

**Denise**  
*Welcoming our Divinity*

I hope you are doing well in this beautiful day which marks the beginning of the eternal spring. I really feel that a new era is beginning, not only for us but also for all mankind. I often sense, these days when I meditate, that it is our responsibility to participate in the creation of this new era! The biggest obstacle I see when I look at myself or talk with other people is that we do not accept our divinity. This is the biggest challenge that we must overcome because if we realized that we are divine, that we are God's sons and daughters and that we have the power of the Source within us, the New Earth would already be here. It would already be manifested because it is the desire of all the Light workers.

I sense that the messages we will receive in the near future, and perhaps even tonight, will be about accepting and welcoming our divinity, welcoming the truth that we are powerful. We are creators. We are Children of the Source and the Source is in within us and around us. There is no separation. If the Source is "All That Is" then we are "All That Is" and if we are "All That Is" then it is easy for us. It is unlimited. We become immortal. Our view on life changes.

All this is bubbling in my Heart these days and the eternal spring is coming, let us welcome it all together! This is the first spring day since December 21<sup>st</sup> 2012, so this is really the first spring in my heart. This is the first spring of the new era of the New Earth.

I was a little late in preparing myself for tonight. When I checked to see who was coming to me, I felt Mother Earth and she told me: "*I am ready! Maybe you are not but I am ready!*" So, with love, I will let her speak.

***Protection***

I invite you to sit comfortably and take a deep breath. Be conscious and trust that we are the Divinity, we are the Source, we are the Eternity in action in this dimension.

I ask Archangels Michael, Gabriel, Raphael and Uriel to position themselves around us and to keep us in the Light, Love and Peace energies throughout this encounter with the Sacred Light.

I also invite our brothers and sisters of Telos, the High Council of Telos, Adama, Ahnahmar, Aurelia, Saint Germain, Sananda, Lady Nada, the Masters of the Seven Sacred Flames.

We also invite our dear I Am Presences, our inner Divinity, to open wide our hearts tonight so that we can welcome the Great Truth of our Divinity, our eternity.

And we also invite all our guides, all those in the Light Worlds who work for the project Earth

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Ascension.

We invite all the Light Beings from all the Universes, from all the Dimensions who want to join us tonight to share their light, their peace, their harmony with each of us.

I also send a special invitation to all the Nature Beings, in all the realms, invisible to our physical eyes, who are always there to help us and assist the Earth: the Devas, Gnomes, Fairies, Elves, Ondines, Salamanders. All these extraordinary beings who relentlessly serve the Great Plan for the development of Christ Consciousness on Earth.

I ask the Great Central Sun, Mother Father God the Creator, the Divine Mother, the Earth Mother, to bless each of our hearts, each of these Light sparks that shine within us, this Unity Consciousness that anchors itself in us, that develops and grows in us and that transforms us more and more every day.

**Mother Earth**  
*We are One*

Good evening my dear beloved children, I am your Mother Earth. I am the one who has been watching over you for millions and millions and millions of years; since we started together this whole adventure in density, in this dimension. Tonight, I welcome you in a very special way in my heart! I would like you to focus your attention on your heart, this sacred space where my Almighty Love shines in you. I ask you tonight to recognize, to merge with this powerful energy of my unique love for each of you, my dear beloved children.

As you hear these words, transmitted by the sound moving over these grids surrounding my physical body, I ask you to feel the vibration of my heart, the vibration of the life that is in you. This life is the *One Life* that sustains all of creation.

Tonight, my heart is united with our heart, the one that we form together and this heart is supported by the Great Life of the Source, the Source to which we all belong. My dear children, we are beginning a new era together, the era of renaissance, reconnection, recognition of who you are, each of you, unified in my heart, united to the Heart of the Almighty. What is happening now, although your eyes cannot perceive it, is that we are uniting. My all-powerful Love is surrounding you, soothing you, pushing you to go inside and finally recognize my Light, our *Unified Light* that is growing in this dimension. You are breathing now. Observe this breath. Observe this harmony in you. This inspiration, this expiration, my dear children, it is the same Life movement that flows through all creation. Your body is a system, a world modeled on all Creation. The laws in action at all levels of your being are the same laws that govern all creations in all dimensions, in all universes.

If you take the time to examine what goes on inside you, the energy currents, the emotions, the feelings, the thoughts, the actions you do with your physical body, you will see that all the same

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rules apply. Creation, my children, begins within you in this world where you are the king, the queen. Without realizing it, you are, each of you, powerful Creators. Whenever you emit a thought or you feel an emotion, you activate great forces which are part of all the Creation. Whenever you feel an emotion inside you, my dear children, know that all the creation feels it at the same time because you are not separated from my Heart. You may think that I am ignoring you, that I do not know each of you. It is not so! I know you deeply.

I ask you these questions:

*"Are you aware of your fingers?*

*Do you feel them?*

*When you emit the thought of moving your fingers, do you know that they are moving?"*

Yes, because these fingers belong to you. You feel them. You control their movements, their actions only by your thought. When you want to wave a finger, it does wave because all the cells that make up your physical body are aware of this intention. The cells are always waiting, listening to your thoughts. As soon as they sense a thought, they go into action. And, like magic, the finger starts to move in response to this intention. Well! My dear beloved, you are my fingers! You are the ones by which I express myself in this dimension. You are not separate from my Heart! You are not separate from my consciousness. Do you understand this language?

Hear these words within you. Feel the life that these words bring inside you. I am here to resurrect you my children. I came tonight to open a new door, a new understanding, a new awareness for each of you. You are part of my consciousness. You are part of my Almighty Heart, of my life manifested in this dimension. You are not separate! It is you who think you are separate from me. It is you who think you are separate from the Great Whole. And what separates you from me, from my consciousness, my dear children? One belief only! The belief that you are separate from my love, you are separate from each other, you are separate from the life in this dimension. You walk like zombies, my children. You walk unconscious of your power, unconscious of this connection between you and me, between you and each other. Between you and every tree you come across. Between you and every blade of grass your feet crush. Between you and each passing cloud above your head. My beloved children, open your heart tonight and accept, welcome this simple truth: ***We are One!*** We are united by the great movement of the One Life! This body you are using, it is alive. It moves on the surface of my own body. It responds to all your intentions. When you think: "I raise my right hand" the hand goes up, it obeys you. It obeys you like this physical body, this planet, this Earth, these trees obey my will. The only difference between you and me, my children, is that I am aware of everything that is inside me, around me, on the surface of my physical body and beyond. ***We are One!*** You have rejected this truth a million years ago.

Denise spoke of eternal spring earlier. She spoke of a new spring. Listen to these words. I invite you to resurrect. I invite you to be reborn in the energies of the great truth of life which is ***One!*** I invite you to welcome with absolute confidence the truth ***that we are One,*** that you have all the powers! My powers are in you. Why is this? Because it is the same life that flows in my Heart and in your Heart. Why would life take a different color in your Heart than in mine? Are there

two lives, three lives, four lives? No, my dear children! There is **Only One Life** that manifests itself in all creation in many forms. Will you dare to accept, without any doubt, this truth in your Heart tonight? I am asking you: do you feel ready to be reborn? Do you feel ready to grow, to change, to finally dare to express your true nature of Creator on this earth, on my sacred body, in this dimension?

The second coming of the Christ, my dear children, it is all of you. It is each of your consciousness that rises and says: *"Yes, I Am the Living Christ who came to transform this world, who came to create perfection, beauty, immortality in this dimension, who came to resurrect this dimension to its true nature of Light and Love!"* Because in reality **we are one!** Everything your eyes see, my dear children, is our common creation. Everything you touch is what we have created together. Together!

I ask you tonight to take responsibility for our common creation. I ask you to commit yourself towards yourself, to commit yourself to recognize my power, my love, my light in you, once and for all. I ask you to learn to live together. I am surrounding you. I am bathing you in the energy of Love from my Heart.

This year is the year of the great awakening for those who choose to accept their greatness, for those who choose to accept to meet the Almighty Beloved inside their Heart. Those who do not want to make that choice, will continue their life the same way, without understanding anything. They will continue to live a human life without understanding their true nature and the power that inhabits them. I am looking at you. I'm watching you, my dear children, each of you. You are in my Heart. I know each whisper of your Heart. I know each thought you have, each emotion that goes through you and make you shudder.

Today, I present myself to you as an ally on which you can rely. An ally who marvels at the greatness of your Heart because in reality **we are One**. I am asking you, my dear children, to look at yourself like I look at you, to love yourself like I love you. I am asking each of you to open your Heart to my life, to recognize my Life in you. I am asking you to walk on my physical body as a son, a daughter of the Source, of the Father Mother Creator, of One in all things. I am asking you to recognize your true nature in all that you are because yes, you are powerful. Yes, you are Creators. The life you are living now is your own creation, my dear children. You are so powerful. What you carry inside you has created your life, has created your physical body, has created everything for you. Everything that you experience now in this dimension is your absolute ultimate creation. It corresponds to everything you thought, everything you believed in relation to yourself, to Life, in relation to the beliefs that were imposed on you. Aren't you powerful?

You are so powerful that all those around you act according to your beliefs, your beliefs about yourself, about the energy you emit. You control them by what you are. You attract them. You force them to act in a certain way by what you believe to be, by what you think life is. Everything is so subtle, my dear children, everything is energy and what is energy? It is Life!

I ask each of you to take the time, in the coming days, to go inside you, in your Heart and feel my Life in you. Feel that there no distance between you and me. ***We are one.*** We are part of the same consciousness.

Today, I bring to your human consciousness, that part of you who believed itself to be separate from my Heart, that part of you who believed itself to be separate from life. I present it to you. It is coming near you. I bring it before your eyes, the eyes of your Heart. Accept it! Welcome it! Embrace it and live it! In our united Heart, my dear children, I say these words to each of you tonight. I ask you to engrave them, to meditate on them. I ask you to live them, to let them grow in you.

Stop seeing yourself as a human. Stop criticizing yourself, belittling yourself. When you diminish yourself, you diminish my life in you, my dear children. Do you have this right? Yes, you have all the powers but tonight I present to you the ***One Truth that we are One***, we have the same powers of Creator. We can grow together on the New Earth, with a New Consciousness, in peace, joy, love, abundance, harmony, perfection. Will you once again choose to ignore everything because it is too good? I tell you ***the true reality is more beautiful than anything you can imagine.***

What we have created together until now was colored by the game of separation that you have chosen to live and to experience. I am telling you: the *eternal spring* has arrived before you. This eternal spring brings wonderful treasures. It brings immortality. It brings a new vision, a new understanding, a new way of being and living. I invite you to dare to believe it. I invite you to accept this truth and to decide to live it.

You can change everything, create everything. You have all the power, yes! Use my power in you to change your life, to transform your consciousness, to transform this dimension. In fact, ***we are One*** despite the distance, the space, the time, the concepts that color your life in this dimension. I ask you to go beyond the appearances, beyond the concepts, the beliefs, beyond what your body tells you to feel, think, see. You are an energy, a consciousness. You are part of the Great Movement of the One Life in all Creation. With this consciousness / energy that you are, which is focussed in this physical body that you use, you can move throughout all Creation. You can, by simple intention, go in My Heart in the center of the Earth. You can travel through infinite space, visit the sun, the moon, the stars. You can do everything, feel everything, understand everything, live everything.

I invite you to a new life. I invite you to rise again, to be reborn in the One Truth of the Great Life. Each of you is a Creator. You all have the same powers, the same life in you. So, open up! Welcome this movement, this energy! Feel it grow inside you. Make it live. Make it transform you. Transform yourself. Remove all the mutations. Welcome the universe in which you are living. Welcome these consciousnesses that manifested around you to participate in your Creation. Welcome the trees, the crystals, the raindrops, the snowflakes, the sun rays. Yes! This spring is special, fabulous. It brings you infinite treasures. You just have to accept it, to open your Heart, to dive in this ocean of the unknown, to dive into this ocean of light and love where

everything is possible.

I surround you with my Almighty Heart Energy, with my life. I surround you with my consciousness. Let it grow in you. Merge with my life. Let it speak in you, by you, for you. These words, my children, carry them proudly. Meditate on them, feel them! I bless you. I bless your Heart. I bless our Heart, our life for Eternity. See you soon!

**Adama**  
*Welcome the Eternal Spring*

I am Adama, your brother who walks with you. Yes, I walk with you, all of you. Every day, we walk together. We create the New Earth by what we believe, by the Love, the Light, the harmony toward which your hearts are walking.

Look around you, my dear children. Life unfolds gently. When you look at a tree, do you see it grow? Do you see its flowers, its leaves grow? No! It is imperceptible and yet this tree is alive. Every day it grows but very slowly, millimeter by millimeter.

Well! I announce to you that the new life is growing inside you and it is growing without you realizing it, without you noticing it. I invite you to simply accept it.

Every day when you wake up, greet the new day. Welcome the New Life that is spreading across the Earth because, each day, different rays of light touch you, bathe this planet. These light rays come to resurrect you, to touch your DNA, to touch your physical body, your subtle bodies in order to awaken the Life in you, to awaken the Unity, the consciousness One in all things. I, your brother, tell you that the time of the Great Awakening has come! The long sleep that covered the Earth is ending. It is disappearing to be replaced by the True Awakening of the Consciousness. You are the fertile earth that Consciousness comes to embrace, comes to wake up.

Today, I ask you to accept this simple truth: ***you are in the process of being reborn, of changing, of growing to accomplish your role in the Great Plan. Yes! Each of you has its place, has a role to play in the Great Awakening.***

I ask you to look with new eyes. I know, I have often repeated this sentence. Well! I ask you once again to look with new eyes. I ask you to look with the eyes of the Life in which everything is possible because Life is All-Powerful. It occupies all space, all Creation. It is everywhere! In you, around you! This Life movement, my dear children, is conscious. It is intelligent. You are bathing in this energy intelligence. I ask you to feel that you are moving in this Intelligence of the Source, that you are moving in the Life movement of the Source, that you are using the Intelligence and the Life of the Source every second. Do you understand these words so simple and yet so grand and powerful?

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You are moving into the highest Energy Intelligence that exists in all of Creation and your body itself is made from this very high Energy Intelligence. What you experience, or think you manifest in this dimension, corresponds to your creation. It does not correspond to the Creation of the Sublime and Supreme Intelligence of Life that you use every second.

If you can meditate on these words, this concept, this truth, you can transform your life quickly because I tell you: ***this life you live is All Power, All Intelligence, All Consciousness.*** Why would it be otherwise?

You hear these words in the present moment, but where are you? Where is this consciousness that is listening to these words? It can be anywhere my children! If you are listening well, it is focussed in your body at the level of your ears but if you are not paying much attention to my words or if you are gone on an energy of your own creation, your consciousness is focussed at another level. So what is this consciousness that you are using at the moment? This consciousness, my dear children, is an energy that moves, that can displace itself, an energy for which shape or density does not pose any obstacle.

You can focus your attention in your Heart or elsewhere, on the edge of the window in the house you occupy, on the flower before your eyes in this little flower pot, on the table on which you place your arms. You can focus your attention anywhere. Matter presents no obstacle. You can even imagine yourself on the moon, in the center of the Earth or sailing on the high waves of the Pacific Ocean. Have you not noticed, my dear children, that you can be anywhere, that matter offers no resistance? Why? Because it is the same and only consciousness that exists in all things in all creation. Your consciousness is my consciousness, is the One Consciousness. Let these words penetrate in you. I ask you to meditate on them, to explore them. You are a Creator for whom matter does not represent any obstacle. The body you are using obeys to each whisper of the beliefs that you carry, that you decided to accept as your reality in this dimension. Do you understand the deep meaning of these words?

The body you are using is your creation. It faithfully obeys you. It obeys to every belief that you have decided to accept as your reality. You are a consciousness, my children. You are a consciousness that can travel in all creation without any limit. For now, you are using this physical body in this dimension to experience the density and this body is your tool. It obeys you.

So, why wouldn't you decide today that this body is immortal and eternal, that it can carry you on the highest mountain peaks, that it can levitate, that it can breathe even in the deepest part of the ocean, that it can adapt to all shapes, all dimensions, that it can adapt to everything you want to experiment?

Tonight I ask you, my dear children, to drop these limitations that you have carried in your Heart for too long. I offer you the Energy of the Unlimited. Welcome this Unlimited Energy in your Heart, in your consciousness, in your Life. Welcome the Eternal Spring! Welcome this new Energy that comes to transform this world, this dimension, this life that you are using and experiencing on the physical body of Mother Earth.

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I could talk for hours and hours on the infinite possibilities that lie ahead of you on this New Earth that we are building together. I dare you to say "YES! YES" to the New Consciousness, this Consciousness that you cannot even imagine yet. I ask you to accept the great adventure of the project Earth Ascension, of the Project Personal Ascension, of the project New Life, New Era of Love, Light, fantastic Beauty, Magic.

We walk with you on this Earth. Often, you do not notice it. We are preparing to meet you face to face.

*Are you preparing yourself for it?*

*Do you believe it?*

*Do you feel worthy of it?*

*Do you see yourself as our equal?*

*How do you walk on this earth?*

*As a creator or as a human unaware that he is a Creator?*

I ask you, my dear children, to observe your Heart, to observe what happens inside you, to explore your beliefs, your emotions, to explore your inner kingdom. Open new eyes on this New Consciousness that is coming towards you.

I, accompanied by your brothers and sisters of Telos, salute you. We are awaiting that glorious day when we will meet face to face. See you soon!