am the Almighty Mother Figure of all the crystals in incarnation, in the physical world in this dimension and on the planet now. So my Consciousness embraces the entire crystal world from this dimension.

As I am talking to you, hear the music inside you. Listen to the sounds from your heart because we are creating a special energy to envelop this group, to create an opening and help your heart expand and embrace the hearts of all the beloved ones alive in this dimension.

As you are listening to these words, let go of all beliefs of limitation about yourself and about Life. Just accept deep inside you that you can communicate with All That Is, that you are an

Almighty Powerful Being in consciousness. You are a drop of consciousness working, living in this dimension and from today forward nothing is stopping you from communicating with all that is around you. Allow yourself to open to this truth, to this new way of seeing yourself, of feeling yourself; of seeing and feeling all Life around you. Your heart knows the language of Life. It does not need to speak the language of each consciousness surrounding you. Your heart speaks the language of Love and it is understood by everyone and by all consciousnesses of the world above and beyond. Your heart is the Almighty Communicator with All That Is. You already carry inside of you this tool that enables you to feel the other. Do you understand these words, beloved ones?

Your heart is the perfect tool to communicate with any object of your attention, to become one with what you want to communicate with. And today, the Crystal World is around you to support this opening. The Crystal World is a mighty kingdom that condenses the light in the matter. Whenever you see a crystal you are observing pure Light, a pure Consciousness that took the form of a crystal. This crystal you are holding or looking at or thinking of is alive. It is also a communicator.

So today we are building in your belief system new light lines. These crystals around you are helping to anchor this belief, this truth, this energy into your heart, into your mental and emotional bodies. They are helping you anchor this energy into matter, from the Light World into the World of Matter deep down inside you, from the Light World into the World of Matter into your bones. So are you willing beloved ones to accept and open yourself to this truth, to this possibility of being able to communicate with everything?

Group – Yes!

This yes is allowing your body, your matter to synchronize and harmonize itself with the energy of your heart, the Almighty Communicator that enables you to communicate with all life forms, in this dimension or other dimensions. Do not limit yourself!

As you hear these words beloved ones, allow yourself to welcome this new reality for you. A new reality where you are a Being of Light using your physical body to communicate with everything. Just feel this new reality taking place inside your heart, deep down at the cell level, in you bones, in your muscles, in all that you are. This temple of yours is becoming a magical tool, the nest of all communication. You are becoming one of those that are allowing themselves to communicate with Life. So just feel this new reality anchoring itself inside you, in your heart, in all the cells of your physical, etheric, emotional and mental bodies.

Today, you are becoming a Being of Love communicating with all life forms. You truly and consciously accept this new reality and this new life for you. Today, I am talking to each one of you. I am talking to the consciousness inside each one of you, to the Eternity inside each one of you.

We are coming today to embrace your energy with the energy of communication. This is our gift. As you are hearing these words, there is a crystal with a specific colour, a specific form, a specific frequency that is presenting itself to you in this now moment. What is coming up inside

you through your imagination, visualization or intuition is true. Welcome your brother/sister crystal, the one that is in perfect harmony with the frequency of your heart, the frequency of your sacred geometry. Welcome this crystal! Feel this consciousness embracing your heart, merging with you.

From now on you can feel the support of this brother/sister crystal that is presenting itself to you. Starting today you can work with this energy. You can ask for courage, determination, beauty, love, all the qualities that you desire for yourself. This crystal will enable these energies to harmonize and anchor themselves with all that you are. You then consciously become the vibration that you are feeling, living and manifesting in this dimension. This is the gift of our Love for each one of you today.

I am the Almighty Crystal alive in service to this humanity. I am the Consciousness of the Crystal Kingdom offering its own Love, its own Light to each one of you with the deepest Love of the Consciousness that we hold for you, for this humanity, for this dimension. Thank you!

## **The Stars**

*We are the ones that have never failed you, never forgotten you.*

We salute each one of you. My sister the Stars are presently around you. I am the Star of Pure Light, the Star that is known as the Star of Bethlehem, the Star of the New Era, the New Earth, the New Man and the New Humanity.

And as you hear these words, beloved ones, feel your sisters the Stars. There is a Star behind each one of you and this Star is a consciousness. It is the Star that is shining for you in the sky.

When you took the decision to return on this planet one more time, in this very specific era, each one of you was assigned a star to shine in the sky for you. Each Lightworker has a star shining in the sky to support their work. Today, this Star wants you to be aware of its consciousness shining in the great sky for you, singing your name each day, each second, each minute until you come back to the True Consciousness of who you are.

In this Creation, there is a consciousness that knows you, that is singing your name. It is important for you to know this today because you are walking on a special path: the awakening of your true identity inside a human body. The awakening of the Light that you are as a true God Consciousness living on the surface of this planet and walking towards your own Light, your own Consciousness; reconnecting with the One Consciousness.

So just feel this Star behind you. It is coming today to salute you, to touch your heart. Why today? Why in this special moment? Because the cells, the memory cells inside you need to remember this for what is coming for each one of you in this life. Know that in one of your lifetimes, each one of you was very much connected with nature, with planet Earth, with the sun, the stars, the wind, the water and all the elements composing this dimension. The star for each one of you represents the Light that never fades, that never gives up. The Light is always there,

from the sun during the day, from the stars during the night. The Light is the Consciousness that never leaves this dimension and this truth is inside you. Your cells need to reopen to this memory. They need to reconnect with the Wisdom of that Lifetime where you were in full harmony with Nature, with Mother Earth, with the Elements, with the Light. Welcome this star to which you are speaking during the night. When you were near Nature you knew the power of the Light. You knew that with your intuition you could go from dimension to dimension, from awareness to awareness using the light thread.

Today we are inviting you to remember this protocol, to remember that you know how to connect with the Consciousness of the Light, the Consciousness of whatever you want to know, whatever you want to reconnect with, and the star is a path. The light of the star represents one of the paths for you to reconnect with the Source, with the Consciousness, the One Consciousness.

Go inside this heart of yours and imagine these light threads radiating in all directions. Imagine these light threads going in the areas of knowledge that you are looking for, with which you want to reconnect. Ask this star to be your guide whenever you want to communicate with someone, with a consciousness of another dimension, with an animal, with a flower or with anything you want to connect with.

If you are unsure of yourself and if you need some security and some guidance, just reconnect with this star; feel it as a lantern that you can hold in your hand to see the path. The star is one of the guides that have been assigned to you, to lead you, to help you communicate with the area of Light and Consciousness.

Today, the one that is with you since the time you have been created out of the Creator's heart is presenting himself/herself to you. Your star, your guide, the one that is showing you the way back home, the way back to the One Consciousness, to the Consciousness of feeling, and of being All That Is.

Just feel this energy, (Silence ..... ) and allow yourself to open to this truth. Allow yourself to open to the possibility of being the Almighty Consciousness that is able to communicate with All That Is. This guide will show you how to bring back the memories that are inside you and help you discover your adventure as a human being able to communicate and reconnect once again to Source, to Creation and to the Light dimensions.

We are the ones that have never failed you and have never forgotten you. We are the Guides of Light associated with your heart, knowing you, working and living for you and with you. Thank you!

## **Adama**

*This humanity will change from the inside. It is the only way.  
Everything comes from the inside.*

Peace! Peace to each one of you! Peace to your heart! Peace to your mind! Peace to your body, to all that you are in this now moment! My name is Adama and I am with Saint Germain, Sananda, Quan Yin and Metatron. We are surrounding you in this now moment. Feel the energy that we are presenting to each one of you, the energy of our hearts.

Today is an important day for each one of you and for the entire humanity. It is part of the planetary transition. Each day that you are living is important. Each day is a part of this transition, of opening and remembering who you truly are in this dimension.

Yes, it is time for this humanity to remember where you came from and where you are going. The whole planet is in the process now, and not only the human race. All kingdoms now alive in this dimension are part of the shift in Consciousness. The One Consciousness is coming back for All That Is in this dimension, embracing the heart and Consciousness of this Planet, and you are part of it. Each human being is invited to welcome this change, to stop thinking like a 3D person. Each human being is invited to start thinking differently, with thoughts based on love and harmony, on sharing, and on respecting one another.

Are you conscious that together you are presently building a Heart of Light? And this Heart of Light is shining in the middle of this room. Just open your heart, open your life and attune yourself to the heart that represents the sum of All That You Are, together in this now moment. You represent a cell of Light in the great Consciousness of this Planet. You represent a Star shining in the sky of this Planet. Do you realize this, beloved ones?

You are the ones carrying the Light in your heart and we would like you to accept this truth unconditionally and without doubt. We would like you to accept that you are a Great Being, that you are part of the greatest adventure of this Planet, of the Consciousness of this humanity. Do you realize, beloved ones, that each time you accept consciously that you are a being of Light, you create a Light that goes all over the Planet in all directions? Each time you consciously say: ***"I Am! I Am Love! I Am a Being of Love."*** Each time you think these words inside of you, they resonate on the entire Planet. They touch the soul of each human being. That is how powerful you are! Do you realize this, beloved ones?

Do you realize that each time you walk towards yourself, respecting and acknowledging who you are, that all humanity is taking the same step? I am asking you to stop thinking that you are insignificant in the Great Plan.

I am inviting you to open yourself to the important place each one of you occupies on this Planet. Each one of you is shining like a star. When you look at the sky at night you marvel at the light of all these shining stars that you can see, that you can feel inside your heart. You look at the sky and you find it beautiful, magnificent. It brings you peace; it brings you serenity, calmness, quietness. Looking at the stars at night brings you into a state of mind where you can listen to your own heart, listen to what is going on inside you. Feel it! Feel your thoughts! Feel your heartbeat, beloved ones! You are the stars of this humanity. When people are around you, they don't know who you are, but their souls know you. Their souls feel the Light that is inside you and they feel the calmness of your Love. You are the star shining on this humanity during the day, during the night. Do you understand?

The more you accept this truth, this reality, the more it becomes part of you. The more you integrate this truth inside you and live it, the more you transform the tissue of this humanity and the consciousness of the collective. You allow this humanity to open to a new way of thinking and feeling. But all of this starts with you. It will not start from somewhere else, from the outside. This humanity will change from the inside. It is the only way. Everything comes from within yourself.

If you place a human being in a room filled with Love, this human being will feel it and become Love. This human being will then start talking, seeing, feeling and acting with Love. If you place the same human being in a room filled with anger, rage and violence, this human being will feel the energy and will respond with rage, anger and violence. This energy will colour his internal world and will bring it outside. Nothing is coming from the outside. Everything comes in a movement starting from the inside.

When you say yes to your power, to the power inside you, this power creates Light ripples all over the Planet and touches the heart of All That Is around you. The more you become conscious of this, the more you become the One, creating Light and Love in action by who you are inside.

Today, I am asking you to become the observer of this inner world because it is from there that everything comes out: your words, the way you look at Life, your actions, your dreams and your imagination. If you carry inside of you a world of peace, of Love, of power and of consciousness say:

***"I Am Love in action!***

***I Am Consciousness in action!***

***I Am the Almighty Power of Life in action!***

***I Am the One that is connected to the Life Stream and I Am this Life Stream in action!"***

The more you anchor this reality, the more you open your life to the magic of Life and as you become the Life Stream using a physical body on this Planet, the more you change this world. It is as simple as that. It is just you, you in front of yourself. We are inviting you to welcome, to accept, to live and become this truth. Accept that you are the One Consciousness in action, that you are part of the flow of Life, and that you are not separated. Once you openly and truly accept this truth, you enable this truth, this energy to grow inside you, to transform you, and to support your transmutation.

You are a being of Light creating Light ripples every second of your life. What kind of Light ripples are you creating now, beloved ones? What kind of Light ripples will you create tomorrow or in ten years from now? Only you can answer this question! But I am letting you know that in this transition period for this Planet and for humanity, you can choose consciously to become a transformational agent for this whole planet.

You can choose to embark on the biggest adventure of all your lifetimes and this starts with you opening your heart to all possibilities. Opening and offering your life to Love, to the adventure of True Life, will transform Life and bring back the Heart and Love vibrations in this dimension.

So today, beloved ones, choose yourself. Choose the Life inside you. Choose the 5<sup>th</sup> dimensional attributes. Choose a Life of all possibilities, a Life of magic, a Life of Love and Light in all aspects of who you are. This is this kind of Life that each one of us in Telos are living and this is the kind of Love, of Life we want for each one of you. Do not wait for this planet to come and knock at your door and say tomorrow morning: *"We are ready! Will you teach us?"* No! You are the ones that must first accept to transform your inner world, your belief system. So today, choose that belief:

***"Everything is possible and my Life is a Life of all possibilities."***

Admire what this truth and this belief will bring to you. Admire the changes that will happen inside you, in your belief system, in your emotional and physical bodies.

We are your brothers and sisters of Telos. We love you, each one of you profoundly and today we came with these energies of the 5<sup>th</sup> Dimensional Consciousness. We are embracing you with these energies. Open your heart to receive them. Open your heart to a Life of all possibilities, a Life of magic, a Life filled with the 5<sup>th</sup> Dimensional Consciousness.

I Am Adama, your brother. I Am the One you know. I Am the One who came today just to refresh your memory. Thank You!