

## Message from Adama and Master St. Germain for the New Year – January 2020

### You are the Magic Key

**Message channeled by Nancy Fuoco and based on the quote below:**

*“I admit that to attain full healing and transformation of the former consciousness will take work, processing and forgiveness. Nevertheless, this is the healing required to pass through all the initiations of the Seven Great Temples. I repeat: “It does not have to be hard or painful. “ In fact, you can make a game of it, perceiving it to be the greatest adventure of all your lifetimes put together, and ride the wave of Ascension in Joy, Love, Harmony and Peace, transforming all challenges into Divine Grace. In your world, you call this “to take the lemons and make lemonade.” Seven Sacred Flames, page. 203*

Dearest child of my heart,

I greet you today with an ocean of Love from my heart to yours. In this ocean of energy, can you feel my Presence? Can you feel this wave of Love touching your heart ever so gently... yet shining a powerful light into your heart and soul? In this Now moment, feel our Oneness, and allow this connection to spark a powerful flame of remembrance deep into your heart. In your heart space, there is an entrance, a sacred portal into a great place of Peace, take a moment now to dwell and rest in this sanctuary. Feel the quality of timelessness.... and spaciousness here..... here there is no past and the future has already happened....there is nothing to prove.....there is only a place to BE.....

Take a moment now to continue focusing on your breath until you can distinguish a cycle or a slow rhythm...as one breath leads into the next feel how the breath is a light that is ever expanding until every cell of your beingness is totally filled with this energy of Living Light, of the Great Life that is always present and responsive to your thoughts and command.....this flame of Love in your heart has now expanded enough to fill every cell of your beingness with its unlimited creative energy....you feel totally alive and in the fullness of this energy you can receive your answers....when you are in this space, its easy to know what you need to do or what decision to make in your life. All that you will ever really need to know can be found here.

Indeed, this eternal flame within your heart holds all the keys to your Freedom. The greatest gift you can give to yourself this year is to make taking all the time that is needed to connect and truly listening to that still place in your heart a real priority on your list. Doing so will create an openness in your heart space and a deeper connection to your soul, you will find as this great New Year unfolds all its wondrous surprises, shifts and treasures of love for you, that it is easier to discern your needs and Know how to go about fulfilling them with effortless ease and grace. You will be less affected by the energies outside of you and remain centered in your heart and on your divine path.

Our deepest wish for each and every one of you this year is that you may more deeply unify with the most sacred and magical God presence that beats your heart. Your God Flame, the unique and vibrant Flame of Life that you are is a particular resonance and energetic frequency and is ever listening and ready to answer the most intimate prayers of your heart. Your God Presence also carries the mighty Flame of Freedom in its core essence. As you work this year to heal and transform your old consciousness, you gain mastery, little by little, of all the Divine attributes and qualities of your I AM. Once you have gained the wisdom needed for each one, you free the dazzling beauty and particular color and resonance of your heart's flame, as you have now passed through the seven initiation doors of the seven Great Temples. As you walk through each one, you have walked through the seven steps to Freedom of the heart. And each initiate must walk their own path with strength, courage and determination.

As I stand next to you today in communion with the energies of beloved Master Saint Germain, we stand in complete honor at the foot of the glory of each of your own I AM Presences, in full acknowledgement of all that each of your God Presences have achieved over the span of many lifetimes. Know that each good deed and decision that has been made by you for the sake of Love has been recorded in the great Book of Love that holds the records of all that each soul has experienced in each lifetime. Each moment that you chose Love as your response, in all its multitude of ways, has been recorded here.

For this New Year what incredible beauty would you like to add to this great book of Love?

Feel free to be as creative as your heart will allow. Each choice you make no matter how little contributes to the momentum upon which you move forward on your life path. Each choice made for Love, for the sake of the development of that Magical Presence that you are adds to the great storehouse of love within your soul and helps to stoke the fire that burns bright in your Divine heart. Beloveds, never underestimate the power of your heart flame. When you allow it to be ignited by the fires of your Love, it becomes the power that can move the tallest mountains. It becomes the blessings that pour from your heart through the glorious voice of your Presence. It is the light that shines so brightly that it can illuminate a pathway for others to find love. It is the only energy that has the power to fuel your life centers to create 'miracles' of healing, precipitation, rejuvenation and every other good and perfect gift that can flow from your Divine Heart.

Making "lemonade" from your life's lemons (or challenges and initiations) can easily lead to enjoyment and fulfillment. Once you surrender your ego's objections of perceived lack and are ready to accept the gift being offered in your circumstance, you can now proceed to fill yourself and receive the great Love that is just waiting to be showered upon you. An attitude of gratitude for each lesson life shows you is life affirming, and no matter what life has in store for you, no matter how difficult, you know it is for your highest good. Gratitude can alight your heart's fires and lift you up and out of any situation to a new place of joy and abundance as though by magic. Dear ones, you are the magic that makes things happen in this dimension, you are more powerful than you know. All that you need to move the mountains from your path is already inside of you, and with great joy, ease and grace, you can easily access those inner magic keys of Freedom by finding the way to Love yourself through any given situation. A response of fullness of Love will quickly fill all your cells with the Light necessary to wash away any emotion or thought of non-Love from your heart. In any given situation, ask yourself: What would Love do Now? What response can more deeply instill the belief that I AM abundant Love?...and I AM abundantly Loved. The total belief that you are the power of Love in Action, from the I AM that you are can heal and transform all....and like magic, all obstacles disappear.

In the name of the Infinite Light of Love, I AM Adama and Master St. Germain.

Message received by Nancy Fuoco on January 13, 2020.