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Adama

Fears are treasures

Peace on you my beloved children of Light. Today, I bring you the peace of Telos. You are currently surrounded by all your guides. Those who have been assigned to you. They would like you to ask them to work with you. They are waiting for your orders, your requests. Do you understand these words?

When you walk they are around each of you: three on each side and one behind. Do you feel them? Did you talk to them? Do you know their names? Ah! ... It's a little reminder for those who had forgotten a little.

The unity of your being, my children, starts by accepting your fears. These fears are energies. Presently most of you are ignoring your fears. Or rather, let us choose another word, you prefer not to think about your fears, to leave them aside and to acknowledge them only when they show up. Let us say that it is not your favorite game to touch those energies inhabiting you. Well! I have news for you! These fears are waiting for you. They need your help, your love. They do not want to feel separated from you anymore. Know that these fears, these energies repel the current of Life from you, the current of communication between the dimensions of yourself. They act as concealed but very effective doors. That, you know, don't you?

Today, I invite you to take a different look at these fears that are in you, that represent a part of your inner population. I could have chosen another subject today, more joyous, more enchanting, more interesting, more magical, more divine. No! I go to the essential.

These fears, which you keep inside you, can prevent you from ascending. They have this power. They have this heaviness that prevents you from rising your vibration. Do you understand this message, this language? So, what should you do? You are in preparation, aren't you? In preparation for this planetary ascension, for the ascension of this humanity and above all, for your ascension.

In order to become lighter, you have to release ballast, right? And this ballast, well it is these little fears, these small weights that you carry inside of you. The vision I am asking you to develop towards these fears is a vision of unconditional but also courageous and daring love. I ask you to become the adventurers who discover their fears as if they were treasures. Notice the word I use: the word "treasure." Now, instead of talking about your fears, talk about your treasures. Why? Because these treasures are living, conscious, active energies inside you and these treasures really summarize great experiences, great learning that you have lived in this dimension, on this Earth, and elsewhere, on other planets. Learning that has served to make you what you are today: an awakened being who believes in his intuition, who knows, who believes in Love, who believes in sharing, compassion, mutual help, in harmony.

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All of that you owe to these treasures in you. It is an important understanding. A new vision that I want to share with you. These are treasures, literally treasures of vibrations that speak of you, of your experiences. So why distance yourself? Why run hastily in the other direction and avoid having to touch them, approach them, feel them. It's a treasure! Each fear is a treasure that tells you about the experiences you have lived, the learning you have chosen to live. So, why are you afraid of these treasures? Why this emotion that makes you retreat instead of running towards the discovery of this energy in you? Change your attitude, your vision towards these energies, these vibrations of heaviness that inhabit you. These are really treasures that tell you about the learning you have chosen. Difficult learning, we must admit! Learning that belongs to the world of the 3rd dimension, that lives the separation, the division in extreme and ultimate ways.

This planet is one of the greatest among the most difficult schools in all of Creation. And you, you are brave souls. You have chosen to come to touch, to taste these vibrations, these energies so that you could radiate a light of an intensity never seen in all the Creation. An intensity that knows the full range of emotions, the whole range of the no/love. You have to be brave and courageous to experience this extent of no/love.

The side effect has been fear. You wanted to experience hatred and you were afraid of being hated, of being given the same thing, of being made to feel the same emotion from outside of you. You wanted to experience rage, you were afraid that someone would be mad at you. Fear is that energy that has developed after experiencing the no/love in a certain color, a certain vibration. This energy of fear is like an energy that encompasses everything about non/love, that is related to no/love. It is an energy! It is an effect that is related to an experience, an emotion that you wanted to live, touch, taste at all levels of your soul, your being.

So why would you distance yourself from these treasures? Why would you be afraid of these treasures? While the very purpose of your incarnation in this dimension in this school of separation and division was to know these emotions, these vibrations, these energies. You understand? You are the absolute Master of the universe that you carry within you.

Today I ask the Divinity that you are to act as a Master towards these heaviness, towards these vibrations and energies that are in you; and to repatriate them, to take them back, to go meet them and acknowledge them. To acknowledge that they are treasures and to love them unconditionally, to bring them into your Heart, to bathe them in your unconditional Love. These vibrations are part of you. They are part of the being that you are, that you manifest in this dimension. Bring them home! Go towards them ... Stop running in the other direction. You understand?

These heavinesses, you must transmute them. You must accept to free yourself! You are the surgeon of your being. Do you understand that? You alone have the power and the capacity to liberate yourself because you are the master of the energy that is in you, of the vibration that is in you. You choose, by the choice of your words, your beliefs and your emotions, what vibrates in you; and today, I, Adama, your brother, I come to say to you: go towards these fears. You own them. Your fears do not own you. YOU own them. It is up to you to go towards these fears, to acknowledge them, to call them to your consciousness and to immerse them in your Love because you accept their role. They took on an energy to assume your survival; to assume the

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survival of your physical body and the other bodies that make up your being in this dimension, on this planet. It is time today to accept to free yourself as you did earlier. You have released thousands, billions of souls who had been waiting for this moment for billions of years since the Earth was built, since it exists. Do you understand that?

Since you have decided to embody in this dimension, you have accumulated experience upon experience and this fear, these energies came with the experiences that touched the no/love. It has been painful. But today, all you have to do is choose to free yourself, to love yourself enough to say:

*"That's enough!
Now, I acknowledge them.
I am going to meet my fears.
I call them to me.
I love them unconditionally.
They are part of me.
I accept this and I free myself.
We free ourselves together,
by the power of my Love,
the power of my intention,
and the power of my Divine Will."*

Do you understand that?

So I would like you to take one hour this afternoon, each of you, one hour. You go into that Heart within yourself and you call the most terrible fear, the most atrocious, the ugliest, the one that makes you tremble only by thinking about it. You call it in your consciousness and you look at it. This fear claims your love. It is tired of carrying your heaviness for you. It is also asking for its liberation which is your liberation.

Your Telosian guides who are with you, know all about you. They have studied each of your lives, each of the life experiences you have lived. They are very well prepared. Ask for their help to do this work. You understand?

For those who claim to see nothing, to feel nothing, to live nothing in the imagination, then pretend that you do it. Pretend you see. Pretend that the fear comes to you. Give it a name. The name that will come to you by pure intention will be the right name. You understand? Become Masters in Action! Take Action! Your Divinity is incarnating more and more in this Temple that you use. It guides you majestically. Trust it!

Today, we are laying the Royal Crown of Mastery on your heads. Welcome this mastery. Live it! Make it vibrate within you! Acknowledge it! Accept it! I speak to my equals. I speak to my brothers and sisters of Light who have taken physical form in this dimension. Who dared take the great adventure of the Earth. You are powerful. *You are very powerful.* Accept your power and work with it. Merge with this energy that will give you all the strength, the courage and the will

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The teaching is completed for the present moment. Absorb those words, those vibrations. I will come back this week with another teaching, another point of view to help you free yourself and manifest the Divinity that you are, that we all are!

See you soon!