

TELOS

Tools to find your way back home

Beloved ones, I am Saint Germain. I would like you to take a deep breath. Slowly, with much love and respect, penetrate in the sacred Cathedral of your Heart, this sacred space known only by you. Listen to the sound of silence inside you, the sound of the Light shining in your heart. This place is where you are yourself. It is reflecting your beauty. It is reflecting who you are in reality.

There is an altar in the middle of this cathedral and you walk towards it. You notice a Flame burning on this altar. It is the eternal Flame of who you are. The Flame of your glorious I AM Presence. You are God in action using a Temple of Flesh in this dimension. You are the Will of God experimenting in this dimension. You are also the Love of God shining in this dimension. Each one of the seven Flames has divine attributes of the Source. You are the extension of the Great Central Sun, the extension of the Source living on this planet. Each one of these Flames is living inside you, is talking about you, even if you are not yet aware of their presence.

When you walk on this planet, you are not alone. You walk with all your creations *inside you*. The way you see life, you perceive yourself and the things around you comes from inside of you. Imagine ten different persons seeing and living an identical situation and you will see ten different reactions. Why? Because each person will react from the inside. The situation is just there to make you reflect upon yourself. It is a triggering button to show you what is really inside your heart.

Take this example. You are afraid of dogs. You are walking on a road and you see five big dogs running towards you. How would you react? Now the person next to you loves dogs and sees them as an expression of joy and love. How would this person react in this situation? Yet, they are the same five dogs running towards you and this other person. Why do you feel fear? Because the fear is inside of you. The dogs do not create the fear for you. They only show you that there is a fear, particularly a fear of dogs inside you. The other person's reaction will be completely different because she only has love for the dogs.

A fear is an energy that is alive inside you and it is alive because you nurture it. You have created it. You are responsible for its consciousness, for its energy. Situations around you are just pretexts to allow what is alive inside you to express itself. Nothing else! In fact, you are a universe. You are your own universe of thoughts, feelings, emotions, beliefs. You came here to discover what you have done and created so far in this dimension, based on the beliefs you have allowed to settle inside you. So everything is really coming from inside you. Do you understand?

In this lifetime, you have the opportunity to awaken to who you are, to your powers, to your real identity. And what is that real identity? You are a Being of Light. You are eternal and you came in this universe to experiment, create, feel, live in a third dimension world. You have gained a lot of knowledge and understanding that you would not have been able to acquire anywhere else. This dimension is one of the master key school in all of the Universes. It is the sum of all possibilities.

The souls that come in this dimension have prepared themselves in many universes, on many planets in

order to be able to manage in this so separated world. So separated from the love energy. When you penetrate into this dimension, you do not feel the love around you. Instead you feel alone on your island because you have created all together a place where you wanted to experience being on your own. You only have your inner guidance to help you because nobody knows. Everyone has forgotten. So, you have to rely on yourself and do one step at a time and check how you feel. *"Is it good for me? Do I feel better? Do I feel more alive by doing this action instead of this one? By saying this word instead of this one? By doing this gesture instead of this one?"*

You are your own master when you come in this dimension. That is why this school is so difficult. Each soul coming into this dimension knows that it will have to face its own creation because it is the only truth for itself. This dimension slipped into the fear vibration. 90% of your creations are based on fear and fear vibration does not support the creation of love. Look around you. Do you feel love when you walk on the sidewalk? When you listen to the radio? When you look at TV? Do you feel love when you read your newspapers? Do you feel love when you talk to your neighbor? Do you feel love when you go at your grocery store? When you drive your car? This is the creation of humanity, the no love humanity, no love dimension, no love vibration, no love color. Have you tasted it sufficiently? Planet Earth also has enough of it.

It is ready to create something different and you are here today to get some tools to find your way back home. To the world of love and respect where you belong. I know, you have heard this many times but bare with me. We have to anchor in your souls, in your atoms, in your cells a new reality, a new vibration, a new hope. This can be done by the sounds of these words, by the energy of this place surrounded by thousands of beings from the light dimension that came here today to share their vibrations of Love, their energy consciousnesses of Love and peace. Feel it. Feel this energy surrounding you now. It is coming to nurture the hope, the light of your heart. Love, light, compassion do not come in a world of noise. They come in a world of silence. Listen to the silence inside you. Breathe in the energy of love, compassion while you are listening to these words.

When you sit down for meditation, it is not to relax and forget about your problems. ***You sit down to work***, to open new doors inside you, to connect with other dimensions of your own being, with emotions that you are often unaware of. You sit down to connect with your belief systems, to connect with those unconscious dimensions of your being.

Presently you do not see anything. You do not hear anything. You do not feel anything comparatively to what you can do. You are preparing new highways of living, feeling, seeing, hearing but to develop these new tools, these new faculties inside you, ***you must take the time to sit down and do the work***. This means that you do it with a purpose, not simply to make yourself feel good: *"I meditate each day."* NO! You meditate each day to create a new world, a new life for you, to discover who you are really. You meditate to build the Bridge of Light that will bring you an understanding about yourself, that will connect you to the Source of the Source, to your soul, to your Higher Self. You sit down to open doors that you never saw before inside you. You sit down to create new ways of communicating, of feeling. So sit down with a purpose. ***"This morning I am learning to hear my inner voice."*** And you listen. You do not just relax and sleep on it.

You meditate with a goal in mind. Maybe it will take one week, three months, seven years before you hear your inner voice. Who cares! You sit down to listen to this voice inside you. You ask your Higher

Self to talk to you. You say: “ *I am coming in my heart to talk with you.*” If you do not hear anything, not a problem. Keep talking to your Higher Self and pretend you hear it. Ask your Higher Self to use your imagination to answer you. -Know that this game of pretending is fully directed by your Higher Self. Pretend you get the answer from your Higher Self and believe in it. Do the work each day until you get a perfect link and one day you will hear the answer.

All these hours are not wasted. Each time, you add a piece of gold thread, a golden light. You build the Golden Bridge between your consciousness and the consciousness of your Higher Self. Each time you sit down, you build yourself. You build new communication tools, new feelings tools, new visions inside you.

“This morning, I am building my new bridge to hear the invisible world. I want to hear my guides. I want to hear my soul. I am working on that bridge this morning.” And you imagine that you communicate with your soul, with your guides.

“This morning, I am building the bridge to understand the dogs, the animal kingdom.” And you imagine you talk with dogs and cats.

“This morning, I am building the bridge to talk to the trees.” Do you understand this point of you?

You sit down to work with a purpose. If you do not have a purpose, do not meditate. Do not waste your time and your energy. I am telling you, my dear children, there is no time to loose. Every minute is important because Planet Earth is already on the pathway of her ascension to the fifth dimension and she is bringing her children with her. The best thing you can do is to prepare yourself to accompany her, to follow her beat, her new rhythm, her new vibration level.

Each three weeks the vibration level of the Planet is increased. Each three weeks, the human being is asked to adjust to a new frequency. You do not have the choice because your bodies are on this Planet. You are like the apples in the tree. You cannot detach yourself from the tree or you would be a dead apple. Since you are walking on this Planet, you are like little apples growing and growing, being fed by your mother.

As long as you work building these new bridges inside yourself, you will be able so synchronize your vibrational level with the one of your Mother, the Planet. And this is important. If you are not be able to adjust to her vibration level, your body will just go away. So, each time you sit down, you anchor yourself. You feel the Light from your Heart going down through your body, through your legs to the Heart of Mother Earth. Imagine that you synchronize the Love of your Heart with her Love Energy, her consciousness. You are flowers in blooms, walking on the Planet, being fed with the Pure Love, the pure energy of your Mother, the Earth.

By this simple action, you not only protect your body, you also build it, you transmute it. This love energy coming from your feet will embrace your body through your heart and will adjust the energy lines, the atoms, the cells, the DNA of your body. This movement, this action is working seven days a week, 24 hours a day. That is why sometimes you do not sleep. The level of energy being poured upon the Planet is so strong and so fine that it moves your body. It moves your nervous system. It moves

your cells, the space inside your cells. It vibrates at another level and it has a ripple effect. It keeps you awake because your body is asking: *“What is going on? I am losing control. What is this energy inside me?”* And your cells are talking together. *“What is going on? I do not understand this energy. What should I do? How do I adjust to this? I do not know this energy.”* All your cells are feeling this new energy penetrating your body and they are all excited, all wondering what is happening.

So, the best thing you can do is relax. Talk to your cells and send them a wave of Light, a wave of Love, a wave of peace. Tell them: *“We are just synchronizing our energy level to the energy level of Planet Earth. We are blooming with a new energy. Open your heart, little cells. Welcome this transmutation energy and let us relax together. Feel the movement, the love energy and everything is going well. We just have to let go of our fears, of our questions. Together we are building new bridges of Light between ourselves, between our different bodies.”* You can even talk to your etheric body, your emotional body, your mental body. Each one of these bodies has its own cells, atoms and consciousness. They also need to be comforted, recognized, healed. So, talk with all these cells in all levels of your being and ask your Higher Self to monitor the synchronization of vibration, the synchronization of energy increase, movement, adjustment, building. And you just stay there in gratitude, breathing in, breathing out, enjoying to be alive in this dimension, on this Planet, in this specific time for this humanity and for each kingdom living in this dimension. Easy, isn't it?

As I am talking, know that there are many beings around each one of you. They are adjusting your bodies. Some of you may feel some discomfort presently, just acknowledge it. Just know that it is the best for you. It is to help you align your different energy lines inside your body. Trust the light.

Let us imagine the Violet Flame of Transmutation embracing all this group. Let us imagine that it brings balance to each one of your thoughts, each one of your emotions, each one of your cells. Let us feel the energy of the Violet Flame transmuting all your being, Let us feel that your Higher Self, your I AM Presence is anchoring its energy deep down from your Heart into each one of your cells in the physical body and all of your invisible bodies. Feel that your Higher Self is taking possession of this Temple of yours reconnecting at a conscious level with each one of your cells, each one of your memories, each one of these energy consciousnesses inside you and around you at all levels. Let us feel the action of the Violet Flame reuniting all of these consciousnesses. (Silence.....)

You are a Divine Being experimenting in a physical body on this Planet. When you talk, you do not simply talk. YOU CREATE! You have to become aware of your power. You create your reality each time you speak, each time you think, each time you do a gesture. All of Creation is obeying your orders, conscious and unconscious. When you say: *“I am sick.”* What do you create? *Sickness.* All the Universe will receive the sickness vibration and will bring it back to you. It will try to find, in your aura, the door that will welcome the sickness inside you. It can use the door of your liver, of your head, of your hip. It will use a door to bring sickness into your body because you said: *“I am sick.”* You gave the order to the universe to bring sickness in this body of yours.

You are not conscious of your powers, beloved children. When you speak, you give orders to the elementals, to all that is existing around you and all that is existing around you is pure consciousness. You are living in a world of energy and consciousness. You might not be aware of this, but it is the reality. As the energies are pouring down unto the planet and unto the humanity, it increases the vibrational level of each cell in your body, each cell and atom of each one of your thoughts, of your

beliefs, of your emotions, of all that you have created. It increases the vibrational level and as a result you attune yourself more and more to the powers of this Universe.

When you speak, your orders go faster and farther than before and the answers come back to you faster. One hundred years ago, if you said: "*I am sick*" it may have taken three years for the energy to cumulate and create the sickness in your body. Today it only takes three days. The energies are growing and creating the answer faster. The time is shrinking. You send energy to the Universe. Each one of your beliefs is emitting a signal to the Universe and ***the Universe is pure consciousness***. It is alive. It is intelligent. It will grab the energies of your belief and say: "*Oh! I must manifest this belief.*" It will cumulate the energy to create the situation that corresponds to the vibration and return it to the sender. Do you understand the power you have?

You are Sons and Daughters of God, Sons and Daughters of the Source. You have all His/Her powers. We are putting everything in place, on this planet, to help you manifest fully your divinity. You are Divine Beings who are about to awake to a new state of consciousness. You are surrounded by pure conscious energy which is there to support, to manifest your creation because you are the consciousness of the Source itself that has created the Universe to manifest beauty, life, extension of the consciousness. You are a portion of the Source that came to create. You have forgotten about it. You have been sleeping but in this lifetime you will awake to your true reality. All your powers will be brought back to you, the Powers of the Creator.

This planet cannot be sick anymore. It has asked for help and it is getting assistance. Now it is being healed. Nothing will stop life from rebuilding a place of joy, a place of Love and respect on this planet. So you, the Children of Mother Earth have a choice: you either accompany your Mother, you awaken to your true Divinity, to your true Essence. Or your body will not be able to take it. You are going through a very interesting and important phase of your life now.

Do you think we are here today just to pass a nice time with you, to enjoy ourselves admiring the beauty of your hearts? Don't you think we have something else to do? I am telling you, you are part of the Plan and we, the Masters of Light, are working for this Plan to manifest in this dimension because we love this planet. We love this humanity. We love each one of you. We are coming here to share our energy, our vision of the world, of the new planet and you also came here for this. In fact, you are our feet, our arms, our hands in this dimension.

You are Sons and Daughters of the No-Limit Consciousness. So, we invite you to awaken to yourselves, to live your Divinity in this dimension now. Not tomorrow or in one year or in three years when you will feel you are better prepared. I am telling you, you are more than prepared. You prepared yourselves in thousands of lifetimes to be in this specific life. You have everything inside you. You have tried and done everything. You have all the tools that you need to awaken and manifest your Divinity in this lifetime.

So now, now, now live your divinity. You are conscious. You are an Eternal Being using a physical body walking in this dimension and blessing everything that comes towards you, every situation because you know that this situation is a teacher for you to identify the beliefs that you have to change, the emotions that you have to heal, the vision of life that you have to change. Everything is coming towards you to help you open new eyes. This planet does not want to see her children suffering

anymore. It is time to open your heart, your arms, to accept and welcome the new life, the new energy of freedom, of respect, of love, of eternity. It is time to change. It is time to turn the page, to give the old stuff back to the Source, to release it from you, from your consciousness. It is time to open your arms, you heart and welcome everything that Life presents to you.

Are there lessons that you have not yet understood? They will come towards you but do not fight them. They are your teachers. They are triggering your buttons to tell you: *“Work on this! Look at this! You have to change this! You keep suffering because you keep this belief in you. You do not understand that you carry this belief. I am showing you what you think about yourself. Change this! Change this!”*

Everything that comes towards you now is a freeing tool. It is your teacher, your master indicating to you: *“Close this door! Open this door! Get rid of this suitcase, it is too heavy. You do not need this anymore! Free yourself.”* Fly like the eagle that you are. Fly on the waves of energy consciousness that are coming on the planet. Just float, accept, welcome everything, bless everything. Do not fight. You fought in so many lifetimes and look where it brought you. Now it is time to start with a clean slate. Open your heart to acquire new visions of life. Look at everything that is around you in a different way. What is the highway of change that will help you the most? Love. Accept everything that is being presented to you. Meditate on everything that is being presented to you. Nothing comes to you by coincidence. There is always something to understand about yourself, not about the neighbor. The neighbor, the situation is only the pretext for you to understand the message about yourself. Since you cannot hear us directly yet, we, from the Light Dimension, can only talk to you by using the things, the people, the animals around you. We are talking to you day and night trying to make you understand what kind of jail you are living in, to identify each bar because each one is a belief about yourself, about life, about your father and your mother, a belief about God itself.

Accept and welcome everything. Ask to understand and you will be divinely guided. You will be divinely answered and if it is not clear, ask for signs. You can say: *“This situation is not clear to me. I want three signs this week to help me understand this situation. Give me three signs.”* And if after the week, you did not see the signs, find another way to get the answer.

Try to write. Sit down in front a white sheet of paper. Ask inner guidance from your Higher Self and say: *“I want to understand this situation. What do I have to understand about this? Please help me! I am asking with all my Love and I trust that you will help me. Thank you.”* And you write down everything that crosses your mind. You do not stop. You do not censor anything. You write everything. After, you read it and you should get your answer.

If this method is not working, I am giving you a last one. Ask a question to your Higher Self which can be answered by *yes* or *no*. Then flip a quarter. If it is heads it is *yes* and the other side is *no*. Ask for example: does this situation have something to do with my way of looking at life? Toss the quarter and you will get **yes or no**. This will be the sacred and divine answer of your Higher Self. ***Do not ignore it. Do not deny it. If your Higher Self realizes that it is only a game for you, it will not come back to answer you. You will not be allowed to play with your Higher Self too many times.*** It will wait for life to bring you the lesson needed to develop your maturity, your discernment and your wisdom.

You are really privileged. You are really the Golden Children that we love so much. We are trying to give you the motivation to move, to do something. We are trying to fill you with courage, hope, trust.

As I am talking to you, we examine each one of you. We are trying to find the words, the energy that will bring you to the next step, that will help you spread your wings, that will help you fly high in your sky.

This is a sacred and magical moment where you can acknowledge who you are. Start to understand the power in your heart, the power of the real you, the Being of Light that you are, using this body to experiment and bring changes in this dimension where you are. We are not asking you to quit everything and fly to another continent and start a new life talking and convincing everybody. No! We are asking you to live as a Divine Being where you are. If you feel that you have to move somewhere else, do it! Trust your intuition! But we are asking you to be Divine in the now moment, where you are, in your family, at work, walking on the sidewalk. Walk like a Divine Being. You are living in a world of consciousness, in a world of energy. You are alive and acting in this world. You have all the tools to manifest a magical life for yourself, a life of joy, happiness, love, harmony. You have all the tools to transform yourself.

You are ready! I repeat. You are ready for your new life, for creating your very life. The one you came to manifest on this planet, in this dimension. So, take time to meditate, to create bridges of comprehension, of wisdom inside you.

The Flames are marvelous tools you can use. The Flame of Illumination can help you understand and become conscious of the beliefs that are tying you to the third dimension. If you sit down and you ask the Flame of Illumination to show you what you need to change inside you, inside your thought system, it will start the work.

I am not telling that when you will open your eyes, you will say: *“I have to change this, and this, and this.”* No! It will work on your belief system. It will purify, illuminate the DNA, the atoms, the cells, the energy consciousness of each one of your thoughts. After the meditation, as you do your daily chores, you will notice that you will not see and react the same way when somebody tells you a sick sentence or acts with you in a specific way. You will have a new reaction. You will say: *“Oh! How come I never saw that this way before?”* This is the power of Illumination. It opens new doors in your consciousness. It brings a new type of reaction, a new understanding, a new way of looking at the situation.

Each Flame has a specific action. It opens new doors. These Flames help you build new bridges and you notice their effects by the different way you think, see and react afterwards. As you meditate with a Flame, a situation or an emotion may swell up inside you. Well! Thank this Flame. This emotion is coming in your consciousness so that you can heal it. Welcome it. Accept it. Transform it. Transmute it. Recognize it as part of yourself. It is all your creation. You are responsible for having created this emotion inside you. Now you are responsible to love it, to forgive everything that this emotion has made you do or say in your life. So, thank this emotion and accept unconditionally everything it is showing you about yourself and the others. You work with this emotion until you come to a state of peace. This is how you know the healing is done.

It may happen that you feel at peace and you say: *“Ah! I am good! I healed this emotion. I embraced this situation. I forgave myself. I forgave everybody in this situation. We are at peace.”* You say thank you and you release the emotion asking Father Mother God, the Source of the Universe, to transmute

this emotion in pure joy, love, light and you send it to the Universe. But three days after, this emotion comes back fully alive and kicking. Does it mean that you have not worked properly three days before? No! It only means you could not take a 100% healing. It would have been too difficult. So maybe, you had a 30% healing. So, you welcome it again: *“Oh! It is you! OK! Perfect!”* You work again with love, unconditional acceptance, forgiving yourself, forgiving everybody in the situation, asking enlightenment, peace. You release to the Universe as full joy, compassion, harmony. And perhaps this time you got your 100% healing and it will never come back to you. You work by layers and these layers are determined by your Higher Self who knows you. It knows the depths of the wound and it knows how much you can handle at a time.

You are working to rebuild your Divinity consciousness in this lifetime. Do you realize this is the most important life of all your lifetimes on this planet? And you have so much help. Never this humanity has received so much help, so much Love and Light from the Invisible Dimension. Never in all the story of this planet.

So, my Children of the Light, my beloved ones, my warriors of Love, my heart blesses your heart. My heart blesses each one of your wounds, each one of your beliefs. Accept them! Love them! Love is the highway, the master healer of all situations. Love re-polarizes the consciousness, the energies to its original state which is the Love of the Creator. So love yourself! Love everything that comes towards you. Love life. Love your presence on this planet, in this now moment. Love everything. It will open all the doors to you. It will pave your pathway to your state of Divinity and your conscious use of this body in this dimension, on this planet, in this lifetime.

We bless you. We are with you. Ask our help. You are never alone. This, you tend to forget. You are never alone. We would never, never leave our children with the wolves and do nothing. You came prepared. We are here with you. We are sending you love to sustain your energy, your consciousness, your very own life in this dimension. Ask us. You are fearless warriors of Love. Just acknowledge it, accept it, welcome it and live it. Blessings!