

Denise Laberge

Preparation

This morning we will start an intergalactic, inter cosmic, inter-dimensional communication. We will start with the pure Love in which we bathe, in which all creation bathes and that we, Divine Beings incarnated in a human body, are getting to know.

I ask Archangels Michael, Gabriel, Raphael and Uriel to position themselves around us to keep us in the energies of Light, Love and Peace throughout this encounter with the Holy Light.

We invite our brothers and sisters of Telos. We also invite the High Council of Telos Adama, Ahnahmar, Aurelia, Saint Germain, Sananda, the Masters of the Seven Sacred Flames and we invite the wonderful and exceptional presence of our Higher Self, our inner deities, those that are forever shining in this dimension and beyond and everywhere in Creation.

We invite all our guides, all the Angels, all the Archangels to pour on us and on all humanity the Pure Love Light that feeds the Life, the True Life in each of us, in everything that is alive, in all these kingdoms that share the planet with us in the Heart of Mother Earth; so that this Consciousness grows, the Planetary Consciousness that nourishes all things in this dimension.

We also invite the Light Beings from all the dimensions to come and share with us their Love, their Peace, their Joy as well as their understanding, their compassion and their patience.

I also invite the Animal Kingdom, the Plant Kingdom, all the nature Kingdoms, our brothers, our silent sisters who share this planet with us. We invite them into our heart, the one we are now forming, we invite them to experience the love of this heart that is vibrating more and more, that recognizes them, welcomes them, accepts them and feeds them.

And I ask the Source, the Creator Mother Father God, the Divine Mother, Mother Earth to bless our hearts, to bless all those who live on Earth now; to bless all these conscious energies that are with us, around us, that share this dimension with the

Human Race. I ask that they come to share their Love, and receive the blessings of the True Life which is presently poured on our group and all those who seek Love and Light on Earth regardless of their kingdom.

Today I ask Life for a special favor. I ask Life to sow in the heart of all that lives in this dimension, the spark of the True Love that knows, that brings the awakening of consciousness in all of us, in everything that lives so that this planet can finally experience the Golden Age, the Age of Peace, the Age of Light it deserves.

Guardians of Cardinals Points

We invite you to welcome yourself in your grandeur now!

There are many of us surrounding you, children of the Earth. We came from every corner of the Universe you occupy - that you think so small and yet is so important for all Creation. We are the Guardians of this planet, the ones who position themselves every morning to the east, west, north and south. We are the Guardians of the True Life. Feel our energy surrounding you.

Today is a special day because every day is special for this humanity in the making now. Each day is filled with a great potential of Light and Love. Today, we speak to each of you with the Heart of our Life. Feel this Heart resonate within you, children of the Earth, feel that the Life inhabiting you is great, important and powerful. We would like, in one voice, to salute this Life that welcomes itself in each of you with dignity, nobility, power because it is the way we see you, we feel you in the Great life.

We are forming a circle around you to welcome this great day of total acceptance of who you are at all levels of your Being. We invite you to welcome yourself in your grandeur now, not in 3 minutes, 3 hours or 3 centuries, NOW! Do you know how important is the welcoming and acceptance of yourself? When in truth inside your heart, you walk through the front door of acceptance of the Light within you it is as if you accept that yes, you are part of the Light, yes, you are part of a Great Cosmic Intelligence Plan of the Great Life Plan that is unfolding. What you are now is wonderful and worthy of being part of this great Life. You are the only one

who does not grasp this truth. You are the only one who, deep in your heart, doesn't grasp all you are.

We tell you today as one voice! *"Stop denying the Life within you! Stop judging yourself, comparing yourself! You are part of a Great Perfection Plan as you are. You are helping each other grow. You polish each other. You polish the facets of each of your diamonds to create something extraordinary and wonderful. The process in which you are now engaged is magical, charged with great power, great intelligence, great perfection!"*

So today, as one voice, we ask you to forget the human perception you already have of yourself. Put this human perspective on the altar of your Heart and welcome the perspective of the divinity that you are; of the Life manifested through you with all its beauty, its power, its wisdom and its perfection. We ask you to welcome yourself with Unconditional Love, to open wide your arms to this Life, to this fifth dimension that is being anchored, that is taking roots in the Heart of each of you.

Feel! Feel, children of the Earth, Children of Divinity, Children of Eternity, feel that which lives in you. It's not only a breath, a light, a spark, an emotion, it is Life in action; the Great Life in Action! Feel! Open up! Open your Heart to the Great Life. We repeat it and we will repeat it until all the consciousnesses that inhabit this dimension welcome, with an open Heart, the Great Light that lives inside them, the Great Love that is manifested through each of you.

Today the Moon is full and she covers the whole planet, the whole humanity with her Love. She envelops the Great Life with her Light. We invite you to wrap yourself completely in the love of your Heart, to recognize who you are in reality: this shooting star in the Great Sidereal. Yes, you are shooting stars! Have you noticed how you have shifted in recent months, in recent years? How we have made you shift, we, your brothers, your sisters of the Worlds of Light? How we use you to enlighten all consciousness to sow seeds of hope, because of what you radiate. You really are shooting stars for this humanity. You radiate an extraordinary Love Light.

So today, remove the veil that you have placed over your bodies in order to play the 3D game. Let it go! You no longer need it. We surround you with our Love Energy, with our Life Energy. May this Energy nourish you! May it make you grow! May it make you welcome and accept this universe you carry! This wonderful Universe

that can be discovered in all of you, little by little, gradually; that is raising its frequency, that makes you have mood swings, moments of impatience, that makes you look with a different perspective than the day before, that makes you ask questions. It's all part of the Great Awakening, of the manifestation of your greatness now growing among your brothers and sisters. May the Energy of these words anchor itself in you, may it pamper your heart! May it merge with your thoughts and emotions to feed the Great Life that nourishes, appeases, gives hope!

We are the Guardians of Life in this dimension, around this planet, and we salute you!

**Adama -
Reconnecting hearts with animals**

We salute you. You are now surrounded by the High Council of Telos, the members of the council, this team, this group, which forms a perfect geometric figure, to assist the anchoring of the energies that are presently being poured on each of you, in this place and around the world. So, open your heart to welcome the energies of the Heart of Lemuria, the Heart of the real love, which is linked to the Heart of Mother Earth. I am Adama, your brother, your friend, your companion. Yes, this planet is in great transformation, I would even say that it is bursting at the seams on several levels of its physical structure and its invisible structures. Everything is changing; everything is in transformation, transmutation. In this world where you operate, there are several elements: Fire, Earth, Water, Air. You know them all but the Fire is the agent that really transforms matter. Once the fire has passed, nothing looks the same; everything is totally transformed to enable a new phase, a new life to unfold, to grow, to be born again, and to manifest.

You are burning my children! Do you see it? Everything becomes more and more amplified: these emotions within you, around you, in your families and in your relationships; these situations that you live. Do you feel your heart fluttering sometimes? Do you feel these thoughts, these questions that show up in increasing numbers for some of you?

Yes, you're going through the Fire Element. You are in the alchemists' oven; you are preparing to open yourself to something very big inside you, each of you, no exception. This humanity, just like each of you, is in great transformation, even

though many of your brothers and sisters do not realize it, do not feel it. The fires of transformation, of transmutation are in action around the globe, in all the kingdoms, all the kingdoms that share this planet with you.

Today, I would like you to become aware of a group, a kingdom that shares this planet with you. Focus on your heart inside you, on the Life within you; feel its softness, its power. You are presently surrounded by a circle of animals. Not just any. They are the animals that live in Telos and have requested to connect with your heart. Why? Because these animals only know Love, only recognize Love and only live by Love.

You, Light Children, Lemurian children, with a heart of Love, you represent those beings on this planet who are ready to open up to a greater definition of Love; to open up to welcome other realms, not just the human race, but other energies, other consciousnesses. This circle, around you now, wants to join the heart you are forming to send a new Love wave frequency to all humanity. This humanity, by affinity, by resonance, will capture this Light wave, produced by the human heart you are right now and the heart of the animals that only respond to the wave of Love, the frequency of Love. This will bring a great transformation. It will sow Light seeds of transformation, in the heart of all animals and all humans on Earth, to initiate the elevation of consciousness towards the unity, the reunification, the recognition of the Life shared by the animal kingdom, shared by the kingdom of the human race.

Each of you is linked to millions of human beings now. Feel, open your heart to receive this outpouring of love, of the animal kingdom, that calls them to walk toward more love toward the humans, that calls the animal kingdom of the 3D to open up and to welcome the Loving heart of the true man walking and conscious of the Light he shines.

See these Light waves covering the entire planet, seeding the heart of all animals, of all humans, of all men and women; a Light seed of Pure Love, in perfect harmony with the Light seed that is placed in the heart of all animals. It is not only the human race that ascends my children; it is all the kingdoms, all life forms on this planet, in all dimensions.

For the duration of this communication from the Light worlds to yours, these Light waves will be poured over the planet, touching every heart. We are assisted by many Light Beings, from many dimensions, to do this great work of reconnecting

the Love, of reconnecting the Love in the hearts, to change the vibrational frequency, increase the Life frequency in this dimension.

We have presented, in the Telos books, the Triple Flame that inhabits your heart. This Triple Flame represents the essence, the divine consciousness that you are, it represents your signature in the creation. Today I would like you to visualize, to feel this Flame inside you. This Flame is located in your heart, it is true, but since you belong to the Consciousness, and that by pure intent you can create and manifest everything, I invite you to make this Triple Flame grow in you, in all your bodies so that you can feel that you are an incarnation of the Triple Flame in this dimension.

The Blue Flame of Will, can merge with your mental body, which then becomes an integral part of the Triple Flame you represent in this world. The part of the Triple Flame, which is Love, can merge completely with your emotional body so that it can feel the pure love of who you are, this signature of the consciousness you came to manifest in this dimension. The physical body, the temple of the Very High, may represent the part of the illumination of the Yellow Flame, of the Wisdom of God in incarnation, in action, moving in this dimension.

Isn't it wonderful to consider that all of your bodies are part of the Triple Flame? You are a powerful agent of transformation and by merging the Pink Flame, the Blue Flame and the Yellow Flame with these parts of you, your visible and invisible bodies; you amplify, you feel more who you are, and the power you have within you in this dimension. You call the high attributes of the Source to merge with all that you are in this dimension, all of your visible and invisible bodies. You deploy the Triple Flame in all the dimensions you use on Earth.

This acts as a great amplifier, it polarizes all the intelligence, all the consciousness of all the atoms, the cells, the conscious energies that represent your inner population, physical or non-physical. You bring a balm of peace and perfection to all the tools that you use in this dimension to further expand this consciousness that you have come to manifest on this planet.

As you hear these words, your guides around you are making some adjustments in your chakras, in your subtle bodies. I invite you to accept this image, to nourish it inside you, to feed it upon waking in the morning, to feel the Triple Flame enveloping you completely. It transforms you, it opens the doors, it aligns you with all Creation to enable and speed up your connection to the great Life movement

that is around you and in you. For you see, these Flames, these three Flames are the basis, the foundation of your reconnection in this dimension. They work powerfully.

These are the few words I wanted to share with you today. These are the words that the whole Creation listens to, hears with you. The shining Moon is high in your sky today and she envelops you with her Loving energy and she wants to talk to you, transmit energy to you to emphasize this link between you and her.

So I, Adama, your brother, your companion, your friend, I salute you. I salute the heart of Lemuria that beats within you and that you have carried for thousands of lives among your brothers and sisters of the Earth; this heart which radiates and blesses your life every day. Thank you!

The Moon

The balm of my peace

I envelop you in the energy of my love children of the Earth. I envelop the whole humanity in the energy of my essence. I am the Moon. I am your sister. I am the one who feeds, during the night, that heart in you that feeds the heart of the Sacred Divine Feminine Love.

Today I bring you nourishment, an energy to appease your heart that carries so much suffering, so much pain related to memories belonging to other lives, other dimensions, other worlds.

The energy that I pour on each of your hearts today, my children, is a balm of peace. Feel my Love. Feel this balm of peace enveloping your hearts now; not only your own heart but also the heart of all those who preceded you, your ancestral lineage, the heart of all these lives you have lived.

Today I bring the peace of Love, the peace of maternal Love; this Love that encompasses everything, embraces all, forgives all, welcomes everything. Feel this Love seeping into you; it merges with every cell of your physical body, your etheric, astral and mental bodies. Feel the peace of my heart enveloping you totally, completely, creating harmony, a perfect peace in your whole being.

Nowadays, my children of the Earth, you do not take the time to feel my peace, my Love, to feel the peace of Life in yourself, the peace of what inhabits them. This peace my dear children, is a big sister for each of you. It helps you see more clearly inside you. It helps you weigh the pros and cons of every situation you live, the relationships you have. This peace, when you feel it inside you, lets you feel your Life, your aspirations, and perceives your dreams.

I invite you to look at me, the Moon, in the big sky of your world, take the time to stop and contemplate the light of my celestial body in the sky of this planet to allow yourself to stop and contemplate your Life. This is so important. You run. You run too much my children. What do you run after? After the things you have to do that you consider late? You run after time. You run after your beliefs. You run after all that the 3rd dimension made you believe.

Today I present myself to you with this nourishing energy. Feel my light. Feel the light in you, that energy that allows you to look around you with different eyes, that allows you to detach yourself from the dramas you think you live, because in reality, there is no drama. Everything is learning, everything is about making choices, developing discernment. Everything is the learning of a new language, a new way of life for each of you, learning to live your life in connection with the Great Life, the Supreme Intelligence of all Intelligences that you can imagine, this Life that knows you, guides you, has prepared everything for each of you.

A big step is requested of you, as a human living now, that of walking with infinite confidence into the unknown, the unknown that the 5th dimension wants to present to you; wants to anchor inside your body, in these emotions, these thoughts running through you. Yes, a new lifestyle is approaching you my children.

But did you open the door of your heart? That is why today I bring you the peace of my Love, the peace of my Light to help you detach yourself from the dramas you believe to be living. There is no drama. There are only situations, changes to welcome, actions to dare to do. And what actions will you dare to do? The actions that your heart cries out to you, that your desire for freedom cries out to you, that your distressed heart cries out to you. Your heart yearns for joy, harmony, peace, beauty, happiness. Do you listen to it? Do you listen to it my dear children?

The heart in you is related to the heart of the Great Life, to the Intelligence of the Supreme Intelligence. This heart has prepared everything for each of you in this

life. Do you trust it? This is the great question of the hour for all of you, because many of you are starting, are beginning to feel that heart. You begin to feel those emotions that assail you more and more and with greater force. You begin to want to listen to and act on your own feelings.

Well! I, the Moon, say bravo! You start to live, to live your life, that for which you have incarnated, that for which you have prepared for thousands of lives. You start to move, to perceive a new way of living according to your own definition of who you are.

This peace that I bring you today, use it! Make it your ally. Retire within this peace every day to contemplate your inner realm, to contemplate these supposedly dramas, these supposedly painful situations. Retire to my peace and observe. Become the one who observes and acts, speaks and moves according to your own feelings with total confidence.

The first time perhaps you will not really listen to your heart but instead to a hidden fear that is grafted to your heart. But is it important? No it is part of your development, your evolution project, your awakening. This is part of your learning just like when you learn to drive a car. The first time it is a little unnerving, there are many things to develop in you, automatisms that are not there. But the important thing is to continue and after some time you master this tool, this vehicle.

You are exactly in the same position now before your heart. Many fears and beliefs are grafted to it and it is sometimes difficult to discern who is speaking to you, what you really feel inside yourself.

I tell you: use my peace, the peace that I place in you now. Feel it grow. Lull your heart and when you are in peace; that this fear, this emotion, this thought has left you and you feel the peace within you, around you. At that time, only at that time, you will know that you are in touch with your true heart, it is not a hidden fear that is addressing you. Do you understand these simple words my dear children?

I rock you in the peace of my Love now. I see the path that is before each of you, the path on which you walk. I contemplate it in all its grandeur and beauty. I invite you to cast the same eyes on the path in front of you, to contemplate its grandeur and its beauty. For this is the real truth. All these choices to make, all this trust to develop, all this love to radiate are part of the path on which you walk.

You are growing up. You are learning to live according to the movement of the Great Life in you. You are learning to trust, to open yourselves and feel the Intelligence of the Intelligences that supports you and guides you.

Once again, I envelop you in the Light, the Light of my heart, the Light of my radiance, the Light of the endless Love shining in your heart and in my heart, because in reality we are One.

The love of the Goddess has no end. The Love of the Goddess is with you. This planet is a Goddess for each of you, just as each of you is a Goddess, a God for this planet. You are consciousnesses helping each other, sharing a sacred experience to grow more and more in the true Love, the true Love frequency that approaches each of you.

On these words, I salute you. I am your sister, I am your mother, I am the Moon that envelops you with her peace. Thank you!

Mother Earth

I thank you

I thank you. I come to thank you my dear children. I am Mother Earth. I am this vibrant Heart that marvels at the beauty of who you are, of this light shining on the surface of my body. I am in transformation just as each of you are.

As a favor, I would ask you to associate yourself with my resurrection, to feel that great Life movement inside my body as a part of you too. You are preparing your resurrection, my dear children. You accompany me in this awakening, in this vibration frequency that is increasing in this world, in this dimension to illuminate this dimension, to illuminate the hearts of the consciousnesses that share this dimension with me.

You're not just a human being, my dear children, you are the Pure Consciousness of the Source in action in this world. Each of you represents a part, a portion of the Great Heart of Life, the Great Heart of the Source in action, on a mission on my physical body in this dimension now.

Do you realize my dear children that, for me, you represent an infusion of Light

every day? You walk with small steps on my body and I feel these infusions of Light that you transmit through your feet, these infusions of Light that come from your heart. Do you realize it? I feel these little tickles of Love that walk, recognize me, know me, respect me and allow me to continue growing. Yes, each of you!

This Light that you have just sent me, this Love, I felt it. All the kingdoms that share my body with you, felt the Light wave entering them because everything is instantaneous. We belong to the same consciousness. You stopped for a moment and told yourself: *Yes, it would be nice to send love to the Earth, our Mother.* As soon as you have expressed this intention, I felt it in my heart.

Yes, every time you use your imagination, you project your love onto someone, a situation, a Being, a planet, a dimension, **it is done**. Know it! A great Light wave runs through my body, all Creation. It is Consciousness awakening to Consciousness. It is Consciousness that projects itself into Consciousness to raise its Consciousness. This is what you do every time you send a loving thought to someone, an animal, a plant, and every time you send a loving thought to yourself. When you send a thought of Love, you transfer that Love to my Heart at the same time since we are linked; and from my Heart I share and pour this Love all over my body to feed all my children. This has an effect. This amplifies. This feeds Life, the Great Life that is anchored in this dimension.

Yes, those little things, those little thoughts, those little emotions, those small intentions create a big difference, prevent a tsunami to occur, volcanoes to erupt. Whenever a wave of Love is transmitted by one of my children, this amplifies the frequency of Love in this dimension. This counterbalances the other frequencies that ignore the word LOVE.

So, you, my Missionaries of Love, I come to greet you today and thank you and I tell you: *do not stop these little tickles of Love. Do not stop this Heart that beats in you. Listen to it. This is what keeps Life in my physical body and Life in this dimension. Your mission of Love is huge, important and powerful!* Thank you!