

Message from Adama for the month of August 2020 –

The Energy of Forgiveness for Welcoming Change

Message based on the quote below:

“One of the key aspects of spiritual and emotional nourishment is forgiveness. And even deeper than that is the level of Divinity that recognizes, states and lives the truth that there is nothing to forgive. You cannot create this truth, you can only discover it”.

~ Telos Book 3, pg. 36, by Aurelia Louise Jones.

Dear children of my heart,

I greet you now with the fullness of Love from my heart to yours. In this gentle connection, do you feel how much you are Loved? Do you feel this pure wave of love as it touches your heart as vibrant living light? This love flowing from our heart to yours is not only filled with a nourishing energy, it is filled with the energy of Life itself...Simply allow it now to awaken the peace, grace and the light codes of the freedom of the heart, the sweet freedom and lightness of being that so well shone in your heart flame in the time of Lemuria.

As you allow your heart to be the receiver of this information, and for the vibration of this Love to “tune” you into a very simple state of being, you may more easily come into a feeling of deep remembrance and connection to the truth that all that really exists in this world is Love, and that you are a child of this Love, always perfectly at home within it. Your heart has the capability to interpret and learn from all forms of Love as well as to generate a tremendous amount of love.

As a child of Love on this Earth, you, along with your family of light, have journeyed through countless incarnations and traveled through so many initiations of the heart, learning to travel through and transcend your shadow, all to truly know yourself, as a being who is able to deeply love yourself and allow this love to express itself perfectly through you. The more you open to Love, the more you live in simplicity and the more you know that it is the only Teacher. Love knows that we need to explore all the facets of our stored emotions, we need to welcome and revisit all the emotions that we have ever felt no matter how difficult the illusion or separation from the truth of Love these emotions brought us to. Time and again; the parts of our hearts that were able to remain open to Love, the parts that still believed in its worthiness of its true divine nature, kept us on the path toward home. By God’s infinite mercy and grace, the eternal flame of Love which our hearts connect to in varying degrees is endowed with the life affirming and miracle essence of forgiveness. Forgiveness, once surrendered to, can not only mend a wounded heart, but can transform the heart’s negative frequencies to their positive polarities once again. When the desire to heal is forged from a pure and ardent desire to release what has kept you from more fully merging with your divine essence, the flame of Love, through the mercy of forgiveness, will come to fulfill your heart’s pure intent.

Forgiveness is central to the frequency of Love and to the Lemurian Heart. When you forgive, yourself or others, you are moving with the very nature of Love itself; forgiveness is an energy that lifts us and replenishes with a generous and endlessly giving energy, restoring our Faith that we can be redeemed and there is always a way back home to our original divine essence.

Do you have a forgiving heart? To the degree that you are able to forgive is to the degree that you are able to love yourself.

Forgiveness can release you from much sorrow and pent up emotions of the past, it creates an alchemy within you, a direct way to free you from the bonds and restrictions of the past into a world of blissful freedom. What has caused many of you much delay and frustration in the past is an unconscious refusal to forgive. In this way, we have sometimes disobeyed the yearning and guidance of our own heart to merge with what we have been resisting as we continue to judge it through perceptions of lack, rejection, blame, distrust or doubt until finally we agree to believe that we are good enough to once again own (and become) the energies that we have cast off. Once we surrender to the heart's call to forgive, and to give Love to the situation, and to ourselves, only then can we be filled with the Christed Love we have been searching for. Forgiveness releases us from the illusion and gives us back what we had thought we lost.

However, it is time now to reclaim our identity as divine beings capable of creating great good for our planet. The planet and humanity have now reached the end of a major cosmic cycle. The Earth, along with those of humanity choosing it, is now moving into a new cycle of enlightened evolution. And you, as a soul evolving on Her body, are now being faced with the most important choices you will ever make. It is up to you to decide if you want to experience the new world here or move on to another to experience life the way it is here right now with all the limitations and challenges that third dimensional life offers. Every choice you make, be it little or large, is moving you in a direction. You may ask yourself: Was the choice you made fully aligned with your heart's yearnings and your Divine Will?

In these days of such powerful planetary events and change at a fast pace, many are being presented with golden opportunities to shine and rise above their present circumstances while for others, it is a mighty test to simply hold the Faith. As this powerful light continues to pull up from the planetary subconscious more negative energies that seek to be resolved in the light, those holding the light of Peace, Harmony and Unity bright enough to change and direct the way these energies are being resolved don't fully know their power and the great gift to the earth they are. Those that intend to commit to their spiritual growth must consciously shed their layers of non love and non-forgiveness to gradually ascend right along with Mother Earth at this time.

With utmost love and sincerity, we suggest a meditation while calling on the frequency of forgiveness. Ask for its energies of Love and Acceptance to fill your heart and envelop you in its healing grace, then allow any energies of unforgiveness to rise to the surface, energies where you are stuck and not evolving. Now allow this wave of love to gently yet powerfully welcome and comfort these un-integrated and perhaps painful emotions so they may be seen and felt and allowed their expression. Forgiveness will then fill these places with a healing grace to lift you out of your predicament and into a new world of freedom and joy. Each being that has become free and is in the light of their I AM, can help usher in this great new age of Aquarius and loving consciousness of the Heart for a new age of everlasting Love and Unity.

With love and devotion always, I AM Adama

Message received by Nancy Fuoco on August 1, 2020.

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