

## **Explanations by Denise Laberge**

I want to tell you that this day is unusual, and it's perfect! When there is a meeting of Light here, the Elementals of this land, the house, all around prepare themselves. They prepare a nest of energy, a welcoming energy, a Loving energy to share the energy that is coming from all the Creation and that is diffused. Today, these Beings want to help us harmonize our hearts with theirs so that the nest, they have prepared all together, be also prepared with us consciously to welcome the energies coming soon.

The emissary of these energies wants to speak to you. I see a tall feminine form, like a Goddess. She is dressed in pink and shimmering white. I will let her talk.

## **Consciousness of the Elementals**

### *Unity of Nature*

We greet you, children of the Earth, children of Eternity, who took a human physical body, a human form to walk on the surface of Mother Earth. I am the Consciousness One that represents all the Elementals working in this region. I would like you to connect with the Consciousness we are forming now. We have joined in one voice, one Consciousness to welcome you, to welcome the connection in this moment between your World, our World, the World of nature and of all Creation. This Consciousness calls for reconnection and welcomes you every second, every minute of your life to this Great Life to which our heart is constantly linked.

As I speak, I am also connected with all the trees, all the flowers of the planet because *we are ONE!* And it is this unity we want to present to you today because you, the human race, are walking towards Unity. You are discovering the ABC that represents Unity in your hearts, in your life, in your deepest essence.

While listening to these words, that I peel off very slowly to place the energy of love in your hearts, open your heart. Visualize it! Imagine it! Color it! Imagine a huge gigantic heart; it encompasses your entire group, all regions, the entire planet because in reality *we are ONE.* Carry this image in your heart as we carry it in ours.

Do you know that when we work in this area, we are also conscious of our brothers and sisters who work in China, Tibet, Africa? *We are One!* We exchange energies. We all work together. That heart in you is precious! It is your connection to the Great All. It is the front door of your consciousness to ours, of your consciousness walking toward our consciousness, toward our way of life; to feel Life; to relentlessly participate in it since our way of life, in association with the Great life, is a way of life that knows no fatigue. It only knows the joy of Creation. And it is this way of life that we want to share with you.

What is your life? When you contemplate your life, what words do you use to describe it? How would you describe your life to one of my children, to this blade of grass on which you walk, to

this bird singing on the branch of the tree, to the leaf that just fell to your feet? How would you describe your life? What words would you use to communicate the meaning, the importance, the grandeur of your life to this leaf that just touched you to greet you? It did not fall there by chance! It wanted to touch you, to be part of your world for a second, a moment because it was bringing Love, its Love, its vibration, its peace.

These words you use to describe your life, do you hear them inside you? They are alive! They are consciousness. This is the image you have of yourself. Ponder these words because we, the World of Nature, the Elementals of the Planetary Consciousness, we do not see you that way. You are Great Suns. You are Lights that constantly illuminate this Universe, the Creation, this Planet. You also enlighten our hearts without realizing it.

You are part of this nest of energy we created this morning. See those lights around you. See the light of your heart merging with these lights. We invite you to consciously merge with our Love of Life, our vision of Life, our consciousness of who we are. We invite you to become conscious of this life that you are, that you experiment in this dimension with everything. You continually walk in our energy. Do you realize it?

The whole human race walks in the energies of this World created by the Elementals on this planet, in the air above the Earth, in the waters. We cover the whole globe that humanity uses to move, to play, to live. The human race lives in the energies that we create, that represent us. It is time to recognize, to reconnect, to meet, to exchange Love, Light, Peace, Beauty because our heart lives off Beauty. Our ideal is to create beauty, to feel it, to share it and do you know that the human heart has the same ideal: that of radiating, of creating beauty, of sharing it. We have the same ideal. We, the Consciousness that greets you in this moment, place the beauty of our heart in this heart we are forming together with the intent that this beauty resonates, reactivates the beauty of your heart which you chose to put in a sleeping mode in order to experiment. This beauty, children of the Earth, is walking towards you now. It is running towards you. It seeks the welcoming hearts because a great wave of awakening is shaking all my people. This wave speaks of you, this wave speaks of the hearts that chose Love.

While listening to these words, visualize this humanity, the planet, this Earth that I asked you to carry in your heart; visualize it happy, full of beauty, perfumes, colors. Do you know that by carrying this image inside you, you support the energy of my people who are infusing hope, courage, perseverance? You add to it the beauty that comes from the heart of the new man.

Breathe in the perfume that we have prepared for you today, this fragrance of Love, this welcoming fragrance, this fragrance of peace. Thank you for taking the time to listen and harmonize your hearts to our heart; to harmonize our energies, our consciousness, our Peace. Thank you!

**Adama**

*Celebrate Your Life*

I am Adama. Welcome to the kingdom of beauty. Welcome to the kingdom of peace, harmony. Welcome to the One Heart that we form all together in the moment.

We came in large numbers today, from the Light Dimensions to welcome you in this place, in this Consciousness, in this Energy. Breathe in this Peace, children of the Earth. Breathe in this energy that we have prepared especially for each of you, an Energy of reconnection, an Energy of celebration because you see, today we celebrate you.

The Energies coming to this planet are presently shaking every human in incarnation. Every human receives an overdose of energy, an overdose of activation of cellular memories, memories of the subconscious and the unconscious. An overdose that creates a great emotional turmoil for many of our children of the Earth.

Today I bring another vision that I want to share with you to help you. Most humans look ahead. They look at and imagine the future. They imagine:

*When I will be enlightened, I will be happy! When I will be ascended, I will be happy! And it is such a long time away! My God! All these healings to do! All these emotions to heal, to welcome, to love! All these regrets to welcome in my heart with Love! It is such a long way! Will this ascension finally happen? When will I be able to see my brothers and sisters of the invisible? When will I be able to see my brothers and sisters, the Gnomes, the Fairies, the Elves? When will I be able to communicate with my brothers and sisters of the stars?*

I tell you all these questions, this way of thinking, they do not help you!

Today I invite you to forget about the future. Learn to live in the moment! Yes, in this eternal present moment! Why? Because you have come a long way. You have lived great initiations. Why shouldn't each day be a day of celebration for your courage, for the learning you have done, you have overcome, the challenges you have faced, the courage you have shown and continue to show?

Why shouldn't each day be the day of your ascension? The day where you are conscious that every minute, with all that you live, the choices you have to make, the decisions you have to take, the reflections you do when you revise your day; with all this, this is your ascension! This is part of your ascension. This is part of the path that leads you to your perfection.

So why imagine a future where you will be enlightened when you are already preparing this illumination with each day that comes before you? Yes, I would like you choose to see life differently, to celebrate your Life every day, to take this habit. Actually, yes, it is a simple habit: changing the way you look at what you have done and all that you accomplish in every present moment; always see it as something extraordinary, wonderful, a part of the Grand Plan you have chosen to awaken to your greatness!

Because, children of the Earth, that's the way we see you. We always look at your achievements, the challenges that you overcame. We look at your courage. We look at this heart that every day

decides to continue, not to abandon, to choose Love, to choose to hold on to Love, to the Light, and to trust in life. Such is your situation, isn't it, despite everything that is happening in you and around you? You live this acceleration on two levels: inside and outside. You live it intensely so why not celebrate your Life, this Life that you live inside and outside with wonder? *It's all about choice!* And every choice brings us a gift, an illumination. Yes! Because every time you understand a topic, a question, a relationship, a decision you have taken; every time you welcome it, you meditate on it, you grow. You prepare your ascension. You walk on the path of your ascension, of your eternal awakening to the greatness within you.

Yes, I offer that simple message. Look at your life, my children.

*How do you look at it?*

*What eyes do you use to look at your life?*

*Is it a topic of conversation that amazes you?*

*Do you exclaim: "Ah! My life is wonderful and fantastic! My life is happy! I love this life!"*

*Am I anxious to wake up in the morning to celebrate Life in this dimension?*

Look at your accomplishments, my children. See how great you are! How great you are! See these qualities within you, this determination, this courage because yes, it takes courage to live on this planet. To choose to live in the density and separation, it takes more than courage.

This is the message I wanted to convey to you today. It is this energy we want to convey to you today. And I want to ask you these questions before leaving this communication:

*What picture could you imagine would trigger this wonder for your own life?*

*What image could you meditate on, in the morning, that would bring in your heart and in your entire being the feeling that life is amazing and wonderful; that you are spreading your wings?*

*Could this happen by looking at an infinite ocean before you, putting your arms up and declaring in front of the rising sun: 'I am alive! Everything is possible! The universe works with me and for me!'*

*Could this happen by imagining that you are flying in the air?  
Or imagining yourself on a high cliff, contemplating breathtaking scenery?*

*What image of yourself could you use as a sacred ritual to keep or trigger in you the emotion of admiration for your life, for the greatness within you, for your Mighty Heart?*

I, Adama, your brother, wish you create this image. I want you to feed yourself with it so you can live it every second of your life, every second of your ascension in this dimension. We, in the Invisible World, all those who came out to welcome you in their heart today, we believe it. We believe in this awakening, this illumination for each of you. We deeply believe it. That is why we

are with you today. We celebrate your life. We celebrate your victory. We celebrate the Love that unites us as one Heart.

I am Adama. I am that brother who often walks among you. Thank you!

## **Consciousness of the Rainbow**

### ***You are responsible for your cells***

I am the Consciousness of the Rainbow and today I come to touch each heart, children of the Earth, children of the Source, children of the Universe. I come to anchor myself in each of your hearts with my colorful rays. I come to hold you. I come to whisper in your ear that everything is possible! Everything is possible for the heart that believes, for the heart that trusts, for the heart that believes in love and lives it; for the heart that chooses to live more and more intensely every day. I offer the rays of the Rainbow, the rays of the Source, the rays of unity, the rays that support your life. Use them! Use their wisdom, their vibrational frequencies. As I speak, feel every organ of your physical body, of your subtle bodies, drinking from these rays, these frequencies, this Consciousness. It is a gift from the Source to her beloved children. I am its messenger today.

Every morning you can imagine yourself breathing this Rainbow of light, of colors with vibrational frequencies that feed the sun of Love in every cell of your bodies. It only takes a moment. It only takes intention. You invite your cells to drink from this frequency of Eternity which regenerates them, which caresses them, embraces them, reactivates them and harmonizes them. Feel this New Life coming to you.

This gift from Source is a gift from your personal Divinity, your I AM Presence. Feel its Presence in you, around you. Feel its frequency. It is a gift of elevation, healing, harmonization; a gift to support your path, support your walk on this path of ascension you have chosen.

Please, stop questioning yourself whether you make the right choices, you have good relationships, you have the right job. Bless all that and trust. These rays will guide you, feed you, help you achieve balance in all your bodies. Simplify your lives, children of the Earth. Simplify! Trust! The more you trust, the more you allow the Great Life to serve you, to prepare the way, to overcome the obstacles, to present the wonderful solutions. You have heard these words more than once. Here we touch the fiber of your faith, the fiber of your perseverance, of your determination, the fiber of your heart that supports your life.

Extraordinary assistance is given to Light Workers currently on Earth. This does not mean that your path becomes an easy one, on the contrary! This means a path where everything is accelerated, where understandings are accelerated, where emotions to heal reveal themselves faster. So this gift of the Rainbow today is an energetic support to help you welcome all these changes of energy happening within you. In fact, all this inner and outer turbulence has only one goal: to participate in balancing all the forces, all the energies that you are in your inner kingdom;

to participate to your perfect harmonization with all these forces, all these energies with the greatest possible grace within a relatively short amount of time for this humanity.

So, learn to welcome, to trust each day more and more, and demand, children of the Earth. Command these cells, these memories, this inner population to embrace the vibrational frequency of the Rainbow. Order them to open up, to welcome the healing frequency that you give them through your intention. It is time that you contact your cells of all your bodies. It is time you recognize that these cells are conscious, they hear you, they expect you to talk to them, they expect guidance from you. Have you noticed that you are always looking for guidance outside of you? What do you think your cells do? They do the same thing as you. They expect guidance from you, their master, their Creator, their King, their Queen. They follow the same pattern.

So what are you going to choose? Will you dare to make the decision to care for your people? *It is time, children of the Earth, it is time to wake up to the importance of these consciousness inside you and your role with these consciousness.* You have a role of protection, of loving guide, of master. You are the person responsible for these cells, these consciousness that you use every day.

This is a day of celebration. A day when we look at all the challenges you faced. At this moment, I will present you another challenge. Yes, one more! The challenge to consciously choose to commit yourself to your cells, to choose to acknowledge your role with your cells, with these consciousness living in you and of which you are the protector, the guide, the King, the Queen.

We give you a very powerful tool this morning: this Rainbow. These are healing frequencies, frequencies of Love, frequencies of reactivation united in one voice, one intention: to touch your heart, touch the consciousness of all the cells that compose you.

So I, the Rainbow, the Consciousness of the Rainbow, I bless your choice, I bless your heart, your life. I celebrate your victory! Thank you!

## **Mary**

### ***Your Heart is a power***

I am Mary and I envelop you in the sweetness of my heart, in the softness of the light of my heart. Breathe in the sweetness, my dear children, dear Consciousness that ignore the light they radiate on this Earth, in this dimension, in this Universe.

This heart you carry is a powerful sun. You can place in it all the intentions you imagine. Do you know that your heart, this power within you, can amplify the intention that you put in it? It is a catalyst of which you cannot suspect the power And if you choose, for example, to place eternal youth in it and you ask that heart to activate this eternal youth in the cells of all your physical bodies; do you know that as soon as you manifest this intention, it goes into action and it places a

regenerative sun in the center of each cell and each cell begins to radiate a different light? ***Do you realize the power of the heart in you,*** children of the Earth?

The heart in you is the thought of God, the Love of God, the Light of God in you and nothing can resist this power! This power can amplify everything, can create everything, can manifest anything. Such is your power, your power over yourself and over everything your mind can imagine in this dimension or elsewhere. It is not because matter does not obey your wishes at this moment that it will always refuse to do so. You are in preparation. You are learning to play with the Energies of Creation.

I, your sister, urge you to approach your heart and begin to use it as the super powerful catalyst that obeys your will, that can manifest everything for you, that can do everything, that can transform everything inside you. This Power is within you. You have always carried it. Today, I reveal this to you so that you can tame this Power, this Sun in you, this *Consciousness of God* that cooperates with your life. This *Consciousness of God* in your heart has all the powers as the Source, as *All That Is* around you and in you, as the *Energy of Life*. So, learn to play with this power, to tame it, to know it. Learn to work with this wonderful tool of the *Power of God* in you. You came to this planet to learn to create. Let us start now the apprenticeship of Creation for each of you. I invite you to begin consciously your apprenticeship in order to become a conscious Creator using the super Power that you carry: *this heart in you!*

I spoke today to activate memories in you, to activate Light codes, to change your DNA; to add to the Light that you already carry by reactivating certain Light grids, balancing a special Sacred Geometry inside you. This is why the High Council of Telos has come: to make adjustments in your Heart, your Heart Chakra so that you can begin using and taming the *Power* within you.

We have amplified the Power of your heart, that is to say, we have amplified the power available for your learning because not everything will be given to you in one occasion. No! This would be unintelligent on our part. It would not help you. We have amplified the Power of your heart so that you can use that part which was not available for your learning until now. We hope you will choose to start playing with that *Power*, to tame it, to welcome it and above all, to believe in it.

I am Mary, your eternal sister. The one who is watching you with amazement! Thank you!

*Translated by Janine Leclerc*