

Translated by Janine Leclerc**Denise Laberge***Preparation*

We'll close our eyes, take a deep breath and go inside our heart.

Visualize a circle around us. It is made of all those who have come from Telos, especially the crystal, the flower and the animal, small, large or medium, I do not know, it depends on who came to join you today in order to make an opening in your heart with the help of the three kingdoms: mineral, animal and vegetal. As you know, we're going into a World of Unity, the World of the Consciousness One, the World of the 5th dimension.

As you visualize this circle around us, feel an infusion of Light from these three representatives who today chose you specifically to open your heart in a special way. Feel the energy penetrating you. Feel that this Love energy knows you. Last night we all met in a Temple. These Elements, these Consciousness were there with us and today they connect with you in a conscious way. Feel your cells opening to receive this energy.

Mother Earth*You and Eternity are a Universe*

I salute you, my dear children of this Earth, of this planet, of this dense body you call Earth. Today, I present myself through this voice. I am the Earth on which you walk. I am that Consciousness which surrounds you at every moment.

While you are gathered here, know that you are greeted by thousands of my children of the mineral, plant and animal worlds. Those of Telos who presented themselves to you today, are only one example of those who are approaching you from the Invisible world at this moment. Do you know that all the Elementals that inhabit the forest around you have come? There are many around you and do you know that it is your light that attracted them? Today, I invite you to feel, to create within you a 5th dimensional world, that is to say, a World of love, peace, beauty, harmony, a World of Light.

I invite you, my children of the Earth using this physical body that I maintain alive, I invite you today to open a new door inside you: the door of the Almighty Power that you are! Today, I, your Mother in this dimension, the Mother of your physical body, speaks to the Divine Spark that you are! The one that was created ages ago, billions of years ago; the one that operates in multiple dimensions and universes; the one that decided to come and experience the high level of density

of this 3rd dimension. Yes! I am talking to you now: you, the consciousness that you are; you, the part of my heart that you are; you, the eternal element using this physical body now.

You, the Eternity to whom I am speaking, I ask you today to choose yourself: the Eternity. I ask you to stop choosing this illusion in which you live; this illusion of using this body, of which I could say, you identify yourself body and soul.

Today we prepare to open a large door of consciousness for each of you, together. I invite you to realize, to choose to accept yourself from now on as a consciousness of Eternity. Why this? To be able to welcome the Light energies, the energies of Resurrection that are coming to awaken the sleeping consciousness that you use every day in this density. These energies come to talk to you: the Eternity, to reactivate that part of yourself that knows it is eternal; that knows that there is a space that does not belong to the world of density. For this, you must say *yes* in consciousness. You must accept to receive this Energy of Resurrection, of reactivation, you, the Light Bearers on my physical body in this density among the children of the Earth who have completely forgotten their Hearts of Light and Love.

Yes, starting today, I want you to identify yourself to the Eternity that you are, the miracle you are. This is so important! Do you realize my children, that many of you listening to me now, do not yet believe in your heart that you are an Eternity; that you are a Light, a Consciousness that has all power over matter, that has power over the physical body you are using? Do you realize it, my dear children?

Today I come to shake the structure, the foundation on which you base your life in this dimension. I come to break beliefs, those energy walls that keep you trapped in the illusion *that you are only this body*. Listen to this consciousness in you. Listen to this moment of Eternity in you, this Consciousness, this Peace. This is your true reality! You are a Consciousness my children. You are not your physical body.

Today, all together as one voice, me and my children on the earth that have come to greet you in this place, we express a wish: ***that our Heart be ONE***, that you welcome this Heart of Unity in you so that it shatters all that limits you: everything that keeps you attached to this dimension, attached to beliefs that are around you, that are in the collective unconscious, that you carry inside you. It is time my dear children to open yourself to the New Energies that know only joy, peace, harmony. It is time to say yes to the True Life.

We observe you in this moment. We are aware of your questions, of your thoughts, and of your hearts. Do you realize that we know you deeply? Do you know that me and my children of Earth, the Elementals around you now only have to look at you to be in total fusion with each of you? I'll give you an example: suppose that a Gnome looks at you, as soon as he looks at you, you become one with him. He knows all about you. He knows the emotions you carry, whether you are happy or sad. He is in contact, in perfect unity, with all that you are and you cannot hide anything from him. Do you realize my children the words you have just heard, these beings that walk around you without you seeing them, they can teach you? They can talk to you. They can communicate with you. They can help you walk toward the World of Unity.

These three Consciousness from Telos who chose you this morning are teachers for each of you. Do you know that there are also teachers around you where you live? They are in your home, in your gardens, in the trees near your home, in the plants in your living room. Do you know that you can start talking to them?

This Eternity within you my children knows this language! It knows! You already carry it within you. And how can you do it? How can you practice to contact the Gnome, the Fairy, the Devas of nature, this tree, this leave? By being Love and with your intention; and above all by believing in yourself, believing in the potential that you are, believing in the Eternity you are, this perfect Consciousness that you are who is Eternal and uses this physical body.

The first time, maybe you will feel nothing, hear nothing, see nothing. After ten times, perhaps you will feel a chill, warmth in your hands or in your heart, a word, a sentence. After a hundred times, you will feel a new world opening to you. And how can you achieve this, my children? Simply by observing the universe that is within you because this universe within your physical body contains your consciousness. All that is recorded there is true for you. So if you want to communicate with a tree in your garden, sit quietly beside it, calm yourself and emit your intention to communicate with this tree. Then simply turn to this Universe inside you and observe what appears, what you feel, the impression that comes to you. It may be an emotion, an image, a phrase, a feeling, a question because this tree will use your interior to communicate with you. The only prerequisite is **to believe in yourself**, believe in your ability to decipher this language. The tree will use your inner universe to communicate with you because this tree that you want to communicate with is intelligence, and it is alive. What is alive is conscious. What is conscious works in the Heart of the Supreme of the Supremes, works with the One Light of the True Heart of Life! This tree is a consciousness knows how to communicate with your Inner Universe because it knows the language of Love.

Today my dear children, I ask you to start identifying yourself with the Eternity Consciousness you are. Take the habit to tell yourself:

***"I can do anything. I can discover anything.
I know everything because I carry the Great All within me.
I am the Creation! I am the Universe! Everything is possible to me!"***

You see, these words I use are keys. Every word you hear right now is energy, is a consciousness. Each of these words creates vibrations, frequencies, Light sounds and you absorb these forms, the Light sounds, and these energies.

In fact, I use the creative power of my intention to communicate with you who are becoming Universes receiving this Creation. A Universe is being created inside you because you listen to these words. Sometimes you follow the words, they provoke reactions inside you, questions, visions, memories, emotions. And why? Because I activate the Universes you carry. The Universe that you are is activated by the words you hear now because you are a Universe. Everything that happens inside you is part of a Universe. Every movement, every emotion, every thought is part of your Universe. You are that Consciousness that uses this Universe you carry.

So, I am now talking to Creators, Creators who use their inner Universe without realizing it. And why those words today? Because you are walking toward your mastery. You are walking the path of learning to become a Conscious Creator! And like any Conscious Creator, you must learn to master the energies that you carry, master the consciousness of the energies you want to create around you and in you.

You use this physical body right now, don't you? Is it comfortable? Do you appreciate it? Do you like it? Do you know that the thoughts you muse over populate the Universe that you carry? When I say Universe, do not underestimate the magnitude of this world within you because you are in fact an energy bomb. You are a concentrated energy that is connected with All That Is in the consciousness of Planet Earth. You are connected with everything that is alive, that exists in this dimension without realizing it. What you think in relation to yourself keeps you in a vibrational frequency, and creates a vibrational frequency. It is this vibration frequency that makes you able to connect with what is around you, with the Consciousness that is around you at all levels, in all forms, in all lifestyles, everything manifested in this dimension.

Today my dear children, I want you to start looking at yourself with my eyes, with the eyes of Unconditional Love, of Infinite Love; a Love that is welcoming, that accepts you as you are unconditionally, because my love for you is so great. My admiration for each of you is so great. I carry you always in my heart. I ask you these questions, my dear children: with what eyes do you look at yourself? Are you amazed when you contemplate this body you use in the morning? What words would you use to talk to yourself? How do you look at yourself? Each thought, each word you use in relation to yourself creates the Inner Universe you carry, creates forces, creates magnets that will attract to them corresponding vibrations. Yes! You are the beginning of your creation.

As you treat yourself, so the Universe treats you! The universe brings you exactly all the elements that match the vibrational frequency with which you treat yourself, you consider yourself, you love yourself!

So the important questions to answer today are:

"Do I really love myself?

Do I love myself, me, this Being walking on this planet?

Do I love the way I use this body?

Am I in awe before all the words I speak?

Am I happy to look with those eyes around me?

Do I enjoy the life that I live?

Do I love this life?

Are the words I use in relation to myself always charged with Love, always charged with admiration before all I do, I think, I say?

Do I like the way in which I clothe my body?

Do I like the colors I choose to envelop my form?

Do I take care of it?

Do I really try to give it the best in all things?"

Do you realize, dear children, the answers to these questions create the Universe you carry? Whenever you think, you add a stone to the foundation you carry, to the Light Cathedral you build inside you. At every glance you give around you, you add another stone to the Light Cathedral within you. And it is this Light Cathedral that creates your life around you, outside of you in perfect vibrational harmony.

So another important question is:

"At what point will you decide to love yourself, to learn to love yourself unconditionally? What will it take for you to decide to finally learn to love yourself, to love yourself as you are now without demanding perfection, without requiring performance, the beauty criteria that your civilization has adopted, without accepting the beliefs that define the human being who has succeeded in this dimension?"

Today I ask you to go back to basics, to your heart, to your own life, your dreams, to the eternity you are, dropping everything that belongs to the world of illusion that tears away your angel wings, that makes you crawl like worms. The words are not superfluous in that sentence. I have chosen them very carefully. Some of you crawl before your brothers and sisters, crawl before life. How do you dare to crawl, my children, when everything around you is dazzled by the grandeur, the light, the radiation of who you are? Do you realize this? Do you realize that everything around you is in awe in front of your hearts, in front of that which you came here to manifest in this dimension?

Always remember these words! You are the kings, the queens that my people serve. You are, each of you, the angels that my children of nature serve, love, admire. So today, open wide the door to the eternity you are, the consciousness that you are, the love you are and live it. Learn to live this eternity! Let it grow! Call it in you! It will open the doors to a vision of life that you cannot yet imagine, the real life. We repeat these words often, very often, with a very specific purpose: to make a final and permanent opening in your hearts, an opening of consciousness, a choice you will decide to keep within you and let grow, a choice that will allow you to walk on a path that will bring you your freedom, your joy, your rebirth.

With all our love, the children of the invisible bless you, and offer you their love. Thank you!

Adama

Learn to welcome

I am Adama, your brother always. Today I come to greet you once again, you my brothers, my sisters, the Lemurian souls in incarnation on this planet now, this gem, this treasure, this Universe. Yes, one more Universe to contemplate!

I ask you to breathe this moment now, my children, to become aware of the light around you and in you, to become aware of the love within you because you are Love, you are Consciousness, you are Eternity each of you!

We approach you today to envelop you in our love. I am now accompanied by several of my brothers and sisters of Telos and we form a circle around you, a circle of Love. One more to absorb! One more to feel inside you! One more to learn to live with! Yes! You can learn to live with the Love of Telos that is to say, the Love of Unity, the Love of respect, the love that shares, the love that harmonizes, the love that welcomes.

Do you realize that it is more and more important for each of you to embrace what comes up in your lives, to welcome these people that Life sends you, to embrace this work, to embrace this day, the rain that falls? How do you welcome what comes to you every day, every month? This welcoming is important my children. In this embrace you can discover the Pearls of Wisdom, the Pearls of Love that Life sends you. It all depends on the way in which you look at it, with which you greet the relationship, the communication, the dialogue, the challenge. For in fact, everything is energy, isn't it? And all energy can be colored, can be repolarized, can be blessed.

When you stop in front of a challenge, a problem to solve, a relationship to harmonize and you bless the solution that is coming to you; this blessing is like saying:

"Hola, 3rd dimension, we stop here! We change dimension! We invite the vibration of love to envelop this situation, this challenge, this problem, this person. We invite the vibrations, the energies, the Love of the 5th dimension and beyond to come and merge with this situation, with this problem, this challenge. We invite Love to anchor itself, to transform, to touch the heart of the Life manifested in this situation."

And when you do that, my children, you literally change dimension. You become the observer and you can then admire the perfection that is manifested.

Yes, there can be perfection in anger. I would say in holy anger, of course! There can be perfection in a word of Love, perfection in an observation, a look, a smile. Yes! It all depends on the manner or on the eyes with which you see, you feel. In welcoming, you become someone who blesses, transforms. In welcoming, you authorize the Divine to intervene. You authorize the Universe to come to you and bring you the magical solution without even having to imagine that magical solution before it appears.

In fact, my dear children, in welcoming Life and everything that comes to you; in taking that attitude, you already start walking in the 5th dimension. It is as if you allow, or rather, you choose to see with the eyes of Love the Life in you and around you without judging, without comparing, simply observing everything.

Why these words in this wonderful and radiant summer day? It is because, for many of you, events, situations and choices are preparing themselves, and if you adopt this welcoming attitude, this way of seeing Life, everything will be easier! You will invite the magic, the power of life to support you, to open the doors of its intelligence, its perfection, its abundance. It's that simple!

If you choose to accept what life presents to you and you let go of the resistance, you say to it: "Bye! Bye! Bye resistance! Bye control, bye manipulation! Bye to the idea that the situation should resolve as I want." You choose rather to trust that the best will happen, the best will come. By letting go, breathing, calming yourself and blessing all that comes to you, *you become a magician!* These words are simple, my children but this requires great courage! This requires that you make a choice within you.

'Is it today that I decide to believe in Life,

To believe in the power of Life;

To believe in the love of the Universe for whom I am, me now,

With all that I know of myself, all I think of myself,

With all I have accepted as limitation within myself,

With all the fears and doubts that I carry within myself?

Does the Universe love me enough to create magic in my world?

Can I consciously choose?

Yes, today, I choose life!

Yes, I choose to welcome the Life and to trust because what I live now is the best for me, these are indicators that tell me where I need to make changes, simply to make changes!

The Temple of Infinite Trust

As I speak, the Temple of Trust has come among you. We are now at the center of the Temple of Infinite Trust in the Universe, of Infinite Trust in the Love of the Source for each of you.

Feel this energy. Those working in this temple are around you. They surround you in a very special way today because each of you needs to anchor this trust, to begin to truly live in your heart, to make that choice. Without Trust, where do you think you can go, my children? Do you think you can accompany the Earth in its ascension to the 5th dimension if you cannot trust Life? Tell me! Can you trust Life if you believe that you are a mere human who has plenty of problems, that Life has never spoiled you and that your life never gets better? It is impossible! The 5th dimension, my children, is a dimension where you are ONE with the Universe, ONE with Life, One with all the abundance, the intelligence, and the Love of the Source. And you cannot be ONE with the Source if you do not trust It, can you? There is a link here.

So this Temple of Infinite Trust has come to you today. Can you feel this Trust? Feel it touching every cell of your body, enveloping you. Invite it! It cannot impose itself on you. It is you who must choose to say yes to Trust, to open yourself to Trust, to choose to want to live it, feel it.

I invite you to welcome this Trust in your heart each morning. Invite Trust to come in your work, in your relationships. Invite the Consciousness of Infinite Trust to touch the heart of your friends, your families, even the objects that you own because Trust is an energy, a Consciousness of Harmonization which allows the Universe to get in touch with you, to hear you, to listen to you, to be at your service.

(Silence)

Currently a wonderful Light is enveloping you, a very soft light; a Light in perfect harmony with your heart. This Light speaks of Trust. It speaks of Love. It speaks of Unity. Welcome it!

(Silence)

If you wish, some priests and priestesses of this Temple will work with you for the next seven days. You can invite them to work with you, to help you anchor trust inside you, trust in Life, trust in the Eternity within you, trust in Love, trust in the One Consciousness that guides you toward your unity, toward the rebirth of the Universe you carry to synchronize it, harmonize it with the Great Life, the True Life.

(Silence)

Very gently, the Temple withdraws itself and returns to Telos leaving you wrapped in this Light that will accompany you during the next seven days. You can invite the Priests and Priestesses to also remain with you for the next seven days to help you open up further to the Trust in God, in the Source. Use the name you like. The one that makes your heart vibrate. The Infinite Trust of the Infinite Heart of the Source that comes to you to touch your hearts, touch your lives, and participate in your rebirth to yourself.

I am Adama, this brother forever, who walked with each of you in the Land of Lemuria.

Light Warriors

Explanations of Denise

What I saw at the beginning were the Knights of the Round Table. I imagine them standing very straight with their swords, a steadfast nobility, courage, perseverance and unwavering faith. They approached us and they want to talk to us.

The message

I am! I am among you. I am the Master Consciousness of the Light Warriors who have walked on this planet. At the sound of my voice, all the Light Warriors with noble hearts filled with love, wisdom, compassion for life on this planet have heard my call. You are now surrounded by several Knights of the Light, my children. You were these Knights of the Light at different times of this planet. Do you recognize yourself?

I came today to talk to this brave heart you are, that you carry; this courage that takes you before all the obstacles with unwavering faith. Today you will leave this place, charged with this Energy that I ask you to reactivate in you, to reconnect in you because you are carrying it. You carry this unflinching courage my children. Each of you has listened to this noble heart, this noble Love when you incarnated to take the suit of the Knight, of nobility - not just any Knight -, the one that was linked with the Great Divine Sacred Wisdom recognizing the best in everything, especially in the heart of your brothers and sisters to protect them, reassure them and illuminate them with your Love.

So, you will leave conscious of this Wisdom, this courage within you. These Knights, around you now, are aspects of your own heart, aspects of yourself, of your past lives. I am!