



## ADAMA

If you allow me, I would like to speak. I am Adama. I come on behalf of my brothers and sisters of Telos, in the Name of the High Council of Telos.

Today we would like to anchor in this Local, in the heart of our children a special Light, a Light of Eternal Love.

So, imagine that over the Local, a Blazing Sun is shining with all its fire. The Blazing Sun is connected to the heart of Creation of the Great Central Sun. The consciousness of the Blazing Sun is one with all life.

The Blazing Sun represents all consciousnesses existing in all creation. Visualize that from the sun, my children, a thread of Crystal and Gold Light goes to your heart. With grace and love, It attaches to your heart.

It merges with your Sacred Heart bringing an Energy of renewal, an Energy of resurrection, an Energy of creation. Feel the link that is bringing new energy to your consciousness, to each of your cells, to your whole being.

Feel the energy that is surrounding you. We would ask you, for the next three days, to be aware of this link that feeds you and that will bring a new impetus for this period, for this phase which is before you.

Humanity is living great moments. These are Important, Noble, Sacred times and we honor each of our children.

The exercise I ask you to do is to feel this very special link and to start the day by asking:

O Father-Mother God, God of all Creation,

I am your Child and your Consciousness in this dimension,

I ask you to reveal yourself to me

I ask you to bathe and maintain me in your Energy of Light, Love and Peace

Throughout the day

I ask you to resurrect me

Once you have said these words, do nothing. Listen to the vibration in yourself. Feel the answer of your God within, of this Great Sun who will immediately respond to your request and as long as you feel the vibration within you, remain receptive.

Then give thanks for this new consciousness arising in you, for the expansion of Light and Love Energy that will manifest more and more every minute, every hour, in your physical body in this dimension on this planet.

It's the gift that I, Adama, am giving you tonight on behalf of the High Council of Telos, in the name of your brothers and sisters of Telos working with each of you. You are not alone and I will present myself more and more often in this room to talk to you.

See you soon!