

## **Adama**

### ***This way of looking at yourself***

Feel the energy of this blessed, sacred, luminous moment, children of the Earth. I am Adama, your brother from Telos, accompanied at this time by a large number of your brothers and sisters from the city of Telos. We form a large circle and have united our heart to yours.

Several of my Telosian brothers and sisters have united with each of you, they have connected to your heart. For each of you, there are between seven and twenty Telosian brothers who have linked themselves to your heart to support you personally today and for the next three months, in this space-time, on this Planet, in this dimension. So, for each of you in this precious moment, this sacred moment, between seven and twenty Telosians are connected to you, linked to you, forming a support team to assist you in your daily lives for the next three months.

This is to provoke an opening of your heart toward yourself, children of the Earth, to support you in welcoming yourself in all that you are every day, with a greater compassion, a greater understanding of who you are, a greater acceptance of Love towards the Life that you represent: the spark of eternal Light that you are each one of you. Earlier we were listening: you were talking about the mental that liked to be right, the mental that was omnipresent in humans on Earth. Oh yes, your mental is resisting. Have you noticed?

It resists accepting your greatness, accepting that the Life you use every day is the Life of the Consciousness One. Do you realise that keeping in yourself the belief that you are just a simple human being; this simple belief limits you and cuts you off from the great flow of Life, from this connection with the Life One which is the Great Consciousness One in this Universe. This single belief acts as if you were surrounded by a fortress, by a meter-thick wall which prevents you from feeling your connection with the Life inside you and around you.

Today we have come in large numbers to anchor a special energy in your heart. I invite you in this moment to focus your attention on this heart within you. And when I say: "this heart within you", I am not talking only about the physical heart but also of the "life center within you". This life center that you can imagine as a sun, a Light sphere. This center where life is concentrated in this physical body. It is connected to this physical body and is also connected to all your invisible bodies; it is what maintains the energetic circulation between your different bodies: from your physical body to your most subtle bodies that reach the multi-dimensions.

So yes, inside you, there is a sacred region, a Light region which is in the region of your Heart Chakra: the Life center. Or I could also say: the home of the Consciousness One that you represent, you, each of you. The center of the Consciousness One, which is expanding, learning, evolving, growing and learning to manifest itself from this form you use. It is learning to manifest itself, to grow, to create in this dimension.

Yes, each of you is a great explorer: you allow the Great Consciousness One to explore a vibratory frequency because each of you carries a vibratory frequency representing your foundation. This vibratory frequency represents you in what you imagine and believe to be the smallest.

Let me explain: this vibratory frequency that you are, that you represent at this moment, represents the sum of all the distortion beliefs that you have accumulated since the beginning of your exploration in this dimension. And the good news is that humanity is now on a wave of rising energy, so this treasure that you represent -because it really represents a treasure- is a treasure of experiences, a treasure of frequencies that you have lived, assimilated, integrated, coloured, breathed, eaten. All these actions, all these experiences in this dimension represent an invaluable treasure, because it is not only manifested at the level of your ego consciousness. It is a treasure that unfolds and touches each atom of your physical body because even each of the atoms that compose the cells of your physical body and your subtle bodies have stored knowledge, life frequencies. And you carry all this within you!

So today, I, your brother, invite you to change your lenses, to choose from now on to wear pink glasses when observing yourself because by choosing to look, to consider, to perceive all that you are as divine, sacred, luminous, wonderful, a precious treasure; you allow this Consciousness that inhabits each of the cells, each of the atoms of each of your physical bodies, to unfold in the energies of the Great Life, to drop the cloak of false beliefs that darkened the True Light of what you carry. For True Light you are. You are each of you a radiant sun.

And today, by your intention to choose to let this Light shine, to expand it, to reconnect with the energies of the Great Life; it is as if you choose to abandon the cloaks of distortions, beliefs, limitations, to let them fall and to receive and perceive the True Light: the Light of the Unlimited Life; to begin to perceive it, to feel it within you. For this Light is active, it is Conscious and it awaits only your invitation to help you redeploy, to reconnect with the Consciousness One which is Life in all things, which is everything that supports any form in this dimension. And any form not only applies to the human body but also to the chair you are sitting on, the floor you are walking on, the air you are breathing. All forms, all that exists is energy, is consciousness.

And from the moment you choose to unfold, to let the creative energy that you are unfold from your Life, recognizing your Life as an emanation, an energy of the Great Life that you have come to manifest, well, everything opens up! It's like you're saying to the Universe:

*"I am ready! The treasure that I have carried, held, tasted and lived up to now is ready to reconnect to the great flow of life to participate in the creation and manifestation of the Perfection that has been dreamed of for this dimension. I repolarize it with the Sacred Divine Truth which is only beauty, harmony; which brings Love, carries Love, manifests Love, creates happiness. I am ready to offer what I am; recognizing that what I am is perfect; recognizing that what I am brings and allows the creation, the construction of a life of greater beauty; recognizing that I am eternal, that I am perfection and that the path of limitations that I have imposed upon myself is coming to an end. Now I choose to walk on the path of the unlimited and the frequency that I carry can now unfold, supported by the energies of the Great Life that have never left it".*

The Great Life, the Consciousness One has never forgotten any of you. The Consciousness One has always supported you in the exploration of the density. Each of you now carries a treasure of knowledge, of wisdom because you have lived the density, you have carried it, looked at it and have manipulated it. And this wisdom is infinite. It is up to you to decide to choose that the Great Life is there within you, to recognize it and let it guide you, to let it restore the connection with itself from this physical body.

The reconnection that you are alive, that you use the energies of the Great Life and that it only wants your happiness, only wants the expansion of the Love that you are in this dimension. So, the more you consciously choose to let It act by recognizing It, by ceasing to judge who you are with the criteria of the human race that are currently in use on this Earth; the more you choose to recognize that yes you are alive, yes, you walk more and more everyday on the path of discovery and acceptance of the Great Life in manifestation through you. The more you recognize this fact as your truth, the more you allow the Great Life to transform your lives with magic, grace and ease. You open wide the doors to the great adventure of the Great Life which will now reconnect with you by guiding you step by step with Love and grace towards your perfection.

It is the way you look at yourself that creates, children of the Earth. The more this vision is filled with light; the more you recognize that you belong to Divinity, that is, to the flow of the Great Life that is working at this moment through humanity, through this Planet, this Universe; the more you reconnect; and the more gently this reconnection is made because you create it, because you want to perceive it to change the way you look at yourself. Thus, you create a new life for yourself by the way you look at yourself. Do you understand that?

If you look at yourself believing that you are just a simple human being, that everything is going wrong, this look creates, your thought creates. Your thought is an energy that is not disconnected from the Universe, that is not disconnected from the Consciousness One. Know children of the Earth that the Consciousness One recognizes each of you as a Power Creator.

Do you understand these words and how far they can take you? The Consciousness One sees each of your thoughts as an act of creation. You create every second by your emotions, your feelings and what you think. The Great Consciousness will never want to thwart your individual creations, that is, the frequency you carry. It will never impose another frequency on you: if you believe your life is miserable, you order it to make your life miserable.

Life will not impose a life of happiness on you if you believe that life is miserable. Do you understand? These words are of great importance! Do you realize, children of the Earth, the extent to which you are *"a Being of power, a Being of very great power!"*

So, this way of looking at yourself, I invite you to transform it, to consider that you are the Great Life in action, that you are the manifestation of the Great Consciousness One in action now, in this body. This way of looking, just by itself, opens great doors because it is the look that you have on yourself and it is creative. It is a thought connected to the Great Life and this thought commands.

So, today is a big day, isn't it? The one where you are invited to choose: to choose to love, to respect, to welcome what you are now. Now! Not in a year, in ten years, in three days; now! Everything you are! You are an emanation of the expanding Great Life that has accumulated an extraordinary treasure of experiences in density.

And I, Adama, tell you that it is a treasure that many of the Light Consciousnesses find admirable, wonderful, magnificent. There is no qualifier in the English language to describe the "preciousness" of this treasure that you carry, of this wonderful experience. I'm not saying it's always been easy, no, no, no. A wonderful experience in the density, in this dimension, because you have realized it. This density is just condensed Light!

You mentioned the 5<sup>th</sup> dimension earlier. And what does the 5<sup>th</sup> dimension do? It is the dimension where density loses its density, where density walks towards the Light, walks towards lightness, walks towards its True Nature. It is the dimension where density ceases to be seen as dense. It is the dimension where your frequency elevation allows you to see density as Light, energy: everything is energy! So, you are now walking in the 4<sup>th</sup> dimension towards the 5<sup>th</sup> dimension; towards a dimension where you recognize yourself as an energy, as an energy being who manipulates energy, as an energy consciousness that belongs to the Consciousness One, as an energy that recognizes itself as being individual in each of you and at the same time, as being part of the Great Whole. The drop of Light in the ocean of Light.

The Fifth Dimension is a dimension where you recognize yourself and you recognize that you belong to the Great All at the same time.

So, aren't you a wonderful co-creator of Life? Aren't you living in a wonderful era, important in this density, at this precise hour of the evolution of Planet Earth and humanity? Then you'll say to yourself: "Ah, come on, what is he talking about? Things are going rather bad everywhere, aren't they?" Some of you are thinking that way, aren't you? We count them, you know? You can't hide anything from us. (Humor with the audience)

I tell you: in this journey of the energies in the 4<sup>th</sup> dimension walking towards the 5<sup>th</sup> dimension, there are several things that happen at the individual level, at the family level, at the level of countries, at the level of the Planet. I invite you to adopt an attitude of looking with trust, the look of the one who knows that everything is going well despite appearances. Isn't that well said? (People answer: yes.) Doesn't that give hope? Don't be fooled by appearances. The Earth is in reorganization on the physical level and on the subtle level as well. Just as each of the kingdoms that are part of the Planetary Consciousness is in dimensional transition from the 4<sup>th</sup> to the 5<sup>th</sup>.

You are in transition, humanity is in transition, countries are in transition, cultures, traditions are in transition. It is like childbirth. A birth is often difficult, but then there is the beautiful baby: the birth for a new life. The Earth is in the process of giving birth to the new Life and you are part of this new Life; you are part of those who know that something important is happening in this dimension, on this Planet! Then I say to you: "Stay the course, don't let yourself be discouraged and disoriented by what is happening around you. "

I invite you to "bless all that is happening", because blessing brings an energy of repolarization towards the best, towards the Light. Each time you choose to bless, you illuminate the situation, you illuminate the person, you illuminate the Planet, you increase the vibratory rate. And by increasing the vibratory rate, you help to open the doors and say to the 5<sup>th</sup> dimension: *"Come! You are invited to place Love in the heart of all that is alive in this dimension. I invite you, I bless this matter, I bless this person, I bless this work, I bless this sidewalk, I bless my dog."* Don't forget your dog; you understand? You are a powerful creator!

So, with these words... I hope they filled your heart with hope. I invite you to really look at yourself with the eyes that we, your brothers and sisters in Telos, cast on each of you.

Starting now and for the next three months, we will work with each of you. Another invitation: start your day by greeting your team with a little "hello" and developing the awareness that you are not alone in doing this work in this dimension. You really are not alone. Each of you has a great support team, not only from Telos but also from other dimensions and even extrapolations of many of you who work in other universes are working to support you now. You can even meet them in your dreams where you can give them an invitation: *"Tonight, I want to meet one of my extrapolations in the Temple of Love in Telos."* That is just a little example! Do not limit yourself; do not limit yourself! Okay?

I spoke to you with my heart today, because I admire your heart! I notice, I recognize, I observe the treasure you are carrying, and it truly is an infinite, magnificent treasure that each of you is carrying. And I would like you to engrave these words in your hearts. You are the bearer of an invaluable treasure, each of you. This is not your first life, this is not your first incarnation in this dimension of density. So you have accumulated extraordinary wisdom. A little friendly advice: you can, when you sit quietly in your favourite chair or on your house patio or on the curb, you can invite the accumulated Wisdom to manifest itself in your lives: *"I invite my innate Wisdom to manifest itself today in my work. I invite this infinite Wisdom that I carry to show me the path on which I must walk for the coming week, at my desk."*

When you stop and invite this Wisdom that you carry to manifest itself, it indicates to the Universe that you are ready. You finally recognize that the Great Life in action in you has prepared you for a special purpose, that you are not separated from it, that you begin to believe: *"That yes, perhaps the Great Life is in action in me and that perhaps I have wisdom in me and that perhaps I should invite it, perhaps it could manifest itself? I'm starting to believe it now. Yes, yes, I make this call to the Universe."* Do you understand?

If you keep believing that you are only a human being without Wisdom, do you think that this Wisdom can manifest itself? Impossible! You believe that there is no Wisdom in you. It is impossible because this belief launches into the Universe the thought that *"Impossible. No, the wisdom he carries cannot be manifested, he does not believe in it."* Your belief acts like a soldier and it makes sure that it is impossible for you to have access to this Wisdom because you believe that you do not carry it. Do you understand?

These beliefs in you are "guardians" of your own creation in relation to who you are and they obey you 1000%. So, when you invite this Wisdom you carry to manifest itself in your life, you begin to change the formatting of your thoughts, your beliefs, you open a door, you allow the Great Life to help you so that it can manifest itself through you.

With these words of wisdom we greet you, I and my brothers and sisters of Telos, all those who are with you at this moment. We bless you, we cherish you, we carry you in our hearts and often we walk with you in this dimension. Be blessed!

Thank you!