

Denise Laberge

Invocation

I invite you to softly go down into your Sacred Heart, with great love and great respect for the Light within you.

I invite the Archangels Michael, Gabriel, Raphael and Uriel to position themselves around us to keep us in the energies of Light, Love and Peace.

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

We invite our I AM Presences, our inner divinities, to approach each of us in a special way today, so that we can open our Heart to the energy of love that is poured on our group presently.

We invite all our guides, all the Angels, all the Archangels, all the Beings of Light who wish to join us to share with our group their love, their peace, their joy, their Light.

And I ask the Great Central Sun, Father Mother God the Creator to bless each of our hearts, to bless Mother Earth and I invite her to join us. I ask her to join her Heart to our Heart, the one we are all forming together now, so we can welcome the energy of the present moment with great enthusiasm, great trust, in deep surrendering so that this energy can assist to transform us, to reveal to us what each of us really is inside.

I also invite all our brothers and sisters of the cities of Light in the inner earth, our brothers and sisters the stars, the sun, all the planets of the solar system, all the planets of Light who are aware of the Ascension plan of the Earth and want to join us at this time.

I also invite all the kingdoms: the animal kingdom, the plant kingdom, the trees, the kingdom of the crystals, the kingdom of the seas, the kingdom of the birds, to join us to share the Love, the Peace, the Joy of our hearts, of our Heart we are forming together.

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Preparation

Let us imagine ourselves in a cocoon of Peace, a cocoon of Light filled with great Peace. Let's imagine that this sphere of Light, surrounding all of us, is gently radiating Peace all around.

Now imagine our cells: the cells of our physical body, our etheric body, our mental body, our emotional body. Imagine these bodies opening up and welcoming this Light of Peace. So, feel this great Peace flowing at all levels of our being. We bathe in this Peace. We feel the Peace. We

live the Peace. We are the Peace. And from this ocean of Peace, imagine a beam of light that starts from your Heart, runs down along your spine, your legs, through your feet and reaches softly the center of the earth.

We unite ourselves to the Love energy of Mother Earth. We feel her blessing. Her Peace touches the Light column and goes back to our Heart bringing more peace, softness, Love.

Centered in this Luminous Heart that we are, we now visualize a column of Light extending from our crown chakra and going to the Great Central Sun which receives this Light. We connect with his energy, his consciousness. Then, we welcome the blessings of the Great Central Sun that descend along this column of Light through our crown chakra to settle in the center of our Heart bringing a greater Peace, a Peace of mind, the Universal Peace. We bathe in this Peace.

We receive consciously this Light that is spreading in our group now. This Light is coming from the Spheres of Light in charge of the project Ascension Earth.

So we breathe this Peace. We feel it within us and around us.

Sananda

Now you are perfect!

Greetings, I am Sananda your brother, the one that all of you have known for a very long time. Together we have walked the land of Galilee. We have often walked together on the surface of this planet, in other times, other eras.

Today, I come among you to spread the Love energy of my Heart; to touch that heart in you, touch that Life in you, to make you appreciate it, to make you discover it. Feel that Life in you, my dear children. That Life keeps the body, the cells alive, it regenerates the physical body you are using; it allows you to speak, to hear, to move. This body allows you to experiment in density.

Know that this Life, which is inside your body, which is at your service, which obeys you; it is the same Life that is within me; the same Life that manifests through me. The good news, children of the Earth, this Life is magical; this Life is powerful! And today, I invite you to accept this truth: this Life inside you can do anything for you! It is at your service! It obeys the intentions you carry within you. It obeys the beliefs that you feed inside you. It obeys your own consciousness. It transforms all the events that come to you. It transforms the words that are spoken by the people around you because it attracts to you what you believe to be the definition of Life.

The only definition of Life you know, my children, is your definition. Your own definition of life defines and creates what you experience every day. Such is the power of the Life you use every

day. You see, the Life, the very Life that allowed me to resurrect my physical body is inside of you and it obeys the intentions: your own intentions. The Life I used in Galilee obeyed my intention, my core beliefs, my mission: the mission I had assigned to myself!

So! *What is your mission, Children of the Earth? Do you know it? Do you know why you are walking on the surface of this planet? What is your purpose? Why did you choose to incarnate in this dimension at this particular time? It is to do a great work, to learn, to experience, to feel. And to feel what, my children? To feel the Creation of the New Earth! To participate in the Great Work of transformation in this dimension!*

Yes! Each of you, without exception, has accumulated inside you an extraordinary amount of energy, experiences, beliefs that allows you to be *who you are* now; to radiate your heart, your values now with all *that you are*. So the energy *that you are* right now is the sum of all that you have lived in this dimension and this energy is important. This energy is unique, exceptional and extraordinary! The energy that you radiate, which represents the sum of *who you are* now, participates in the creation of the New World; participates in the project Ascension Earth; participates in the expansion of Love and Light in this dimension.

You are already, at this moment, participating in this great Project with the emanation of what you have collected in all those lives you have lived in this dimension. So will you wait three months, three years, thirty years before declaring yourself "ready to participate in the project Ascension Earth?" I tell you: "Now! At this very time, you are the perfect energy you had planned to participate in the project Ascension Earth.

All these experiences, all these emotions, these beliefs, these experiences which are part of you are alive inside you and they emit a frequency, and it is thanks to this frequency that this Planet will survive. The New Earth will be able to create itself thanks to what you are emanating now! You are perfect now!

Before you incarnated in this life, we gathered in a large amphitheater. We planned the project Ascension Earth. We planned the vibrational frequency that humanity would need to reach in order to produce a shift in consciousness. So! I tell you: each of you has won a victory. You have triumphed over all the obstacles, you have done the learning that you had planned from life to life and you are now at "*harvest*" time!

You nobly, respectably and exceptionally represent the energy, the frequency you wanted to share with this humanity, in this pivotal period of humanity. The energy you now radiate is the energy that you wanted to present to Creation; the energy you prepared in order to participate in the vibrational frequency changes of the planet.

This change of vibrational frequency is accomplished by all mankind, by each human being. So you are now that perfect vibrational frequency. You have already reached, each of you, the vibrational frequency that allows you to participate in the project Ascension Earth, bringing the shift of consciousness of humanity towards a consciousness of love, sharing and harmony!

My dear children, 2016 is the beginning of this shift; the beginning of a big shift in consciousness for the entire Planet! So do not be surprised if, in 2016, you witness all sorts of turmoil, major changes, movements, attitude changes, relocations, earthquakes. And when I say earthquakes, I am talking about tremors of consciousness within every human that will cause, despite himself, a rejection of some of the consciousness that were keeping him prisoner of himself, prisoner of fear and manipulation.

Yes, 2016 is the beginning of true New Earth! It is a stopping point in the evolution of humanity to mark the beginning of the manifestation in global consciousness of this humanity.

So I, Sananda, your brother, say to you: do not be surprised by all these events that will take place in 2016. I ask you to welcome them and witness them as the internal upheaval that humanity is experiencing, a turmoil that pushes every human toward freedom, his freedom.

The manipulation is coming to an end. Nothing will stop this growth, this awakening of the New Consciousness in this humanity! So may all your words, all your actions, your perceptions become blessings on this planet, the countries, the civilizations, the cultures, the customs, on the entire life in this dimension.

Be and live the blessing of the True Life in this world, on this Planet, because you live an extraordinary period of change. This is the first time that the Light will be anchored so strongly in the density that you now know on the Earth!

So you, the pillars of the Christ Love, who have carried True Love in your heart in all your lives, I say: mission accomplished! I say bravo! I tell you: you are at the point that you had planned thousands of years ago. All these experiences you have accumulated are within you; you carry them and you radiate them! By your radiance, you participate in the changes in the collective unconscious; you sow new seeds of the New Consciousness by your attitude, your beliefs, by this vibration you are now carrying.

Today, I invite you to develop a new way of looking at yourself. I invite you to celebrate your life, to celebrate this extraordinary feat that is to radiate the frequency of Love in this dimension; to radiate the frequency of your heart, of all that energy that you represent on the Planet.

Without the energy you represent, the Great Plan could not be accomplished. All the Light workers presently in incarnation on Earth radiate the energy, the frequency that they had wanted to radiate. Each of you has walked on a unique path; the one you wanted to experiment, explore and today, you can present to the whole Creation the result of this great work, of this great transformation, this Great Accomplishment because in reality, each of you is a Great Achievement! Look at yourself, my children, look at that Light in your eyes; look at the Love you radiate, this Love to which you believe and want to grow in this dimension.

All this describes your perfection: the one you had planned, the one you have achieved and the one you shine now. So yes, I, Sananda, am here today to tell you: "Mission accomplished!"

Adama

Reconnect with the Lemurian energies

We welcome you with all the Love in our heart, the Heart of Telos that we have placed in the center of this circle at the beginning of this meeting. I am Adama, who knows you personally and has known you for a long time. Yes, we are brothers and sisters of Lemuria, brothers and sisters of Light, Love, Harmony.

I am accompanied by several brothers and sisters of Telos. Behind each of you, there is a Being of Light, your brother, your sister from Telos who knows you, who often walks with you in the evening when you come to Telos, who teaches you, encourages you, supports you. This brother, this sister now puts his/her hands on your shoulders: feel this energy, this contact. Even if you do not see us with your physical eyes, even if you cannot touch us with your hands, I tell you: we are real, very real, we are of the Light, we are of the Consciousness One! Just as you are the Consciousness One, just as you are experiencing in this dimension, we are experiencing in our own.

And why do we present ourselves to your civilization now? To establish a Love contact; to tell you that these dreams inside you; these dreams that believe in the possibility to live in peace on the surface of the Earth; in the possibility for every person to be respected; in the possibility for every human to have everything he needs to live well. All this is true. All this is possible providing humans choose Love; choose to open up to this energy and to believe in it!

Obviously you already believe in Love; you already believe in a life of sharing, respect and harmony. The proof: you are gathered here at this time to get acquainted, to share your feelings, share your experiences, share what connects you. And what connects you? It is the Heart of Lemuria, because each of you has lived in Lemuria. Many of you were priests or priestesses in the temples of Light in Lemuria. Today these energies, with which you worked when you were in Lemuria, are coming towards each of you and the priests of the Great Transformation from Telos are now forming a circle in the center of this circle.

We invited the energies of Lemuria, the energies of the lives you lived in Lemuria for each of you. Now, these priests want to support you, help you to welcome, to renew contact with those energies that we have held in reserve for each of you: those energies that you had placed in a safe space in the Temple of the Great Transformation. So, open your hearts, children of the Earth, and breathe this energy: The Energy / Consciousness comes back to you at the subatomic level, at the intracellular level.

See a sphere of light approaching you and your heart welcomes it. The priest or priestess of the Great Transformation assists you in this welcoming; assists your heart to open up with total trust to welcome that energy. Feel the transformation, the infusion of Light. This infusion of Light, dear children, will participate in your inner transformation in 2016: it will support you for the

next seven years. It will support the awakening of your true identity. It will support the awakening of consciousness *that you are*, using this physical body on this Earth.

I, your brother, invite you today to consider yourself as one of us. I invite you to consider yourself as a Telosian because today you resume contact with the Lemurian energy; that energy you had placed in reserve in the Great Temple of the Great Transformation to receive in this body at this particular time today. Your heart has been claiming this energy for three months.

This energy will work on you. It will infuse itself gently first in your heart. So I recommend you come in the evening to Telos to learn how to merge perfectly with the energy that is in the process of harmonization with you; to learn how to feel it; to learn to feel the change; to feel the true identity of that heart in you; to become familiar with the Light Being that you are and that to this day you have never welcomed honestly in your heart because you do not really believe it.

These energies of the Great Transformation that will speak to each of your cells, that will polarize them again differently, will assist you to reconnect with your heart, with the Universal Essence, the Essence of the Luminous Consciousness that *you are*. This is the gift we want to offer you today.

We came in great numbers to take you into our arms today, to touch you, to touch your heart, to feel it, to support your awakening to the Divinity walking on the surface of the Earth in a physical body because yes, each one of you is a Divinity.

And what is a Divinity, according to you? To me, a Divinity is someone who knows "*who he is*." It is someone who feels his union with the Great All. It is someone who finds quite normal to be able to move from one place to another in the Galaxy by his thoughts, knowing that his consciousness is One with the Great All. It is someone who recognizes the Consciousness One inside himself; who acknowledges that he is not separated from it and that the Life *One*, the Great Life supports him and lives inside him and that, thanks to this Life, anything is possible, that the word *impossible* does not exist! Yes, children of the Earth, everything is possible in the Great Consciousness, in the Great Life that is in you!

Your brother Sananda spoke to you just now. With his Consciousness of the power of Life inside him, he could accomplish ... you use the word "miracle". And I say: *he could accomplish what is quite normal in the Spirit of the Consciousness One that knows no limit.*

So yes, Being of Light, Eternal Consciousness *that you are* each of you, welcome the big change in your transformation today. Do not be surprised that in 2016, your way of looking at life, of looking at yourself changes a little over the coming weeks and months. Yes, I tell you: "*Welcome to freedom! Welcome to the Real life!*"

I am Adama, this brother who has never forgotten you. Thank you!

I am the Consciousness of Telos

I am the energy of Telos. I am Telos. I am the Consciousness of Telos. You mentioned Telos just before. You asked questions. Well, here I am among you, I, the consciousness of Telos. The Consciousness that represents the city of Telos, that represents the mode of life in this City of Light, that represents the consciousness of those who live in Telos, this way of life. This way of perceiving life. This way of perceiving the Great All, the energy of the Heart that connects humans so well to the Heart of Mother Earth.

For you see, the Consciousness of Telos is a Consciousness of eternal Love, of Love that has a great affinity with the Divine Sacred Maternal Love; this Love that shines all around this planet; this Love that Planet Earth incarnates wonderfully. Yes, I am the Consciousness of Telos, a Consciousness that takes care of everything and everyone. A Consciousness that brings security, that feeds, respects, harmonizes. A Consciousness that encompasses everything, that rejects no one, that does not exclude anyone. A Consciousness that admires, that is amazed by Life.

I, Telos, present myself to you today so that you call me into your lives. Call me so that I assist you in your transformation. Call me so that I teach you to see life as though you were living in Telos with this energy of freedom, this energy of Love, this energy of creativity. For you see, I, Telos, this Consciousness, I can do everything. I can create anything because I am in union with the Great All. I am in perfect union with the Consciousness One of the Source. So anything is possible for me! I do not know the words "impossible - limits". I do not know the word that slows down, that puts up barriers. I do not know these concepts that prevent the Divinity to manifest and create.

For me, all energy is energy of Creation, energy of beauty, energy to explore, to manifest, to change, to learn. Life with the Consciousness of Telos is a great game, children of the Earth. By calling me into your life, your life will become a great game. I will teach you to play with Life, to play with this physical body you use, to play with the mental concepts that you carry within you, to play with what your eyes see around you.

Yes, for me everything is perfect! Everything is wonderful! Everything is magical! And I attract this vibration. I attract this frequency in all my experiences; that is to say that if you invite me into your lives, I will attract the magic in your lives. I will attract the Consciousness of the 5th dimension in your life, in your awareness, in your actions, in your words, in your physical body. I will assist your great transformation.

Well yes! I am a Consciousness. I am energy since everything that carries a word, a name, exists as energy, as frequency. So Telos is not only a City of Light, it is a Consciousness, an energy, a frequency, and you can invite me in your lives so that I merge my energy with yours and that your energy and my energy become One in grace, ease and magic.

Be blessed for who you are right now because what you are right now is admirable, wonderful, unique and exceptional. These words, I would like you to engrave them in your hearts. Yes! Each of you is an exceptional being who has taken a physical body to come to radiate Love, Hope, Light in this world.

I, Telos, that Consciousness of the 5th dimension, I am at your service. Call me and I will be with you, in you, around you helping you accept the New Earth, showing you a new way of looking at the new Life and yourself.

Thank you!