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Preparation

Let us center ourselves in this moment of Eternal Now. Let us go down the crystal staircase leading to the sacred space in our heart. We come before the large door of our Sacred Cathedral, our Inner Light Cathedral and we can breathe the peace of the moment.

Feel this large door of light before us, feel its contact with you. Thank the Life, the Light within us. Let us appreciate it. Let gratitude envelop our heart and let us ask to enter into our Light Cathedral.

As we ask for this permission, the front door opens softly and we enter into this sacred space, this Light Space within us. This space allows us to connect with our true identity.

Feel the light, the warmth, the love of this place. There lies our true identity, our I AM, our cosmic eternal identity that sustains Life inside us, that makes us what we are and allows us to move in this dimension on this Earth, radiating the light of that heart we are. (Silence)
Breathe deeply.

Mother Earth

You are part of my consciousness

I welcome you in this sacred place of your heart, children of Earth. I am the one you call Mother Earth.

My dear beloved children, my precious children who have come to this sacred place on this planet, on this body that I am, in this consciousness that surrounds you; today you have chosen yourself. You have taken time for yourself to stop and harmonize the frequency of your heart with mine, with the frequency of the Great Life that unfolds presently over my body; and that also in the heart of all that lives on the surface of my body, inside and beyond.

I declare that this day is a day of harmonization of the hearts living in this dimension. Many circles have formed around you: the circle of your brothers and sisters of Telos who are also my beloved children, the circle of animals, of crystals, of plants, of the marine world, of the stars. All these circles around you are united as one energy, united with your hearts, united with the heart that we all are together right now.

While you are focused on your heart, imagine and visualize a large heart that envelops all of you, and contains all of you. You are the lights, the stars, the suns in this bright heart, dear children, precious hearts that you are, all of you.

Today I invite you to forget all your beliefs, your limitations, your doubts, and your fears. Forget them! Live only in the present moment. Live in the openness of heart and the Great Life to which you belong.

As we are gathered around this heart you are forming, I invite the Consciousness of this humanity to join this heart, to take place at the center of this circle. I invite the Consciousness of that humanity to which you belong, to which you are part of, to which you collaborate in every moment of your life. Each of you is connected to thousands of hearts living in all the kingdoms on this planet.

Today I, your Mother, wish to do some work to unify, to harmonize all human hearts of this planet. I call, in the center of this heart you are forming, the heart of all those who are presently in incarnation on this planet. I call the brave courageous heart of each of my children at the center of your circle.

My children, see the hearts of your brothers and sisters. Visualize billions of stars, billions of small suns and I invite you to envelop these hearts with your love. Feel the love relationship connecting all of you because you are, consciously or unconsciously, preparing to open up to the world of Unity, the world of Inter Connectivity, the world of the unique Heart that unites all Life; that unites you and your brothers and sisters of the Earth.

Soon, humans will realize that they belong to the same consciousness, to the same Life, to the same living body, to the same Planetary Consciousness. You will feel each other. You will telepathically communicate with one another and this will happen faster than you think, because the energies are there to support you in this awakening. So feel this unity, feel these brothers and sisters at the center of this circle that are connected to your heart. You are connected to each other. Do you realize, dear children that each of you is part of my consciousness, that you are not separate from my heart, my love, my life? Who do you believe sustains your life? Who do you think provides the air, the oxygen you need to breathe? Who do you think prepares the water needed for the bodies you use every day? Who prepares the fruits, the vegetables you eat? The grains you eat? You are part of my love, my dear children! You are not separate from it!

Each of my children, of all the kingdoms that share the body that I have created in this dimension, is part of my consciousness. We are ONE! All interconnected, interrelated, creating life, maintaining Life, making it more and more beautiful. Yes my children, through your heart, by the radiance of your life, you maintain life. You embellish it. You allow this humanity to grow because each time you choose Light, Harmony, Love, this creates a vibration wave that spreads all over my body at all levels. You touch the hearts of your brothers and sisters of all the kingdoms every time you say yes to Love, and my whole body shivers. I feel it! The souls of your brothers and sisters feel it. Do not be fooled by appearances! A great work of awakening is happening in this dimension, thanks to you, thanks to all those who believe in the word "LOVE", who believe in Peace, who believe in Justice, Abundance, Sharing, Harmony.

So, dear hearts, do you think that I do not know you? Do you think I do not know where you are, where you walk? I know your every thought. I feel all of your emotions. You belong to my consciousness. You are part of it. I envelop you with my energy every second. I know each of you intimately and today, I want you to open a large door in your heart; a door to welcome me in your life, to recognize me as part of your life, as a privileged partner of your life. And why this request, my dear children?

Because when you open up to my energy, to my Love, you allow me to bring you even more the abundance, the peace, the Light that I reserved for each of you. Yes! I invite you to take a big step into an unknown world. A world where everything is alive, where everything recognizes itself and everything supports Life, forever creating more and more beauty, grace, happiness, joy; for this is the true definition of my Life in this world, in this creation, in this dimension. You belong to the great movement of Life. You incarnated in this life now to activate a new vibrational frequency that will help open the doors of the human heart to the world of the invisible, the world of the living energies that support Life in this dimension.

Each of you has incarnated with a royal, divine, sacred goal: to raise the vibratory rate of this dimension, to raise the Love frequency on this planet among your brothers and sisters of the Earth, of all the kingdoms. None of you has chosen an easy life! Have you noticed? Each of you has chosen major challenges in order to open a door before your brothers and sisters, to show them, to tell them: *« See, I am like you! I have the same problems, the same challenges and I dare open that door. I dare say yes to trust in life. I dare say yes to love, sharing, harmony, peace. You are also able to do the same. »* But you see my children, this is not said with words. This is done by your own way of living. Every time you take a step, humanity takes a step.

These hearts, presently gathered in the center of your circle, feel the Love vibration of your hearts, the Love vibration of my heart spreading over my body. Together we feed new energy to enable humanity to awaken to a world of love, respect and sharing; a world where everyone has a place; a world where everyone is respected for what he is, what he represents and what he radiates. Each of you, here now in this wonderful circle, belongs to the group of workers who said yes to the great adventure of creating a new world, a world of peace, harmony and love; in your own way, wherever you are now.

How do you do this? By learning every day to listen more and more to your heart, to let your choices be guided by your heart, by the voice of the Great Life inside each of you. When you become more familiar with the Great Life, when you incorporate it into your everyday life; you radiate more and more in your families, with your friends, at work, on the sidewalk, at the grocery store, the post office. You radiate, my children! And it is this radiance that awakens the soul. It is not the words. It is what you experience, what you carry inside you: the vibration of your heart, the vibration of your beliefs, the vibration of hope living inside you. This is what will change the world! And you, my dear children, my precious darling children, each of you chose to incarnate and to participate in this reactivation of the Light energies.

Adama

The Universe is listening - Part 1 and 2

I salute you. I greet each one of you on behalf of my brothers and sisters of Telos, this City of Light which today has built a bridge of Light between this group, this place and the Temple of Infinite Love. Feel the Love bond that unites us, my children. I am your brother. I am Adama, the one who now speaks for the love that unites us, and unites you to each other.

This morning, we have prepared an altar for each of you in the center of the great Temple of Infinite Love. We have placed something on each of these altars. For some of you it is a symbol, for others it is an object and for some it is an energy.

While listening to these words, focus your attention on this heart within you and together, in this great vortex of Love that we are, we travel to this great Temple of Infinite Love.

And gently, we land at the front door of the Temple, where I and your Healer Guides are awaiting you. Yes! Last night we worked with each of you. We conducted some energetic alignments / adjustments to prepare you for the ceremony of meeting with yourself!

As I welcome you in the company of these healer Guides, feel their energy. With your heart, connect with these guides, these brothers, these sisters you know. Softly, we cross the long corridor that leads to this room that we have prepared, where we have created an altar for each of you. And as we enter into this large circular room, pink and gilded, you are attracted to an altar. Follow your imagination, feel the one calling you. It may have a different shape for each of you. It may be built of different material for each of you. What you feel, what you imagine, what you perceive *is true!*

This is a training exercise where I invite each of you to believe in yourself, to trust yourself, to trust in the Life that inhabits you; in this consciousness that you are, this energy, this radiance that you are, you the unique part of God manifested in the form you have chosen to take in this dimension. You, the Eternity Consciousness you are, I invite you to trust yourself, to realize that the thought you are, this emotion that you are is perfect, that it is part of the Great Consciousness and that the Great Consciousness is intelligent, creative, full of imagination, of Wisdom, of Love, of Light, of Perfection. Yes! Because that is what each of you are, my children. The image you have of yourself is distorted. You are a parcel of Eternity that uses a physical body in the 3rd dimension on this planet Earth. You are a part of the Eternal Consciousness of the Source, each of you.

This altar before which you appear, was prepared by your own Sacred Divine Consciousness, to reactivate within each of you Light codes, old memories that talk about you, your true identity, the radiance of your heart. So yes, look at this altar, feel it, enjoy it. And for those who do not have the ability to see inside themselves, create it with your imagination now. Know that what creates inside you *Is* your Consciousness, *Is* the Source within you, the part of Eternity that you are and who today, connects in a quite wonderful and special way with each of you.

Yes! Approach the altar and see what you have placed on this altar for yourself today, in this moment. This vibration, this color, this symbol, this object, this radiance and I invite you to take this item and place it in your heart. (Silence)

Feel the vibrational change that occurs within you, my children, because you are activating a new frequency in your heart chakra; a frequency that will allow you to open new doors to life understanding for each of you, to an energy of awareness.

And gently, we return toward the door, to the corridor of this Temple, charged with this frequency. And gently, we return to this room where your physical bodies are now assembled.

My dear children, you bathe in a world of pure energy, do you realize it? Do you feel it? The air you breathe is energy. The body you use is energy. The thought that crosses you is energy. What you imagine inside of you is energy, and all energy is alive. All energy is part of the Great Consciousness forever expanding in all Creation. So, you manipulate energy, you are an energy creator.

The exercise we have done together is a creative exercise for each of you. You have created a tool to reactivate within yourselves a new frequency. Since you are a being of pure energy yourself, you can use any energy for a specific purpose such as to awaken yourself, and to activate a higher frequency in your energetic bodies. ***This energy, my children, obeys your will and your imagination.*** And what is that will, what is this imagination, my children? It is the Great Life that thinks through you, that acts through you, that creates through you. And what is this Great Life? It is the Consciousness One that supports all Creation.

So, you who believe to be a human being walking in this dimension, who are you, my children? You are a part of the Great Consciousness that moves in all Creation. You have all the Powers inside you, all the power of creation of the Great Consciousness, of the Great Life. And what are you doing with it, my children? How do you use this Almighty Life in your lives right now? *Are you happy? Is it joy that wakes you in the morning to start your day?* I ask these questions my dear children, to open a breach in your mind, to tell you: « *There may be something in this life that I have ignored, that I have overlooked or haven't noticed; something extraordinary that would allow me to live in joy, in abundance, in peace, in love, why not?* »

I, your brother Adama, say: « *This is possible since we, in Telos, already experience this!* » There is already on this planet a group of people living in happiness, in joy, abundance, sharing and harmony. Since we live it, it is possible, isn't it? And why would it not be possible for the entire planet Earth? Well, the good news, my dear children, my dear brothers, my precious hearts is that you can now transform your lives. You can now align yourself with the frequency of the Great Life. You can call it to manifest in your lives now! You can allow it to intervene in order to serve you in your lives now! By trusting it, by becoming a partner with its power, by ceasing to consider yourself a mere human living in separation, in a world where it is difficult to live, where one has to work hard to earn a living.

Well I say to you: « There is another way to make a living, another way to live in joy, peace and love. But it starts with you! »

This Universe is an intelligence, a consciousness that hears you every second and obeys your heart, for this universe in which you operate, is a universe at your service that materializes your creation before you. And what is your creation? ***It is what you believe. It is the vibrational frequency of what you believe in,*** because everything is energy, isn't it? Everything is vibrational frequency.

And since everything is energy, all those hearts gathered in the center of this circle, the heart of your brothers and sisters, do you think that they have listened, that they received this message? By pure intent, they received everything! ***Your intention created,*** my children! By desiring to send them Love, by wishing to connect to them, by including them in the Loving Heart you are forming now, ***it is created! This is done because all is possible for the Consciousness, the Energy!***

While we are currently gathered in this place with you and the hearts of your siblings, still in the center of your circle, be assured that they are receiving the Love vibration in this moment of eternity.

And now to end with the heart of your brothers and sisters from this humanity, I invite you to send to all these hearts the Love flame from your heart to feed them. I invite you to color your heart with a quality you want to offer your brothers and sisters of the Earth. Thank you!