

## Adama

*I invite you to use the Resurrection Flame every day,  
several times a day, and feel its action inside you!*

We welcome you. I am Adama. My brothers and sisters of Telos as well as some very special guests who are now surrounding me. Yes, my dear children, your ancestral lineage is now standing behind you; those who preceded your life in this incarnation and made it possible for your body to be born physically on this Earth in these so precise and precious times.

Your ancestral lineage, my children, is like a golden chain that connects you to the Light. Each of its rings is precious, unique and wonderful. Each represents a part of your foundation, a part of who you are since each ring is present in your genes, in your DNA, in your physical body. You carry the imprint of all those who came before you, who preceded the creation of the physical body you are now using, and who have made its birth possible in this dimension.

The plan is perfect and marvelous, isn't it? What do these consciousness, this ancestral lineage represent? They represent the great Life that prepared for you the body you are now using.

I would like to draw your attention on an important point. You chose all this chemistry, all this biology, all these emotions, all these memories you carry within you. You chose everything that composes you today. You wanted to experience a certain colour, a certain flavour of the Great Life or we could say that Life wanted to create shapes with different colours, many flavours to experiment and express itself. And there you are gathered here now; each of you with your colours, with your unique and valuable vibrational signature!

I would like to draw your attention to another point. Each of these vibratory signatures you represent have been prepared with great love, accuracy and precision. The adventures, the learning you experienced have produced this vibrational amalgam you now are. You represent the pinnacle of an experiment.

Each of you represents the pinnacle of life experiences; all this in order to create something wonderful and beautiful that participates in a plan even more grand because you, who believe to be a simple human being, are related to other universes. Each of you is presently connected to a future world, still in the making, and you represent the souls who will populate this planet. Everything you carry will be used as seeds, as a foundation to populate a planet and experiment still further. So who are you, my children? You are much more than what you feel, what you think, what you believe!

Today you are bathing in 5<sup>th</sup> dimensional energy. I simply ask you to open yourself to this possibility. Open your heart and say *yes*. *Yes, this space belongs to the 5<sup>th</sup> dimension!* Just by saying *yes* internally, you allow this 5<sup>th</sup> dimension to approach your heart and begin to touch it. If you refuse or do not believe it, you stop this Intelligence from coming near your heart. Do you understand these words, my dear children?

Such is your power! *Yes* or *No*! A *yes* is understood by all Creation. A *no* is understood by all Creation. For you are the expression of the Conscious Life in this dimension. The expression of Life that grows, that expands, that practices awareness, self / consciousness from the form. When you say *yes* to the Great Life, you reconnect to the Consciousness, to the Light, to Eternity. However you have to say *yes*. The person you are before and after the *yes* cannot be the same. It is impossible! It is like learning to drive a car. Once you have learned, you cannot pretend you do not know anything about it.

Well, this 5<sup>th</sup> dimension is enveloping you now. It is gently touching you and I invite you to say *yes*, and open yourself to it. You see, the 5<sup>th</sup> dimension of which I speak, my dear children, is the life towards which you are walking. It is the consciousness towards which life pushes you. Yes, life pushes you, my dear children. It pushes you to look inside. It pushes you to feel the emotions inside you and it pushes you so much that you can no longer pretend you are not feeling them. This rage in you, this anger in you, cannot be put under the carpet! Have you noticed? This impatience pushes you. You can no longer say it is not there!

What are these emotions? This is Life pushing you to accept yourself, to look at what you carry inside you and deal with it. In past incarnations, the vibratory rate was a little slow and sometimes these emotions were unable to reach the consciousness you had at that time. These emotions were buried under a thick slab of cement and nothing could reach the surface. In this life, you do not hold back at all, you put everything out there. Do you understand me? You chose situations that would allow you to feel these emotions, these feelings, this life in you so that you could become aware of them and learn to address them.

When I say address these emotions, I am not saying: "*Ah! There is anger and I will hit everything in sight.*" No! I am saying: "*Oh yes! There is anger, it's wonderful. I did not realize it before. That anger is great, grand and fabulous. Let's look at it!*" And you observe. You observe, you do not judge it. You welcome it and you say: "*Dear anger, you are part of me. You are in me. I welcome you. Now that I feel you inside me, thank you, thank you, thank you for this gift of learning. I say again thank you and I release you. I am returning you to the light. I ask you to transform yourself into tiny multicoloured butterflies and fly away in all Creation to spread joy. You taught me a lot about myself. You taught me a lot about the effect of anger on my actions, my words, my vision of things, on its cause inside me. Now that I have experienced you, that I have felt what anger is, I thank you. I release you and I continue on my way.*" You do this without judging yourself! Did you notice the words? Without criticizing or comparing yourself! And why? Because anger is linked to experiences in this life or other lives and it came to teach you something valuable: the effect of anger on yourself, on your surroundings, on your way of being. Isn't this fabulous?

If you have not experienced anger and someone tells you about their anger, how could you understand him? How would you welcome him? How could you love him if you do not know what he is talking about? If you have experienced anger, rage and know how it feels, you can understand someone else speaking about his anger and rage. Of course, you do this without judgement. You simply welcome the person and you say: "*Congratulations, you have had an extraordinary experience, now what are you going to do?*" Nothing more!

Why would you do this my dear children? Because all these emotions, all these feelings are simply different vibrational frequencies you have chosen to live in this dimension in order to become aware of their impact on matter. Not just on the matter of your physical body but also on the matter of your emotions, of your actions, your words, your thoughts, the matter of all the subtle bodies that compose you. Each experiment allows you to get more discernment, more clarity, more wisdom, more power, more control. And when the control is integrated, you become like a bright sun to which the whole universe obeys with Love. To command the universe you must be Love. You must live Love. You must manifest love. And how can you live Love and express Love if you do not know all the vibrational frequencies that are allowed in a dimension, in a universe? You have to experience all these frequencies to understand them, to be able to welcome them without judging, comparing, criticizing, as they are part of the consciousness of this Universe which is exploring a specific vibrational frequency.

So who are you? Who are you, each of you? I speak to the creator you are, each of you, the creator learning here on this Earth, in this dimension. You are learning to handle the energies and frequencies, and you do not trust the packaging! The packaging is this physical body that you use, that the Great Life has created for you so that you can experiment in density. We, at Telos, who are with you now, do not have a body as dense as yours. You do not see us, do you? But know that we are now forming a circle around you. We vibrate at a different frequency yet it belongs to this Universe.

You are learning to walk on the same path we have walked several thousand years ago. Why these words today? Because they are charged with an energy that opens consciousness. I invite you today my dear children, my dear humans, as you call yourselves, to focus on your heart and to realize that this heart is the door to your multidimensionality. It is the door that allows you access to the multidimensional consciousness. It allows you to reunite with Life, with the *Consciousness That Is All Things*. Within this heart there is a vibration, a physical atom that connects your physical body with the power of life. One atom is sufficient. I do not say one cell. I say one Light atom charged with the Power of *Consciousness* to connect your physical body to the *Power of Life*. Your physical body is kept alive in this plan by this atom. The whole universe knows you exist by this atom. All the universe knows what you feel, what you live, what you think. The whole Universe is listening to you. Especially this planet, Mother Earth who carries your physical body, gives it the water, the air, and the nourishment it needs.

Humans have to become more aware of the importance of this planet in your life, for your awakening and for the expansion of your consciousness because you are intimately linked to the consciousness of this planet through your feet and your hearts; and more subtly through your chakras.

You are currently living a period on this planet where the Resurrection Flame is very active. You may not see this Flame with your eyes but it holds great power. It is this Flame that allows the rebirth of Nature. It allows the trees to blossom and their leaves to open. It allows the grass to spread its green carpet, the flowers to show their beauty. It is the power of this Flame that surrounds the Earth now in order to revive nature.

I would like to bring your attention to another thing. Is it possible for you, walking on the surface of the planet every day, to consider that the Resurrection Flame could also make you blossom? Wouldn't it be great to let these treasures inside you flourish, the Everlasting Eternal Consciousness that you are, which seeded this form you call your physical body? Why couldn't this Flame open wide the doors of your consciousness so that this wonderful Being you are can expand and flourish? Why not? Think about it! If this Flame can revive a flower, make it grow and bloom, create its fragrance, its colour and its form; why couldn't it do the same for you? Do you think that, because you are in a human physical form that it cannot help you or transform you?

The good news today is that you belong to Life. It is by ignorance that you have never considered using this Flame to transform your physical temple to perfection. You never realized that the Resurrection Flame could open wide the doors of your spiritual fulfillment, open wide the doors of your heart to make it grow, radiate and reconnect to your multidimensionality.

I invite you to use the Resurrection Flame every day, several times a day and feel its action inside you starting with your feet. I invite you to experience that the Resurrection Flame transforms your entire body, transforms the vibrational frequency of that temple you are using so that the doors of your chakras can open to the flow of multidimensionality, the energies of Consciousness One.

I invite you to take the time to feel the power of this Flame my children. With your physical eyes, you can see its power manifesting around you while nature awakens. Imagine yourself as a budding tree, growing leaves, flourishing and expanding. Imagine yourself as the flowers growing from the earth, getting taller, bearing buds. The buds open and you become a beautiful flower. Feel it! Use the Resurrection Flame to discover yourself. Do you understand these words?

These are very simple words! You all have imagination. You all have a heart. You all have a creative side. Then choose an image that speaks to you, that resonates with you, and work on this image of yourself with the Resurrection Flame.

This is a very important year for humanity. It is the beginning of a seven-year cycle of energetic power that humans cannot understand. However it will have an impact on all life on this planet. The next seven years will mark a big energy shift on the planet and this will affect all kingdoms: mineral, vegetal, animal, and human. All realms will be transformed by this energy wave that begins this year.

So, a little friendly advice! Take a picture of yourself today and then another one in seven years, you will see the difference. You will be surprised! Surprised because great changes will have occurred on the planet and inside you during these seven years. Why? Because the Great Life has big plans for each of you. The Great Life wants to manifest powerfully through each of you. The reason for your presence here today is so that you can receive an energy, an infusion of Light, an infusion of extra fine Life that will work at the subatomic level of your cells. Whether or not you believe these words does not change the reality of what is really going on here with you, in this room.

I, your brother, spoke today to produce a breach in the wall of your beliefs and allow your heart to breathe more fully inside you. I spoke so that you could open a window inside your heart, a window on the New Life coming towards you, your New Life. The one for which you have incarnated. The one for which you have prepared yourself for thousands of lives.

Today, I pronounce: *Yes! Live according to your heart! Yes! You have prepared the way! Yes! You have prepared yourself!* I invite you, starting today, to live according to what you feel and not according to what your neighbour feels or what the family feels or what the husband or wife feels. I invite you, starting today, to live your life according to what you feel, yourself! If you feel you must move, then move! If you feel you need to change your relationship with someone then change the relationship. If you feel you want to learn to dance charleston then go ahead and learn it. Do you understand these words?

I invite you my children to start living your real life. To live according to your own terms, according to what you believe, what you feel, what you dream of. It is time. It is high time that you deploy your wings, that you recognize yourself as an important being, a being who deserves to live his life as he wishes. I would like these words to resonate in every fibre of your being. Slavery is over! Slavery to traditions, to beliefs, to people's opinions is over and done! Slavery to your own lives, slavery to your hearts facing manipulation and fear is over!

The 5<sup>th</sup> Dimension my children, is a dimension of freedom! Here I am not talking about a freedom where you can do anything to anyone at any time. Oh no! I am speaking of a freedom that respects Life, your Life and the Life around you; that respects the beauty in yourself and around you. I speak of a consciousness that creates harmony, is part of harmony and recognizes it. I speak of your true identity. I speak of your heart. Life my children, is a consciousness that takes care of everyone. Have you noticed? Life takes care of all that is alive. It takes care of itself! Life provides the right food for each bird, each fish, each tree, each drop of water, each human being. Life prepared everything. Each species has its own food and gets what it needs to survive because Life only knows to share, respect and love. Life does not judge.

I invite you to this kind of freedom my children. I invite you to take Life as a model, to become like Life, to be Life in action. I invite you to be the Love in action that brings what is needed to everyone, especially to yourself. The Life that brings to yourself the love and the care you need. The Life that brings you the beauty and the joy you need. By taking care of yourself, you will become a sun radiating joy and well being, and that sun will participate in the creation of a New World, the one we want to share with you.

With these words, feel the infusion of Love coming from the heart which was placed at the centre of your circle. Feel the ray of Light being sent to you, surrounding your heart and feeding it. Feel the True Life coming to knock on the door of your heart and asking you to invite it in.

I am Adama, the brother who watches over each of you. Thank you!

## **Mother Earth**

### **Say yes to the Great Life, yes to the multidimensionality, yes to universal enlightenment**

Greetings! Greetings of Love to all of you! I am Mother Earth. I am this consciousness that carries you, nourishes and cares for you every second, every minute of this life you are living now.

Today I offer myself the gift to come and share a few minutes of consciousness with you; a few minutes of Love, of sharing with all of you who are so precious and that I recognize walking on the physical body of my consciousness. Perhaps you think that I ignore you, that I do not know you! Well, no! I know each of my children walking on the surface of my body. Nothing can separate you from my consciousness, from my heart since I envelop you completely. I will never leave you without my attention, without my love in the dimension we occupy together.

Today, I would like to plant a seed of consciousness in you. A seed that would be a link, a connection between you and me. A seed of awareness that would help you open up to all this multidimensionality to which you belong. My consciousness envelops you and is related to the Great Central Sun, to all the planets and the sun of this solar system, and beyond. My consciousness is One with the Great Life. It is One with the Great Consciousness and that is why I can support your life. You are part of me and I take care of you.

A new era has begun for all of us in this dimension, an era of openness to the True Life especially for my human children. My love, my Light, my Energy is pushing very hard on the heart of each one. The events occurring in your lives are tools that push you to this heart within you. I do not speak of your physical heart, I speak of the consciousness you are as a conscious Being. I speak of the life you represent, you! I speak of the vibrational frequency that you represent on this planet. This seed that I am placing in your heart today, if you will accept it, will allow you to raise your awareness about the importance that you represent for the Great Plan of the Light, the Great Plan for the Expansion of Consciousness in this universe where you belong. You may think that you are a mere human being who spends his time walking on Earth, working, sleeping, observing. You are much more than that. You are part of a great awakening movement. You awaken all humanity by the steps you take to awaken yourself in this dimension, by who you are. You transform the collective unconscious of this humanity by the radiance of your hearts, of your thoughts, your emotions, your actions and your words.

Remember when you studied physics. You took a glass of water and you added colour, one drop at a time. This transformed the whole glass of water. A small drop represents a small percentage but as the drops accumulate the percentage increases; and the whole mass of water changes properties. It becomes a liquid of a different colour, and of a different frequency. You represent the processing agents for this humanity. Today, I would like you to realize this more deeply within you because you are part of a great awakening movement. You are the ones who have prepared themselves to transform the collective unconscious of this humanity. You came to create an opening, a ray of light in the collective unconscious of this humanity by being who you are. Do you understand these words my dear children?

How can you create this breach in the collective unconscious? It is by recognizing your value, recognizing your preciousness and the heart inside you; by recognizing that you are an Eternal Being, a Conscious Being. A Being who has taken the trouble to incarnate to make a difference. A Being who has decided to incarnate once again to radiate his heart, and his life. A Being who decided to walk in this dimension among his brothers and sisters aware of the Light he carries. The Light of your hearts transforms the collective unconscious, transforms the vibratory tissue of the entire planet. Today I would like you to welcome, accept and take responsibility towards the role you play.

You are an immortal eternal Being, an Eternity Consciousness, a Light Consciousness. Many of you are from universes and planets unknown to human beings. Some of you came from a universe in the making. Three persons among you are from the future of a universe that does not yet exist in matter. You incarnated to experience the vibrational frequency of this planet in this dimension and to bring the memory with you in this future universe to which you belong. I know the words spoken now could produce some turmoil in your understanding.

Well, today I invite you to open yourselves to the *impossible!* I invite you to learn to say: "*Perhaps! It's possible. We will see.*" I invite you to open yourself to a *World of all possibilities*, to Worlds that you cannot even begin to imagine, to vibrational frequencies you do not yet know, but that are coming toward each of you and that will produce great changes in the way you see yourself and perceive life.

This is a special spring. It is charged with energy that you will carry for the next seven years. Each spring will be really special for the next seven years. Starting with this one, every spring will bring energies that have never existed on this planet since its creation in this dimension. These new energies will create openings for understanding in all humanity. I am not telling you that tomorrow you will wake up and everything will be transformed. No, because Nature has cycles, Life has cycles. Everything works in cycle. First the energy must settle in, anchor itself. Once the energy is installed and well anchored, matter begins to react, to manifest the change. You, the precursors, the scouts of the new human race, are aware of these energies arriving on Earth for the next seven years, every spring.

I invite you to open yourselves and welcome these energies. Ask these energies to come inside you. Invite them! If you do not invite them, they will not come because you are the creator of your transformation, of your own harmonization with the multidimensionality of your Being; and these energies come to feed Consciousness. They come to feed those who are aware of their role, those who are aware of their greatness, who accept it, who decide to incarnate it; those who accept and welcome this truth. Those who take the step to say *yes* to the Great Life, *yes* to the multidimensionality, *yes* to universal enlightenment.

My dear children, I am the one who receives these energies into my heart every spring to assist my human children to become men and women living in the heart; men and women living in peace, respect and sharing. These are the energies that come to shake the human heart. They come to touch the human heart to transform this dimension.

I urge each of you, with all my love, to open yourselves to these energies, to welcome them and make them expand inside you. These are the words I wanted to share with you today. These words of Love, these words of Eternity, these words of hope for a humanity that I love deeply, infinitely! Thank you!