

TELOS

The Christ Within

Dearly beloved of mine. I AM the Christ shining in your heart and today I want to welcome each one of you into my own sacred heart, my own sacred space. Imagine that my Light, my golden crystal light is shining and pouring out from your heart embracing all aspects of you, embracing each of your Light bodies.

Since you were conceived, I AM the eternal light that shines inside you. Since the moment when you were born from the heart of the Creator, you were created and released with so much joy and love. Since that moment my golden light has always been inside you, surrounding you, protecting you, and guiding you. I would never let my children be released on their own without a piece of myself inside you. So, throughout this lifetime and throughout every lifetime you have experienced in this dimension on this planet, I have been with you, I have always been with each one of you, always present and shining in your heart.

Tonight I want to reconnect on a very personal level with each one of you. Meaning, I want to connect not only with your conscious awareness but also with the consciousness of each one of your cells that makes up your physical body, including each cell of your more subtle bodies, your invisible bodies.

So, let's do this together. I would like you to center yourself and focus on this golden heart inside of you. Feel this light; this is the Light that I shine inside of you. Feel these rays of Light touching each cell in your body; bringing in a new vibration, and uplifting the consciousness of each cell in your body.

Feel this wave of energy, my beloved children.

Take a deep breath. When you breathe in you breathe in the power of my own heart. The Light and Love from my own heart that is pulsating in your inner cathedral. When you breathe out, you release this Light, this consciousness of mine to each one of your cells, raising their vibration, and raising your consciousness. In doing so your cells are lifted to the next level of Light that they can support and manage.

Feel these cells awakening to a new dimension of themselves. They are awakening to a new state of consciousness; this is the Christ consciousness. My consciousness has always shined inside each one of you, you have just forgotten about it.

In this time frame, this special time for planet earth, all the children of Light will awaken to their true reality, their true identity as eternal light beings. Feel my consciousness rising inside you, expanding and awakening you. Feel this uplifting energy consciousness expanding in all directions inside of you.

Keep focusing on this consciousness that is awakening inside of you and as it is travelling inside of you, you will realize that your DNA is changing. Inside your DNA there are codes of Light that have been dormant, and now these vibrations that I am expanding inside of you are vibrating in your DNA and awakening these codes of Light. This also awakens your eternal identity as a Light Being and awakening the Code of Light of immortality inside you.

Feel the DNA strands shining at a deeper level. Feel these codes of Light awakening and transmitting pulsations of Light all around them and as you do you will feel your DNA expanding.

You see new strands of Light appearing alongside your DNA. These strands of Light were always there but the vibration of the Christ energy consciousness inside you is now making these strands of DNA visible to your inner eye. Now you can see these new strands of Light in your DNA because my vibration of Love is making these strands of DNA pulsate and activate themselves. Now you can see them. You can feel the new strands of your DNA appearing and growing in stature. Now you can see them with your third eye. Feel this new consciousness awakening the Christ consciousness within you and transforming and transmuting your own consciousness.

You are immortal. You are an eternal Light Being. You are God in action in this dimension. You are God walking in this dimension, speaking in this dimension. You are God changing this world in this dimension.

Feel that everything is possible. Feel that you can do everything. You have the power, you have the wisdom, you have the will power to change yourself, your perception of life, your vision of live and your vision of yourself.

From this moment on, you are the Christ Consciousness walking in this dimension, enabling the new earth to appear, to materialize in this dimension, bringing this generation of humanity to an era of peace, joy and harmony.

As you stand still on this golden star, in your inner cathedral of Light, you are like an angel opening your wings, preparing yourself to open your eyes on a new world, the new you, the new vision of yourself, about who you really are.

As you stand in this new power, in this new consciousness, you feel your identity changing. Your identity is being transmuted as your align yourself with this new vibration, with this new vision of the world where everything is possible, and where everything is changing for the better.

As you stand still on this golden star this energy comes towards you, embracing you. This is the energy of trust, total trust in life, total trust in God, total trust in everything that is happening in your own life around you, inside you at all levels of your being. Feel this total trust energy merging with you, transforming your vision, transforming your emotions and transforming your thoughts. Ask each one of your emotions to embrace this energy, and have total trust in life, to merge with this energy consciousness and feel it. Ask each one of your thoughts to merge with the total trust energy consciousness and feel your thought patterns changing and aligning themselves to another vision, another path. The new consciousness of this new humanity is awakening to itself, to its own power.

As you feel this total trust energy consciousness embracing you, you become yourself. You manifest yourself at another level, at an uplifted level where everything is possible. Feel this energy consciousness and have total trust in yourself, total trust in your guides, total trust in your I AM presence, total trust in Life, in God and in your own Christhood.

Sananda

About I AM Presence

Good evening everyone. We salute the eternal source that is owned and present within each of you. This piece of immortality that is shining inside of you. I AM Sananda and tonight I am coming with another piece of the puzzle about yourself, about who you really are.

As you stand still on this golden star in your heart, have you ever thought about where you are in this moment? I am telling you, that in this now moment you are in eternity. When your attention is focused on your heart, that place in your heart is in another dimension. Your consciousness in this now moment is actually outside of your body, and is touching the heart of God.

When you concentrate within this inner Cathedral of Light you forget about your body. You are going somewhere else, and that somewhere else is with God. The part of you that is turning your attention to the consciousness of God is that piece of God that is inside of you, the part that you cannot touch, that you cannot see, but it is you. That aspect of You is not physical, in fact that aspect of You is outside of the body. That aspect of You is using the body to manifest and to create in this dimension.

That aspect of You is a Light Being, a consciousness that is part of the mind of God, that is part of the Universal consciousness that is sustaining and supporting all of Creation.

When you focus and place yourself inside this Cathedral of Light by concentrating on your own consciousness, you move your consciousness from this body and go somewhere else. That somewhere else, is with the mind of God which is somewhere outside of this dimension. In another dimension that is touching the Light, the energy and reality of another dimension.

When you say "I", which "I" are you referring to? The "I" that is pure Light, pure Conscious-ness that is a Creator or the "I", that you have created with your mental body by using your thought patterns, your beliefs system, and by limiting yourself into thinking that you are a being moving only in this dimension, on this planet?

I would like to bring you to another point of view about yourself. When you sit comfortably to meditate or to go inside yourself, please realize that this portion of yourself is moving in a sacred space outside of this dimension that you call the physical world, or the third dimension, or planet earth. Recognize that you are moving in another region, a region of Light. You are moving to the region of Light that is in attunement with your own vibration of love. Be aware of this.

You are a powerful being. You are able to change dimension at will and you are able to use your body to create, to do something, to build something in this dimension. You also have the power to heal this body, to bring this body to its perfect state.

And how you might ask?

Just by becoming conscious of who you are, aware of who this "I" Presence really is. When you say I AM, the I AM always refers to this piece of you that is part of the Light realm, that is in the dimension of Light, that is a Creator. When you say I AM building a house, I AM, this I AM that, please do not put it into a little box thinking that you are just a physical body. If you say: *"I AM the power of God in action in this world."* That is one of the most powerful statements you can ever make.

If you focus your attention to your "I AM" presence, which is the mind of God expressing itself through your body, you are uplifting the vibration level of everything in your world including your physical body and all that is attached and linked to your life in this now moment. As you focus your attention to the mind of God expressing through you, you open all the doors to all dimensions of Light.

Since you are a creator when you say, *" I AM the perfection of God manifested in this dimension "*, all the doors in all the dimensions of Light begin to open because you are pronouncing these words from the mind of God and all of creation responds instantly to the mind of God. Because the mind of God is the sole Creator of everything that exist in the Creation.

So, when you say I AM, depending of where you focus your attention, or where you focus the I AM consciousness, you are either a great creator or you are a very small creator. If to you, the I AM Presence is only you, this physical body that you are using, then your creation will be related to what your physical body is doing or thinking about and your action in the light world will be very small. However, if you are conscious of when you say: "*I AM the creator of my own life and all that is coming to me is in perfection of God itself.*" and if you say these words identifying yourself as God creating in this creation, You are really commanding all of creation to manifest in front you, inside of you, and around you in accordance with what you just said.

Therefore, everything is a matter of consciousness and where you focus your consciousness. So, when you meditate, meditate on these words: "*I AM God in action in this world, on this planet and I manifest the perfection of God in my world, in my life, in this lifetime, in this now moment.*" Then observe what is being created inside your life, and around you.

We are asking this generation of humanity to awaken at this time. We are asking each human being to open new eyes and view their own life. Our children have slept for too long. It is time to open your eyes, and open your heart to your true reality; the reality that you are a creator of love and light because your I AM presence is pure love and pure light. When you identify with the perfect self of your I AM presence, you can manifest only Love, Light, Perfection and Harmony in your world because your I AM presence, your I AM consciousness knows only perfection of Love and Light and nothing can pollute this vibration of love and light.

So, now, when you say, "*I AM happy!*" Who is happy? Who inside of you is happy? To which level of yourself are you identifying with, or focusing on when you say, "*I AM happy!*" ? I am inviting you to a new adventure, a new state of consciousness. I am inviting you to manifest who you are at all levels of your being at a deeper level.

As days go by the energy of Light and Love being poured upon this planet is growing. Learning how to manifest who you are at all levels of your being will help you to sustain this awakening process. So if you start the day by asking that your consciousness awaken to the consciousness of the creator that you are, you will be supported in this effort. But you have to choose to awaken, to open your new eyes, to create your life like the creator that you are. You have to ask for help. You have to ask your life source to support you, to help you.

If you don't ask we will still be able to help you but not to the degree we would like to. We have to respect your choice and we are respecting your choice. This is your path, the path you are walking on.

For each one of you it is my wish that you will become the creator of your new life, the creator of a life full of joy, peace, harmony, and love. Creation knows only about Love and Light. Creation answers to the words: "*love and light.*" Everything is possible when you ask with love, compassion, and blessings; because these are the qualities of the God consciousness in all that exists. The consciousness that is part of creation that is in attunement with these qualities; and all of creation will answer to you if what you are asking for is vibrating at that level of Love, compassion, respect, and harmony.

Be blessed for who you are! I share my joy with each one of you. I share my light, my love and my eternity with each one of you. I am Sananda your brother and I have spoken with each one of you, merged with your higher self-presence forming one heart, one mind, one consciousness.

Good night!

Mother Mary

The Shining Star

Good night everybody. I am the one that you call mother Mary. But tonight, I would like to come with another name. I would like to come with the name of the "Shining Star." Why do I want to present myself to you tonight with the name "Shining Star"? It is because in each one of you, there is a shining star. There is a star that is taking care about yourself, that has always taken care of each one of you since you came on this planet, in this lifetime.

That Shining Star is a piece of the heart of Mother Earth, a piece of the heart of the Divine Mother, the Divine feminine aspect of the God Creator/God Goddess creator. I would like you to be aware of this energy that is alive inside each one of you. This energy is powerful. It recognizes the vibration of unity, the vibration of this dimension, the vibration of Love of the Mother Earth. This vibration knows everything about trees, flowers, animals, crystals, everything that exists around you at all levels. All that exists in this dimension on this planet, inside and outside of this planet has a consciousness. That consciousness knows the Divine mother because all that exists in this dimension is part of the Divine Mother, and is part of the body of the Divine Mother. The Divine Mother Being is the body of the God Creator manifested in this dimension.

This vibration inside you, this shining star knows everything about the vibration of all the life consciousness energized in this dimension. It can attune itself to each consciousness. It recognizes the vibration of love in all that exists in this dimension.

You can use the power of this shining star to attune your intuition to everything that is around you. You can use this shining star to communicate with a tree, to communicate with the ocean, to communicate with the clouds, to communicate with sun, and to communicate with your dog or other animals.

This shining star is like the magical gateway that knows all the codes of vibration of love that exist in this third dimension that you live in.

I am inviting you to get acquainted with this shining start inside you. Talk with this star, talk with this pure love energy that has been alive inside you since you were born on this planet, in this dimension, and in this life time. It is like a magical gateway. Tonight, I am telling you about this secret and you may say: *"Why tonight are we made aware of this shining star?"* This is because from today on my children of the planet earth can start to use this shining star. You all can start to get acquainted with this powerful gateway within your heart.

Humanity is awakening to a new state of mind, a new consciousness that is coming on this planet. Soon the children of this planet will talk to each other, they will talk to the animals, will feel the tree, and will feel the water. You will feel the impressions and energy of everything because this shining star is being activated. The energy that is being poured on this planet is activating this shining star inside each human being.

The little children that are coming on this planet are already talking this language. They feel the vibration of Love of each kingdom and they know how to attune to them and to their vibration of love because their shining star is already activated. It is open. It is alive. It is conscious and as they are conscious of it, they use it.

So, my dear children, my beloved ones start to use this shining star inside you. Get acquainted with it, play with it, talk to it, use it, and test it. Think of this as when you give a new toy to a child. He plays with it even though He is not sure how to use it but he creates all kind of games with this new toy, using it, and experiencing how it works. I am inviting you to use and get acquainted with this shining star in exactly the same way. This Star is presently being activated in the heart of each human being so that the new earth and the new humanity can manifest itself in this dimension.

This is one more gift given from the heart of the Creator to his children. His/Her own conscious-ness walking in this dimension. This star was always there but it was dormant, sleeping inside you. Now we are inviting you to use this shining start. The time for it to be dormant is gone. It is fading away. A new earth is being prepared, my children. A new earth is awakening and will soon manifest in front of you in your own life.

My heart is part of these shining stars, each one is a part of my own heart. Together, with every-one together we are preparing the new earth. Thank you for being who you are. Thank you for walking in this dimension and shining you own truth and living as shining stars awakening everybody, and everything, all of consciousness inside you, outside you, and around you. Thank you.

Good night!