

## Adama

### *You pretend to be a human*

Sometimes you need gestures, you need actions in your dimension to remember, to engrave an energy inside you. This gesture that we have done together, this Circle of Love, this Alliance of Love, we made it with you; we have connected with your heart, this living heart within you.

Dear children of the Earth, dear brothers, dear sisters, I speak today in the name of the Love that lives in you. Do you love yourself? That is the question! Do you really love yourself? Inside, do you love yourself, each of you?

I will give you an example. In the morning, when you wake up:

*- Do you feel a wave of extraordinary joy just at the thought of being able to contemplate yourself, to contemplate this image of yourself in the mirror?*

*- When you think of yourself, does your heart leap with joy, enthusiasm?*

*- Do you feel bathed in an energy of great peace, serenity, Love when you think of yourself?*

I ask you these simple questions to help you measure the step you have to travel towards yourself. You see, this step for some of you is very difficult. And why is that? Because you compare yourself, because you look at those around you. You pay attention to how your parents look upon you, how your friends look upon you, how your children look upon you. But, do you know that ***the most destabilizing look is how you look at yourself!***

You are the one who judges you the hardest. And why is that? It seems very difficult to accept, maybe? And yet, it is a reality for 99.9% of our children on Earth. Why? Because you have believed all that you have been taught, all that has been imposed on you as beliefs in relation to the culture to which you belong, to the family to which you belong, to the language to which you belong, to the gender to which you belong. You have believed so many things that were far from your Pure Essence, far from the Energetic Frequency of Life that you are! The biggest step to take, my children, ***is the step towards yourself; this yourself that you do not know.***

Well! In this crystal, we have placed an energy: the energy of the recognition of yourself, the recognition of the "*Light that you are*", the recognition of the "*Life that you are*". The "*Life you are*" is perfect! This is a great truth! And yet, you reject it even as I pronounce these words. You reject this "*Life you are*". Because you do not believe it. Your look at yourself with eyes that carry all the beliefs that you have been imposed on this dimension. Beliefs often tinged with great fears, mistrust, insecurities, judgments: great judgments against yourself!

So, look at this crystal, see its purity, its transparency; the Light that can pass through it. This crystal represents your Real Essence! As you eliminate, transmute the beliefs that you carry, and which are limiting you, you become again this crystal. You become again the "*Being of Light that you are*". You become again the Life that you have come to express in this dimension by your radiance. I tell you: you already shine the Light, each one of you. Write these words in your hearts: you already radiate the Light of Love within you. It is only you who has to recognize this fact, to recognize this Truth!

And how will you welcome and live this Truth? First, by believing in it, and second, by recognizing the perfection that inhabits in you. The more you recognize this perfection, the more it opens doors of understanding for you, understandings of the way you look at yourself, of the way you keep yourself in prison by living in your judgments.

The more you recognize that you are Life in Action, the more you become "*who you are*", the more you dare to express "*who you are*", the more you dare to recognize "*who you are*" and the more you feel your connection with the Great Life. The more you feel connected to the Great Life, the more you recognize, observe and perceive perfection in all things; it's mathematical, it's so simple and so true! ***But first you must believe it!***

If I asked you the question, "Who are you?" Could you describe yourself by mentioning fifty marvelous, divine, sacred qualities that you carry within? For each one of you carries inside at least fifty divine, sacred qualities. It is the signature of your heart, the signature of all the energies / frequencies that you have lived in the multi-dimensions; and this signature, you cannot separate it from yourself: it is part of you, you breathe it!

This crystal today signs an alliance: the alliance with yourself, the covenant to recognize the Divinity, the Beauty that inhabits you, the "*Light that you are, the Eternity that you are, the Consciousness that you are.*" I invite you to meditate on these words, to meditate on the Light that lives in you, on the Eternity that inhabits you because, Consciousness, Energy, Life, Actions correspond to "*Eternity*". What are you? You are a Consciousness, you are Energy, Light, Love and Peace. Each of you is disguised as a human being who plays a role in the 3<sup>rd</sup> dimension. Never forget that you play a role here, the role ***of pretending to be a human being!***

Today, I would like you to remember these words: never forget that you "*pretend*" to be only a human being in the 3<sup>rd</sup> dimension, at this moment. You play a role, but your Essence is Luminous. This Essence is eternal in you! And the more you dare to welcome this Truth within you, the more it will trace a path of Light. It will change your perceptions of yourself. It will change your perceptions of life around you. It will open doors for you! This is so true! So, eternally sacred and divine and true!

Today, with this crystal that we also symbolically place in your heart, we ignite a new flame: the Flame of Rebirth: rebirth to yourself and never forget that ***you are the most important person in your life!*** I have already said it, I have repeated it many times and today I say it again: you are the project of your life; you are the goal of your life; you are the person for whom you have incarnated and no one else! You are the ultimate goal of this incarnation, that is to say, to recognize the Light, the Love "*that you are*" because, by recognizing the Light, the Love

*"that you are"*, by welcoming it, living it in yourself, ***you allow the Universe to reconnect with you***. You claim from the Universe that it reconnects with you with Love, and your cells respond to it. Your cells begin to open up, to feel the Life around you, allowing you to walk towards Unity, towards the understanding of Life in you and around you; allowing you to feel that you belong to Life, that everything is connected, that everything is *One* and that everything belongs to the *Consciousness One*!

Well, this Alliance of Love towards yourself, towards Life, is growing! Feed it inside yourself! Remember that sacred moment when you stood before yourself, before those 3<sup>rd</sup> dimensional beliefs that you do not want to carry within yourself anymore, before the Great Life that lives in you, before the Love *"that you are"*; daring once and for all to recognize it; daring once and for all to walk in its direction, the direction of your heart towards yourself. Recognizing yourself, recognizing your importance, recognizing the Life *"you are"* as the most important!

On those words of Love, that may have shaken certain hearts that needed them, we envelop you, we cherish you, we support you!

I am Adama, your brother of Telos, your brother in the Great Life, your brother in the Unconditional Love who recognizes you.