

*Translated by Janine Leclerc*

## **Denise Laberge**

### *Invocation*

I invite archangels Raphael, Gabriel, Michael and Uriel to position themselves around us and keep us in the energies of Light, Love and Peace throughout this encounter with the Holy Light.

We invite our brothers and sisters of Telos, the High Council of Telos, Adama, Ahnahmar, Aurelia.

We also invite our presences I Am so that they open our hearts today in a very special way, a magic way, a grand way.

And we invite all our Guides, all the Angels, all the Archangels, all the Beings of the Light dimensions who want to share with us their peace, their joy, their light, their love.

We ask the Source, the Creator Father Mother God, the Divine Mother to bless our hearts, to bless the life in each of us, to bless the unique expression of the Source that each of us represents in this dimension.

That is to say, we ask the Source to bless the heart of every human in incarnation on Earth now, to bring them peace, clarity, discernment; to feed their heart; to open their heart on a dimension of Light, a dimension of hope, a dimension of happiness and joy so that our humanity finally remembers, remembers its true nature, our true nature which is a nature of love, a nature of peace.

## **Adama**

### *Your ocean of emotions*

I invite you into my home. I invite you into the home of love, the home of my heart. I am Adama. Today is a great day because we have prepared all day and all evening yesterday to meet you in your sleep, to meet you in other dimensions, the dimension of your souls.

So, receive the energies of Telos today. Open your hearts. Feel this energy, this Consciousness of the 5<sup>th</sup> dimension in which you currently bathe because a part of you, the part draped in the pure Light of the Love of your heart, is here with us at this time in Telos. It is that part of yourself that bridges the gap between your awareness of the present moment in the 3<sup>rd</sup> dimension on planet Earth and that dimension of Light, in which we are all here with you now. Be crowned with the crown of Love, the Crown of Light, the crown you have always worn throughout all these incarnations till now.

Oh! What else can be said? Our hearts are joyful, our hearts are radiant, resplendent to know that you are there among our brothers and sisters of the Earth. You are those who represent us, who represent the column, the torch of Eternal Love among our brothers and sisters of the Earth. What a privilege, what an honor to receive you in this place!

We have prepared a great feast today, a celebration of Love. There, in front of you, is a large table on which we have placed presents for each of you. I invite you to approach this table, in thought, and take what you observe, what you see, what you feel that speaks to you, because it is reserved for you. These objects, these energies represent a signature, a consciousness to help you remember who you are, to help you remember your mission among our brothers and sisters of the Earth, your mission of Love, your mission of Peace.

Why these gifts? Have you noticed my dear children that there has been a great acceleration of energies on this planet in the last few months, the last few weeks? There is a large underground movement. And when I say a large underground movement, I refer to the movement of emotions inside you. They represent a large ocean, an ocean of great depth in every human.

The great work started three months ago. It is the work of becoming aware of these energies that inhabit your ocean of emotions. These energies that you carry and that you have experienced in other lives, in other times, in other bodies, in other dimensions too. And since this humanity is marching towards its unity, each of you is also called to walk towards his unity. Who says unity, says assembly, reunion, reconnection. Conscious reconnection with all that is in you, my children!

Doors, lids will open each week within this ocean in each of you to allow you to get in touch with emotions, feelings, regrets, guilt, shames, rages, anger, energies. Energies that belong to you, energies of which you are the master, energies of which you are the Father Mother, the Creator. These energies have been neglected for too long in your unconscious, in your subconscious, in the deepest layers of your cellular memories.

Know that we, from Telos, are very well equipped to help you find yourself, to find your family, your children in these oceans of emotions you carry. We know you and we know the emotional burdens you carry. We only have to come near you to fully grasp the depth of these oceans that inhabit you because in the fifth dimension, nothing can be hidden, everything is known, everything is done with transparency and respect.

Today, you are surrounded by many of your brothers and sisters of Telos. Many of these brothers and sisters know you very well and they have specialties. They know the human being. They know the energies of the subconscious and the unconscious. They know the energies of the emotional and they are close to you now.

I ask each of you who hear these words, ***to go into your heart now and to emit the intent to make contact with these brothers and sisters who are around each of you now.*** These brothers and sisters who come to offer you their service in order to bring peace in your whole being, to guide you through the maze of this emotional labyrinth.

These emotions, my children, the ones that you feel and that life serves you on a platter these days, these weeks, these months. Sooner or later, you will be confronted with them because they claim your attention. You are the wonderful parents of all these emotions that are in you. You are their absolute Creators.

And today I, Adama, step closer to you, in your direction and I tell you that these emotions are pure energy of which you are the master, of which you are the Father Mother, of which you are the Creator and these energies claim your Love, my children. These energies walk towards each of you simply to claim your love.

Who says Love, says no judgment, says acceptance, says respect for this energy that comes and walks towards you because all these energies want to be recognized for what they have given you, my dear children. They have brought you discernment. They have brought you courage, determination. They have brought you the will to move forward. They have brought you the knowledge of the worlds living and experiencing the energy of separation. ***All these emotions have made you the wonderful Being that you are!***

So today, I ask you with all the Love of my heart not to deny these emotions. I ask you to welcome them with open arms, to love them, to welcome them unconditionally as the Father Mother that you are; as the father who welcomes the child he disowned, the child he ignored for too long.

I ask you, my dear children, to conduct yourself as the Divinity that you are, as the loving heart that you truly are because, in reality, every one of you is a loving heart. You are a Being of Love. Everything you think you know about yourself is only a tiny piece of who you really are. All that you believe about yourself is an elaborate web of illusions spun out by your ego and this web of illusions, is being dissolved, dematerialized. It is your Love for yourself that will accelerate the disintegration of the veil of illusions that keeps you away from your identity, from your true heart, from your true light; the one you carry within you. What you think you are and what you really are, they are two very different worlds.

While standing up in front of these energies that attack you from all sides, that come knocking on the door of your human consciousness, well, stand up straight but radiate your love for these emotions, radiate your love to those aspects of yourself that claim your attention. Do not judge them! Welcome them! Simply welcome this energy that comes and makes you feel anxious or angry or disgusted or frustrated. You welcome it and you say:

***"Well, I feel angry. Oh! What a great adventure to experience the sweet anger. Wonderful! Come here little girl. Come here little energy that my heart loves with an unconditional love. Come, I recognize you. Today, I welcome you in my loving heart. Today I know that you are present in my life and I will not deny you. You took part in***

***the making of what I am today and hallelujah! What a wonderful Being I am! What a wonderful Being I am in my heart because I am growing in it."***

You see, when you talk with this language to an emotion that comes to you, there is no judgment, there is only the welcoming of it. There is only the blessing of that emotion that brings you its gift. Its gift has made you the Being you are. Its gift has made it possible for the Life to use you today in this wonderful role you are currently playing in matter. The role you are playing in matter, in this life now, is perfect; as you are about to find out.

The trick is simply to disintegrate, to dismantle your beliefs, to remove this veil that separates you from the true nature of the Being of Light that you are. In welcoming yourself, in recognizing that this emotion is part of you, you allow it to live and be polarized differently. Your love repolarizes it to the Life current. When you welcome it without judgment, it can harmonize itself and take its place in the true Life current which is pure Love. You are the door allowing this emotion to reinstate the flow of Life in unconditional love. You are the consciousness that says:

***"Yes, I welcome you, come back home! Yes, I recognize you! I recognize the gift that you gave me and today I return you to Life. I allow you to choose to re-align yourself to the Life current, the one that radiates at all time its pure joy of being."***

Do you understand these words my dear children?

These words are charged with an extraordinary power of transmutation, of transformation. We give you today an important key that will allow you to disintegrate the veil that keeps you in separation and makes you believe to be apart from all that surrounds you, the life around you and in you.

(Silence .....)

Today is a day of celebration where here, in Telos, we welcome our children, our brothers, our sisters, our friends who have chosen to walk the path of Light, the path of freedom, the path of harmony.

(Silence .....)

Take this moment to breathe, to feel the energy of this place where we all are in Telos. The home where I welcome you, my home, this place that I have prepared to receive you; this place that together, I and your brothers and sisters of Telos, have prepared to greet you in the glory of the Love you represent among our children of the Earth.

(Silence .....)

Yes, I invite you today, my dear children, to consider with new eyes the emotions that come to the door of your heart. They are your allies. You have developed thanks to these emotions, these energy/consciousness the discernment that is yours today. You have developed an understanding of the world of density in the separation. You have developed a treasure of knowledge and understanding that all Creation envies. Yes, such is the truth, the truth of your life, of your role in the Great Plan.

My children, feel that Life inside you. Feel that you are a living Being who is participating in a great project and feel that this Life inside you gives you all the powers, gives you all the strength you need to take the next step. The one leading to your inner enlightenment, your awakening to the Consciousness that you actually are in the dimensions of Light.

So gently, you take this gift that has been prepared for each of you. You place it in your hearts and softly we say: "*See you soon!*" And you return to your bodies in the 3<sup>rd</sup> dimension charged with new energy. New energy of acceptance, of unconditional love for yourself, for this population that is you: the children you carry. These energies that make you the wonderful Being you are!

Telos loves you! Telos carries you in its heart and I, Adama, am the voice that speaks in the name of the Heart of Lemuria, that Heart that each of you carries within, that Heart that shines, that sows hope; that Heart that believes in a better life, in a new world; that Heart that collaborates in creating the New Earth. For this, you are infinitely loved and respected by the Planetary Hierarchy.

Thank you, thank you and thank you again!

## **Planetary Hierarchy**

### ***We ask you to trust***

Today we contemplate the sky of your consciousness. Today we contemplate the Life in each of you.

I am speaking on behalf of the Planetary Hierarchy addressing itself to its children at this time, not only to those who have ears to hear but also to all those hearts who rise every day to carry the torch of True Life on this planet. Be blessed for the Life that inhabits you, my children. Be blessed for this Love that you spread relentlessly around you.

These words are true because, you see, this Love that I am speaking about is this vibration that you carry within you; and this vibration is your Life. This is not a Life that can be qualified by words, by certain gestures, certain looks. No! This Life you carry and you live among your brothers and sisters is qualified by its radiation and this radiation is qualified by the vibrational frequency of what you believe. What you believe defines the vibration that you carry and spread around you, children of the Earth.

So you do not need to say anything to participate in the Great Work. You do not need to make speeches, give lectures. You do not need to smile at everything and everyone. You only need to live your life by creating more joy, love, beauty, well-being in it. Your only goal is to ask yourself this question:

***"How can I improve my life?***

***How can I add more joy in my heart?***

***How can I create more happiness in my house, in my work, in the office, on the sidewalk?***

***How can I make my life magical, magnificent, resplendent, radiant?"***

Use whatever words you want. That is your goal, my children, because by asking yourself these questions, you find answers. By asking yourself these questions you are addressing the Universe who hears you and the Universe starts to work, to look for the wonderful solutions to obey your soul search, the momentum of your heart, your Life. That is your mission! The more you create joy in your lives the more you realize your dreams, the more you allow joy the more your heart vibrates; its frequency rises; and the higher your frequency rises the more you reconnect to the whole creation in all the kingdoms, to the Great Life.

These words, I sow them in your hearts right now. I sow them in your Lives. I sow them in the heart of the consciousness of all the cells of each of your body because this is the real truth for each of you.

You are not on Earth to save the world. You are not on Earth to save your children, your husband, your wife, your friends. Your only goal is to create your Life in joy, with always more joy, more freedom, more harmony, beauty, because Life is in charge of all its Creation. It takes care of your husbands, your wives, your children. Life takes care of all that is around you.

Today, I speak on behalf of the Planetary Hierarchy that watches the evolution of all consciousness manifested in form on this planet. So we know everything that is alive, everything that seeks to grow, all that seeks to shine in this dimension and you are part of it.

Today, on behalf of the Great Life within you, which is the supreme Authority in this dimension, I ask you a favor. I ask each of you to allow the Great Life to help you, to assist you. I ask you to trust in Life, trust in the Supreme Intelligence of this Life which takes very good care of you and tends to all that exists in all Creation. I come to ask you to trust, my children, to stop trying to control everything. For do you realize, my children, that wanting to control everything weighs you down? It makes your life heavier, it makes your frequency heavier. It slows down everything that is within you with the emotional charge, the load of anxiety, fears, doubts.

Today we come to you in great numbers. We come to sooth your hearts. We come to remind you that, at some point in your eternal Life, you were a part of the Life. You were not disconnected from it. You trusted this Life completely around you, within you. You were totally trusting that everything you need would be given to you without having to earn it, because Life requires nothing from any of its children. Life takes care, with unconditional love, of all that is entrusted to it, asking nothing in return. Such is the power and the greatness of its Love.

In this great adventure in the density, you forgot my children. You have forgotten the power and greatness of Life. You have forgotten that this Life knows everything; it can bring you the best of the best to each of the problems that come before you. It can offer you all that you dream on a gold and silver platter. Yes, such is the power of Life! And this is a truth, my dear children, I invite you to welcome it in your hearts today.

And why that? Because in welcoming this truth in your hearts today, you take one more step towards your freedom, one more step towards your joy, the joy of your heart, the joy of Life within you. You release a great weight, the weight of all this unbridled imagination of your ego, that part of you that has forgotten the meaning of True Life.

Yes! These words are so simple yet they are fully loaded with a great energy of truth. Today you have the chance, the opportunity to make another choice; to make the choice that leads you to your freedom. The choice that relieves you of unnecessary bulky weights that prevent you from having and living the dream life for which you incarnated. For I say that each of you had planned a dream life for yourself before you incarnated. And somewhere, throughout this process, this dream crumbled, because you have cluttered your mind with mental distortions caused by density.

These dreams, this magic is still around you, it is still waiting for you. You only have to make this choice consciously and renew it every day: to trust in Life, to trust the Intelligence of the Intelligences who created all Creation. You have to make the choice to learn to open up to its power, its greatness, its magic. You have to make the conscious choice to tame all these aspects of yourself that will reveal themselves in all circumstances to prove the contrary of this truth, the opposite of what you hear now.

I tell you: welcome these fears, these doubts as energies, as your children. However inform them about your new vision of life, the vision you want to live, you want to experiment, you want to radiate and spread around you. This Life will not be cut off from the Great Life but will be an integral part of it. This Life that recognizes its rightful place and radiates it first in your heart. This will first transform your own life, your way of looking at yourself, of looking at what is around you, of looking at your thoughts, at what flows through you.

Yes! This is a great day. It is a great day where you are offered great truths, new choices to expand your inner horizons, to broaden your vision of yourself and Life. ***Do you take the time in the morning to observe yourself, my children, to observe the state in which you start your day?*** Well, it would be good, it would be very good for each of you to position yourself, at the beginning of your day, to declare its direction, to declare out loud the purpose of this beautiful day ahead. Declare out loud in front of your mirror:

***"This day is beautiful! This day fills me with joy! This day gives me everything I need, and even more, because this day is intelligent and it works with me, for me and for the entire planet! This day is wonderfully amazing and this qualifier, that I decree, is spreading itself around me and in my whole world; and it is realized, manifested now!"***

You see, these simple words you say position you, they align the energies of the day, align the energies you want to create and manifest in your life. ***This is not a fairy tale, this is a real tale.*** It is a truth because you create your life every second. With such statement at the beginning of your day, you declare your faith in this Universe. You declare your faith in Life. You declare that you are partnering with its power, that you trust it, that you allow it to transform your Life with its beauty, its power and its magic. You do it consciously. It is as simple as that!

My dear children, you are learning to live in a different manner, a different pattern and these changes occur one thought at a time, one emotion at a time, one day at a time.

These are the words we wanted to address you today, you, the all-powerful creators of your Lives, you, the almighty creators of the New Earth that is spreading presently across all continents. Yes, great changes are being born in the heart of the men and women on Earth right now. Great changes that will produce magic, that will produce the New Earth. We invite you to collaborate in this great change, in the creation of the New World because each of you has the potential, the capacity of doing it.

We have spoken these words for each of you but we have also pronounced them for all those hearts seeking the truth on this planet now. These words will be acting for several weeks to touch the hearts of all the human children.

We thank you for your work, for your determination and courage, for it takes courage to work in this dimension that does not show anything of the magic that still inhabits it.

Thank you !

**Denise Laberge**

***Image seen***

I see our group in a large luminous egg. Mother Earth, like a Goddess of light, approaches it surrounded by representatives of all the kingdoms (plants, animals, crystals, sea world, etc.). They all form a circle around the egg of light that envelops us. Their eyes are amazed because they see that something new is being born in the heart of humanity. They are fascinated. What a beautiful picture this would make!