

Translated by Janine Leclerc

Denise

Explanations

Since we are a group that believes in Telos and we have affinities with the energies of Telos, I will read an extract that I find inspiring and it gives us wings. At least, it gave me some. These two short paragraphs can be found on pages 193-194 of *Chapter 17, Volume 2*.

Celestia (Adama's sister in Telos)

"Welcome dear souls! We perceive you in the full radiance of your light bodies and in the physical beauty that is yours in the third dimension. There are so many more of you who will also be awakening soon and returning to the truth of who you really are. These gatherings taking place within our energies will become larger and more numerous until the very light of them will be visible even in the darkest corners of the surface realms.

We have held the space and the energy here in Mount Shasta for a very long time. A great number of you have lived several lifetimes in this area, both in Telos or on the surface, helping to hold the energy. As I speak, most of you, present here in the gathering this evening have aspects of your total selves who are living inside the mountain and in other cities inside the earth. And for us, it is wonderful beyond measure to see you now in your physical incarnation because you are the ones who are bringing about the great shift that is so needed on the planet."

I will repeat this last sentence:

"And for us, it is wonderful beyond measure to see you now in your physical incarnation because you are the ones who are bringing about the great shift that is so needed on the planet."

That sentence surprised me. I had read it before but today it resonated in my Heart with a special vibration. I really feel that, nowadays, we are getting ready to consciously experience the transition of the planet that we are preparing together. More and more, we will realize how important is our individual role and it is important because we radiate. We are sensitive to the energy of Telos, the Energy of Love, Harmony, Compassion, the Energy of Mother Earth's Heart in our dimension.

We'll do the protection in a while but I wanted to invite you to prepare the Energy of Telos where you live now because it is important. This is an Energy that supports us and it is an Energy which is in perfect harmony with our Heart.

For some time now, I have been linking myself every morning to the Telos Energy to anchor it wherever I am, in the house, in the yard, at work and when I walk outside. In my ritual this morning, I was trying to build the light bridge between the place here and Telos. I was visualizing the Golden Energy Bridge of Christ Light that unites us and as soon as I made the connection, I saw a white

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unicorn running on the Energy Bridge. What a surprise it was! I saw it before me, all white, majestic. It touched my Heart with its horn. It wanted to bring me joy. Wow! That is so interesting!

Earlier while meditating with Telos, I said to myself: "I must greet Adama, Aurelia and Ahnahmar." As soon as I thought of Aurelia, I saw her in a large room. She was preparing an elixir. It was a thick bright white liquid that she was mixing in a large bowl with something like a magic wand that she held in her hand. She said: *"I want you to ask each person who will be with the group tonight, to prepare a ritual to connect to Telos every morning, every day. Each must create his own ritual. I am starting one tonight with all of you. I would like you to invite everyone to come in this room where I am and take from my hands the elixir that I have prepared for each of you tonight. This is to infuse in your Heart the energy of Telos, the energy of Love, Compassion, of Harmony of Telos and anchor it deeply in us."*

So, with love, we will make our way to Telos. Let us visualize a merkaba of Light positioned in the center of the circle we are now forming. We get into the merkaba and we are rapidly transported to Telos in this room prepared for us, this sacred place where Aurelia is expecting us.

She asks us to form a circle around her - she calls it a *"magic wheel"*. Then she starts walking from one person to another, giving each one a crystal cup that she filled with this sparkling white milky elixir. I will let her speak.

Aurelia

Elixir

I've been waiting a long time for you. Tonight we are fulfilling a promise, the promise to reconnect consciously, you in this physical world and me in this Light World in Telos. We have known each other for a long time. We have met and talked in Telos and when we walked together on the green roads of Lemuria, these roads scented with Love Energy.

Today, while forming a circle, link yourself to the Sacred Heart within you, the Sacred Heart of Eternity that you are, the Heart that is part of the great Whole. Inside this Heart that you all are, my dear children, resides the Heart of the Consciousness One. Each of you carries a part of the Consciousness One. Each of you is linked to a part of the humanity currently incarnated on the Earth surface as well as other humanities in incarnation on all the planets, in all the Universes. You are so much more than anything you can imagine because the Source resides in Life. You are living! You evolve in this Life. You evolve in this great Omniverse and whatever you do; you do for yourself and for all creation. Every time you feel the magic, the entire Creation feels it. Whenever you make a step, the entire creation makes a step.

So today, I prepared this elixir in perfect union with the vibration of each of your hearts and I asked the Source, who is One in All Things, to bless its own Heart in this liquid, in your Hearts, in this Life that is everywhere, this Energy One that is the Source in All Things. Today with the intention of Pure Love, while you drink this pure elixir in your Heart with consciousness, I would like you to imagine with this

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mental that is part of you, with the emotions that live in you, with this life that you use, which is yours, I would like you to imagine that you spread the Almighty Pure Love, the harmonious Love, the eternal

Love of the Source in all that you are. I would like you to feel that this love is uniting you with the Creation.

This elixir pulses with the pure Harmony vibration of the Heart of the Source harmonized with your own Heart. This elixir will act as a key, as a musical note that will allow you to open doors within your Heart and these doors will allow you to align yourself with the Great Life in which you are immersed and that unites you to the Great Whole.

The energy flowing on Earth now is associated with a Great Cosmic Cross which we have prepared together to awaken us to the Consciousness One, to awaken us to the Love Consciousness from the physical body of Mother Earth. These energies in which you are now bathing will attach themselves to the life you carry. The doors you will open by drinking this elixir tonight, will allow you to feel the harmonization of your Heart with the Heart of the Source One. If you accept it and welcome it, of course! If your Heart says yes to this invitation.

Everything has been prepared within each of you. All the codes of Light, all the codes of the Sacred Divine Authority were placed in you and are now ready to be reactivated. The energies of the Great Cosmic Cross will touch your Heart in a very special way and the more you will harmonize yourself, the more you will welcome these energies, the more you will transform yourself. This will allow a magical wonderful harmonization of all your bodies with the awakened human consciousness that you use in the 3rd dimension.

As you listen to these words standing in this great wheel around me, feel the sense of belonging to the Great Life. Feel that in your body, in your Heart, billions of tiny sparks light up and become bright. They are all consciousness/energies of Creation that are linked to you and that, today, reconnect with you. It is important to be conscious of this event, this moment. You can choose today to reconnect consciously with the Great Whole.

You are in front of the Great Union Gate of the Reunification. You are invited to cross it conscientiously. This elixir that you will drink in your Heart will harmonize you, will let anchor the Divine Sacred Balance in all the energy particles that inhabit you, in all these consciousness that are part of you. They will allow the harmonization to welcome the New Earth, welcome the New You, the one who is free, the one who reconnects to the Great Whole, the one who takes back his place in consciousness.

I invite you, dear children of Telos, dear children of Lemuria in incarnation now, to open up to the Light currents that reside and bloom in your Heart now. These thoughts that run through you, these emotions that make you live, become their Master. Be conscious of the vibrations you carry because it is these vibrations that will materialize very quickly in your lives. With the energy now flowing on this Earth, everything manifests quickly.

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So I, your sister Aurelia, united in Heart with the Great Whole, with the Eternal Light that loves within you and that is One in All things, I invite you to drink this elixir consciously. This elixir which reactivates memories in you, which allows you to anchor in you the certainty of Oneness with the Great Whole. Drink slowly with consciousness and imagine this connection with all your brothers and sisters of the Creation. Imagine consciously this connection with the Consciousness One, with the Source of

which you are part, of which you have never been separated. Feel that this elixir opens doors in you, doors of understanding.

I encourage you to use the Flame of Resurrection to strengthen in you this reconnection with the Unity, with the Consciousness One; to expand in you the wonder, the conscious connection with All That Is.

You are beings of great power. You can do everything. There is no limit to what you can accomplish, live, choose to live. Everything is possible for each of you. Everything is possible for the one who welcomes and accepts, without resistance, without doubt, just with the wonder in His Heart that he is part of the Great Whole.

I invite you to savor this moment. Create wonder in your Heart. Carry within you the energy of the 5th dimension. Live it! Feel it! Create it! It is there! It is up to you to let it bloom. It is up to you to wonder, to create the Telosian Energy in your life.

Today, we open together in consciousness a large door, the door of all possibilities, the door of the Telosian magic, the eternal magic, the magic of the fifth dimension and beyond. Soak up the energy. Immerse yourself in the magic, the freedom, the joy. Make it live in you. Become agents of change in the 3rd dimension. Become roving universes that magnetize, that transform everything on your path, that transform the collective unconscious, that transform human emotions, that transform the energy around you, in your home, at your work, that transform the Earth.

Today you can start the practice of feeling the connection between you and all the humans, all the animals, all the plants, all the minerals, all that exists in the 3rd dimension because in reality there is only one energy, one consciousness and you are not separate from it.

Visualize this elixir transmuting the vibration, the frequency of all that you are, harmonizing it perfectly with the Love frequency of the Great Life. Now see yourself as a free agent of the Love that harmonizes instantly with All That Is, with all that makes the object of your attention and your intention.

I invite you to create your own your own ritual in order to connect each morning with the Great Life. A little ritual where you will learn to feel the connection between you and All That Is, where you will accustom yourself to feel the bond that unites you with the Great Life.

I invite you to live a new life, children of the Earth, the Life that we share here in Telos, the Life that we share with the intra-terrestrial cities and the Life that we share with all the Love dimensions that populate the Creation.

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Be blessed for what you are, for who you are, these Beacons of Light, these carriers of the Great Celestial Heart Frequency. Thank you!

Denise

Explanations

I will explain what I see in preparation for the next message. This has to do with the Great Cosmic Cross that is positioning itself with the planets. Each of us is also a cross.

The picture I see is the vertical and horizontal arms of the Cross which meet in the middle. This represents our cross. The vertical aspect is our true Cosmic identity, our eternity, the Pure Love that we are in the Creation and the horizontal branch is our present incarnation in this physical body in this dimension.

So it will be important for us to imagine, every morning, that we stand in the middle of our Cross where the two currents meet: the Divinity that we are and the human we have incarnated in the third dimension.

We can ask the Resurrection Flame to resurrect the perfection of the meeting of these two branches in us because we are the perfect cross. The cross that is perfect in its vertical aspect and in its horizontal aspect.

We can really work with the energy of the Resurrection Flame these days, especially during the Easter season in this wonderful spring, to revive in us the perfection of the meeting of what is human in us with what is Divine. This will allow the Divine to fully take charge and integrate this dimension so that our bodies, our emotions, our thoughts are in perfect alignment with the Heart that we are, the Love that we are, the eternity that we are. This is the image I am asked to share with everyone.

Let us use the energies of the Resurrection Flame to really revive in us the Divine Perfection that we are in this physical body in all that we are, in our thoughts, our emotions, our actions, our vision; in all that we are.

I will now let our next teachert speak to us.

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Sananda

The cross that you are

I am your brother, Sananda, the expert in cross! Yes, we often speak of me and, most of all, of the cross I carried. Today, I offer you this cross. It is only a symbol. It is the symbol of the union of the visible and the invisible, of the dimension of eternity with the dimension of beginnings and ends. I want you to see this cross as a key that you own, of which you are the master. A cross is made of two branches, two vibrations which meet in the middle, the point of equilibrium.

I want to ask you some questions:

How do you consider yourself, my dear children?

How do you see yourself?

How do you evaluate yourself, how do you feel?

I am asking you these little questions so that you meditate these words, so that you go in your heart to feel the answer that will come to you. This answer, I tell you beforehand, will look a lot like a response knitted in the third dimension. When I look at you, I see that you identify yourself with what you see in this dimension, with this body that you use in this dimension, with the words you hear in this dimension. You identify yourself at 99.9% with everything you have experienced in this dimension. Well, I tell you that it is in the remaining .01 % that the truth resides. The 99.9 % of what you think you know only hides the grand illusion that has decided to ignore the .01 % that contains the Great Life.

In the picture I gave you earlier by Denise, the equilibrium point of this cross in you is your heart. Your heart has never forgotten that the .01 % contains its foundation, his life. This Heart in you has never felt separated from the Great Life because it recognizes that it is working at 100% and that it is the Great Life in you.

When you center yourself and you identify yourself with the meeting point of these two branches, the divinity that you are and the human you believe to be, make the habit of imagining that at that time, you are 100 % in the Great Life. The Great Life is not separate from you. It is not something extraordinary that lives outside or inside of you, *it simply is*, with all its magic.

What prevents you from accepting the magic of the Great Life, are your own ideas about this Great Life. In fact, you have no idea of this Great Life. You still cannot imagine what it is. You still cannot feel what it is because everything you think it should be is pure invention of the 3rd dimension.

The Great Life is All That Is. It is intelligent. It knows everything, is aware of everything. It is eternal, perfect, infinite. Quite simply, it just is. It has nothing to prove, nothing to lose or win. It knows. It constantly creates.

I invite you to stand at the center of the cross surrounded by the Resurrection Flame practicing to feel the perfection of who you are, mindfully. Whenever you do this with the intention to reconnect with the

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great Life, you are part of it; and accepting that you are part of the Great Life in this resurrection Flame, you create magic. Every time you stop and take the time to resurrect the Great Life in you, you open doors. You allow this Great Life to open the doors of comprehension in you.

At first you feel nothing. You are not used to speak the language of the Great Silence, to feel the Great Silence in you, the immensity, the space of no space, the space of no time. However, every time you do it with the intention to reconnect with the Great Life and that you imagine its resurrection in yourself, that you are in the meeting point of this perfection within you, you make it grow and new understandings will come to you.

It is as if you were digging roads to allow a circulation that you cannot yet imagine, cannot yet feel. You draw these paths so that this Great Life, that knows you, can spread within you, opening new dimensions. Every time, you will authorize the Great Life to reconnect you to its Mighty Power, to

reintroduce you to the movement of eternity. And this gets done easily, because it is the Great Life who is in charge of the project. It is Her that reconnects you. It is Her who knitted you and knows how to touch your Heart, your emotions, your imagination, the shape of your physical body, the atoms that compose you at all levels. She knows everything that composes you in this dimension and in all other dimensions and She makes the connection between them. It is as if you were a disconnected cell in the large brain of Her cosmic intelligence. Every time you decide to reconnect to the Great Whole, and that you do it with absolute trust that you will be successful, every time the Great Life gets nearer you. She re-aligns with great patience and lots of love. She re-aligns every atom that composes you, every cell that composes your being. She re-aligns the light that composes you in all the dimensions. And soon, the miracle appears. Soon you feel, you understand. ***You are the Great Life!***

I, Sananda, your brother, give you today a magical procedure. I give you a gentle way to resurrect yourself, to reconnect yourself to the Great Whole, the One Life, in the simplicity of the present moment, in the simplicity of your life, using your words, your understanding, all that composes you.

It is up to you to resurrect yourself, to the Life forces that are in you and to transform yourself. It is up to you to allow yourself to become free from the grip of your beliefs by letting the Great Life, the Resurrection Flame transmute you and open wide the autoroute of your Heart, the autoroute of your life and reconnect it to the Great Whole.

Life is intelligent. Everything around you comes from the Intelligence of the Great Life. Everything in this dimension comes from the Great Intelligence of this life you are using. So, will you trust it? Will you dare associating yourself with it and let it guide you, revive you, reconnect to its own Life, its own intelligence, its eternity; so that it transforms you, it recreates your perfect eternal life in this physical body?

This Cosmic Cross, the cross of Earth's sister planets which is currently forming itself in the great sidereal is a cross that comes to support your resurrection. It reminds you of your power, and works to revive the Life Intelligence in you. I invite you to work with it, to welcome it and to let it reactivate you, reconnect you with the Great Whole.

May the power of these words live in you and open wide the doors of your resurrection! Thank you!

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Adama

The role you came to play in the Great Plan

Good evening to all! I salute you. I salute the Divinity that you are. I also welcome the role that you came to play in the Great Plan. I am Adama, your brother forever, the one you know very well in your Heart.

Today, I want to share with you some of the magic of Telos, some of the magic of the New Earth that we are creating together. On this planet, there are communities that live in love and respect,

communities of exchange, sharing, communities of cosmic harmony. Several of them already exist inside the Earth, and many are beginning to form on the surface of the Earth.

Yes, many of our brothers and sisters, since they have incarnated on the surface of this planet, remember that it is possible to live in groups, to live with respect, harmony, sharing, Love, understanding. They are trying, in their own way, to recreate this environment in different forms with different names: Island of Light, Oasis of Light, house of Love, respect group, brotherhood. Yes!

How do you consider yourself, you, the transformation agent for this humanity, to whom I address myself now, who is walking among your brothers and sisters?

How do you consider yourself?

How do you look at yourself?

How do you value yourself?

It is time for each of you to appreciate the greatness that lives within you and to appreciate the reason for your incarnation, to appreciate your difference. You have come to experience something different, to bring something that only you carry; and that your brothers and sisters do not necessarily recognize, that even your family does not recognize.

Have you dared talking about your feelings, your dreams, your ideals? You carry something different in your Heart, in your way of seeing life. Are you among those who have never dared to talk about how you see life, how we could live while sharing, respecting each other?

Each of you represents an embryo, the embryo of the New Life. I come tonight to repeat this because it is time for each of you to open your heart, to let it live, to learn to live according to what you feel, you, every day, every time you meet friends, every time you share moments with your family. I tell you: *"It is time to let this Heart breathe in you, to let it speak, to talk about your dreams, to talk about what is dear to your Heart. It is time to create the New Earth, where you are!"*

I repeat these words again tonight because the energies flowing on this planet now feed the dreams in your Heart, the dreams that you came to live in this dimension; and to make them grow, make them

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radiate, materialize. Too many of our children of the Earth do not dare. They do not yet dare to listen to their Heart. They do not yet dare to be different from others, from people in their family, from the people with whom they work, from those they cross on the sidewalks.

We are now nourishing the dreams that every human on Earth carries in his Heart. The energies of the Great Cosmic Cross will awaken the true values in the Heart of your brothers and sisters. The values that talk about life, patience, courage, perseverance, love, harmony, change. And these hearts that we are now feeding with these energies will look around them. They will look for models. And who do you think will be these models? **YOU!**

Because this year is a year of awakening, of reactivation of the Light Codes that you carry, **YOU MUST AGREE TO OPEN THE DOOR OF YOUR MANIFESTATION IN THIS DIMENSION**, the manifestation of your values in this dimension and allow the emergence of the new Human Race on Earth. Yes, you must be conscious of those seeds you carry and you must also enable them to grow. Believe in them, believe in yourself, believe in your difference and let the Great Life water them. You must stop resisting. Choose to stop resisting the life stream that is manifesting in you, through you, in all simplicity.

I invite you to do like the small children who marvel at life every day. I invite you to marvel at the Cross you are that is just waiting to grow, to be anchored in yourself and allow the blossoming of your being in perfect balance. A perfect balance, combining the visible and the invisible in your heart, combining the love that you are with the things you do, the words you speak. This balance is the manifestation of the Pure Love that you are in this dimension.

To do this, you must believe that it is possible. You must create and feel the magic of life in you and around you. You must reconnect to life and live it. I'm talking about the real life, the one you came to manifest in this dimension, the one that this planet wants to manifest in the third dimension with you. The one that you carry in your Heart, the one that respects, that shines, that brings joy. You carry all this magic within you. You must reclaim it. You must reclaim these currents of energy flowing in you and let them grow, welcome them, sprinkle them with your attention, pour the Great Life over them. What will be the use if you choose once again not to believe in dreams? If you choose once again to do as everyone else, to believe that it is not possible to live in peace.

Well, I, your brother Adama, tell you that in Telos at this very moment, we live in peace. We live the joy, the eternity. We are the proof of this possibility in your dimension, on this Earth. And I come once again to invite you to collaborate to the dream of the earth, to be a part of it.

These words, I would like them to be Light seeds that touch your Heart, that make it vibrate so that this faith, this courage, this perseverance carry you until your victory, until your consciousness reconnects perfectly with the Great Life to which you really belong now.

It is up to you to feel, to create the magic in your life. You have all the tools. We have offered you the Sacred Flames to transmute all the resistances of the consciousness that inhabit you, to transmute the resistance vibrations at all the levels of your cells consciousness, in each body, in all the dimensions. It is up to you to use them, to have faith in your potential as a creator and to transmute all that is not Pure

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Love, Pure Light, Pure Joy in your life. I am here to tell you: *"Everything is possible, magic exists, eternity is true, real life is approaching and is touching your heart."*

I invite you to open your arms to welcome the New Life that is coming towards you. I invite you to welcome the Love of Mother Earth, the Love of Gaia, the Love of the Lemurian Goddess, the Love of the Great Life; and to allow the reconnection of Heart to Heart, of Life to Life, of Unity.

These simple words, my dear children, are so important. I hope they resonate within you to awaken your victory, your eternity, the Consciousness that you are in your physical body. This is the victory that I wish for you. This is the invitation that we, your brothers and sisters of Telos, extend to you tonight. We invite you to say yes to your resurrection in the perfection of this Heart that you already are. This Heart that is only waiting to be welcomed, to be believed by you, by this consciousness who is presently listening.

With all our love, we salute you. May this elixir that you drank together unite you and unite us forever! Thank you!

Denise

Acknowledgments

I think that's all for tonight. We thank all our brothers and sisters of Telos, all the angels, the archangels, all our guides, all those in the Light Dimensions who met with us to share these moments of peace, these moments of joy, these moments of silent Light.

Thank you to the energies flowing on Earth! Thank you to the Heart of Mother Earth! Thank you to the Source that lives in each of us, that reactivates itself in us and blesses our Heart, our evolution, our awakening, our perfection!

Thank you Adama! Thank you Sananda! Thank you to all our space brothers and sisters! Thank you to the Consciousness One!

And thank you to Christian who administered Mumble tonight.

Thank you to all of us who have gathered to celebrate the Great Cosmic Cross, the full moon, the life currents that are here to revive Love on our dear planet and in our hearts. Thank you! Thank you! Thank you!