

Adama

Good morning children, I am Adama. Today I wish to talk to you about your Higher Self.

This Higher Self that you do not know, that some of you are afraid to approach and discover. Some of you are afraid because, in this life and in previous lifetimes, you asked your Higher Self for help; you begged for its attention, its love, its wisdom and yet there was no answer -in your understanding in those times. So, you felt alone, forgotten. You felt as if none of this ever existed, that maybe you had simply created this being. Maybe you had imagined this fire, this hope, this light, this love inside you. Since, to your knowledge, there was no answer, you felt: "No, I am a fool. It never existed and therefore I reject this idea."

Some of you have made an oath to never go back and believe in this being because it would not answer. It would not answer your questions, respond to your feelings. You do not feel him/her.

Today, I am coming in front of you and I am asking you to nullify this oath of rejection, nullify this wall that you have created between your consciousness and this Higher Self of yours, this Mighty Presence that you ignore, that you are afraid of. You do not know the love power of this being, of this consciousness, of this energy.

I am asking you now to go inside your heart, slowly with much love. I would like you to imagine finding in your heart the secret door that you have closed for so many eons. Find this door inside your heart! It is full of locks because you said: "Never again will I believe in you. I was begging you and you did not come. You did not save me. I was begging for your love. I was begging you to free me from the hurts and the wounds of this planet. And, you never came."

If you do not see the door, imagine one. Ask for the door to come to you, to present itself in front of you. And now, with the almighty power of this group's One Heart Love that is shining in your heart, imagine a beam of love that is removing all the locks around this door. It is dissolving all the rust around it. This door appears clean and new in front of you.

And now, with the almighty Love of your heart, the almighty Love of the One Heart you have created as a group, the almighty Love of Mother Earth, the almighty Love of the Great Central Sun shining in your own heart, you send a beam of love at this door and it dissolves itself in front of you. On the other side of the door, you see a light shining like a 1000 suns. This light has always been shining in own your heart and you were ignoring it. You were afraid of knowing it and feeling it because - to you - it had ignored your cries, ignored your imploring words.

See this light shining. Give it the color that you prefer, that you feel is right in the now moment. And one step at a time, go towards this light that is shining inside of you - the most beautiful, exquisite light. As you move slowly towards this light, feel the outpouring love, the outpouring perfection. All that your heart has ever searched for in your life is coming towards you, towards your consciousness, towards who you are, and you are merging. Step into this light. Let this light merge all of what you are, all your bodies, all your emotions. Feel the embrace of the Great Central Sun Love, the embrace of Mother Earth's Love, the embrace of the Love of your heart, of this heart that you just created. Immerse yourself in this light. This light never left you.

You were begging your Higher Self to save you but there was something you were missing. This light, this love can come to you only if you open your heart, if you love that light, if you love that love, if you love yourself. Otherwise, you create a wall, a three feet thick wall between this love and you. So, it cannot reach you because you do not love yourself.

You are this light. If you do not love yourself, this light cannot come to you, this love cannot manifest inside you. You are the key, the ultimate key for this light and this love to come and embrace you, to live through you, to save you, to manifest inside you, to transform you. If you do not have or use this key, you can beg for 1000 years and no answer will be possible. Do you know why?

If this love was coming through you and you did not have an open heart towards this light, it would destroy your body. You would drop dead. It would destroy your nervous system, all that you are. You are so precious to this being that it cannot come and answer you, it cannot come and save you because it would destroy your form in this dimension. Do you understand?

Today I, the Mighty One, am asking you, my own flesh, to open your hearts, to love yourself, so that I can express myself with beauty and perfection inside each one of you because you are my flesh, my blood, my breath, expressed in this dimension. You were created out of pure love and pure light. I, the Mighty One, cannot come and save you and transform you if you do not love me, if the love bridge is not there. Only the love bridge will synchronize the vibration of your body to my love; synchronize the vibration of your thoughts to my thoughts and my wisdom; synchronize the beauty of the perfect vibration of your emotions to my emotions.

This is a sacred moment. This is the moment of reunion, re-union, re-unity, oneness of consciousness, oneness of life, oneness of love, of light expressed in many forms: in YOU, in my heart beating with your heart inside these forms. Today, I wish that you would awaken to who you are. You are me expressed in this dimension through you. Realize it! Open your two eyes! Open your eyes on what is the reality – the real life. You are the expression of the Creator, God/Goddess, living a form of life in the third dimension.

Starting today, I wish you would open new eyes knowing that you are just using this body to express the love that you are – my love that you are in this dimension. Open your eyes so that you contemplate the sacredness of all life forms, all consciousness and all energies because you are surrounded by who I am. These trees, this water, this air, the warmth of the sun, it is me in this dimension enabling you to discover, to experience the beauty and the power of love – always in expansion. You are an expression of love, in expansion, learning to create beauty in your heart and around you and learning to participate in the beauty of this dimension.

You must first recognize who you are and what is around you. When you look at yourself in the mirror, you are looking at the form, the expression of love that you wanted to express in this dimension, in this lifetime. You are the light being using the eyes of this body to look in this dimension, to feel in this dimension, to share in this dimension, to use a body that is conscious. Each cell is conscious because each cell is made of my flesh, of my consciousness. Each cell in your body speaks of me, speaks of eternity and speaks of the reality.

Listen! Listen to who you are! Today we open a door together, a door of your new life, your new understanding, your new touching, your new feeling of the true life that is the reality in this dimension. Open your door, the door of your heart to yourself. Appreciate the beauty of who you are. Appreciate the beauty of what you are doing here, the beauty of the light that shines through you, through your movement, your actions and your words. Appreciate that you are my expression in this dimension. You are not less than that. And you deserve all the love and all the light of the universe.

I cannot deny myself. You are me. I am you. We are one. Open your heart to my light, to my love inside of you. Do not be afraid anymore. There is nothing to be afraid of anymore because now you understand: you are the key. You are the alpha and the omega. Now you know why all of these pleas were not answered to your understanding. You did not have, at that time, the consciousness to understand that love of yourself was the key for allowing me to express myself in you with no hurt, with perfect beauty and with perfect expression of life.

2010-08-25

Denise Laberge

Plea to Higher Self

I showed a picture to Denise this morning from the last scene of the movie Avatar, when Jake Sulley opened his eyes after he had transferred his life from his human body to the Avatar body. When he opened his eyes, he knew that he was Jake Sulley using the body of an Avatar on this new planet. He remembered where he came from. And, he knew and understood that he was starting a new experience using his Avatar body.

You are my Avatars. Do you understand?

I bless you with all of the love of my heart. I, Adama, who has shared his love and this message with the Great Central Sun, with Father-Mother God and the Planetary Goddess, thank you.