

Adama***You are not your thoughts***

Peace in your heart beloved children of the Light! My name is Adama. Beloved children of the Earth, beloved children of the action in this dimension, today I come to bless your heart, each one of your hearts so that you can feel it in a different way, in the Divine way.

Today I am inviting you to a new adventure: a new perception of yourself, of how to look at yourself or I would say how to look at what you believe you are in this dimension, so far. You are an eternal consciousness traveling the eternity, exploring, creating, feeling, manifesting in many dimensions all at once, each one of you.

In preparation for this coming year, I want you to practice adopting a new attitude, a new perception about your physical body because this physical body is at your service. It is serving your divine purpose in this dimension. So as you look at what you are, using this magnificent, this magical tool in this dimension, I am inviting you to bless this physical body of yours -it is a precious tool-, to bless this tool and at the same time to bless each one of the thoughts going through this mind of yours that you are using in this dimension.

And why blessing? Because the action of blessing brings you to the level of the spirit, the level of your Higher Self, the level of where you stop identifying to the physical body. When you are busy blessing this physical body, blessing your thoughts, even blessing your emotions, you become the observer. And becoming the observer you can admire the perfection of what is going on in these multi dimensions linked to your physical body. Your thoughts belong to a dimension, your emotions belong to another dimension of your physical body. Each one of these types of energies belong to a dimension. Have you noticed that all these dimensions are working together in pure harmony enabling you to feel from the physical body, from the physical 3rd dimension on this holy Planet?

So yes, learning to practice blessing all that is going through you is magical. It will help you open new doors of understanding of how these energies are attracted to you; how you attract these thoughts; how they are working around you and inside you. Same thing for the emotions, yes! And by blessing all that is going through this physical body, you will learn that these are only energies that you can manipulate, that you can select, choose; and you will understand more and more that you are not these energies. You are so much more! You are the one that is selecting, manipulating, experiencing, exploring in this dimension from a physical body, using different types of energies.

So yes, the action of blessing is an important tool for you to explore a new way of looking at what is the game of life in this 3rd dimension, this game of life that you are experimenting. And why am I talking about blessing today, beloved children? Because this blessing becomes more and more important to help you, support you in the elevation of how you perceive your own life, how you perceive the game of life in this dimension. Because in fact everything that is part of this dimension is part of an exploration of the energies, exploration of the life itself in this Universe, on this Planet.

As you are hearing these words presently, sense that you are listening but at the same time you are feeling, and you are thinking all at once: criticising, judging, comparing, analysing. This is all so marvellous but, dear child, who is thinking now, who is analysing now, who is comparing now in your mind using this physical body, who is it? Is it you? Your true you or a portion of you? A portion of you that has been experimenting the density, that has taken some ways of thinking, that has taken some belief system. But are you these things? Are you these thoughts?

If you start blessing these thoughts, beloved children, you will understand. Intuitively, you will feel that these thoughts, most of them do not belong to you. They are just passing by. You have attracted them. You are experimenting them but you are not these thoughts! You are so much more! You are a consciousness. You are part of the *Consciousness One That Is Alive*, feeling, exploring, growing, expanding and shining. Can you understand these words, beloved ones?

The Consciousness One is shining through you right now. It is shining right now! What are you feeling in this now moment? What are you thinking in this now moment? Bless it! Bless it! When you bless it, you are at the I Am spirit level. You are the one that is next to the Heart of Source, next to the heart of Consciousness.

It is a simple exercise, a very simple exercise. Learn to bless everything that is going through you: these emotions, these thoughts but observe how you think. Observe how you feel when you are blessing this thought that is going through you and you will realize that this thought does not belong to you. You will realize that you are much more and when you experiment this feeling, this intuition of who you truly are, you are opening a new door, the door of eternity! 9.56

And the more you do it, the more you realize that you are the consciousness using a physical body, using many physical bodies in this dimension. You stop being a normal, regular human being. You approach your divinity! You approach a new way of thinking and feeling detached from the ties of this density, of this belief system that is surrounding and locking the human heart in this dimension.

So today, I just came with this one advice: bless everything! Bless your physical body, this magnificent marvellous tool that has been given to you! Can you truly bless it each morning before you start your day? And bless it during the day? Bless and respect and love that body because that body belongs also to the expression of the Consciousness One in this dimension.

So today this simple advice of blessing everything in your life can open a new door, a magnificent door for each one of you and it is important, it is a precious tool that will assist you for the coming year. This next year will be remarkable for all of humanity, all the kingdoms sharing this beautiful plane; remarkable for the expansion of Consciousness regardless of all the events going around you, going on this planet, around this planet, inside this planet. It will be remarkable!

And you the magnificent sons and daughters of the Light blessing everything, you will walk over the waves of transition very easily. You will walk among your brothers and sisters knowing that there is so much more at stake right now for humanity. You will be able to see the Consciousness touching the hearts of everybody in its own way, the perfect way to be able to light up each one of the hearts around you, including yourself.

You are preparing yourself for a beautiful remarkable year. This year will be the new beginning for many of the children of humanity. Hold firm your place! Bless everything! Bless this body of yours, this heart of yours. Bless your own life. *Bless All That Is* and all that belongs to this dimension because truly it is the Consciousness vibrating at different types of frequencies, vibrating at different types of alive energies that brings the new Consciousness in this dimension.

My name is Adama, your true brother. Today in this now moment you are surrounded by thousands of your brothers and sisters of Telos. They bring you the magic of Telos. They bring you the magic of Love. Just open your hearts right now and bless this Love. Bless this Life! Bless this precious moment where we are as One Heart all together blessing Consciousness, blessing the Consciousness One expressing itself through everything.

Thank you!