

Denise Laberge

Invocation

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

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

We invite our I AM Presence, our inner divinity to come close to our Heart today in a special way to allow us to open up to the Grandeur that we are, each of us, children Source.

We invite all our guides, all the Angels, all the Archangels, all the Elementals, all the Beings of the nature.

We invite all the Beings of Light who want to join us and share their love, their peace, their patience, their courage with each of us.

We invite our brothers and sisters of the cities of Light in the intra-earth.

We invite our brothers and sisters of the Stars, the Planets and the Sun in our solar system.

We especially invite our brothers from Venus to seed in our hearts the energy of pure Unconditional Christ Love for oneself and for all creation. We also ask Father Mother God the Creator, the Divine Mother to bless our hearts, to bless Life, to bless the heart of all those who have joined together as one Heart, as one prayer in this place today. And we ask Mother Earth to bless the Life within us, around us, Her life, to bless the Consciousness One manifested in matter, in our dimension, on Her body.

Native delegation

Meditation for reconnection

We salute you. We are a group of six women and six men. Each of us has belonged to a Native American tribe that has set foot on what you know geographically as America.

We bring gifts of Light, gifts of Love to each of you because the human race is opening up more and more to the truth. The truth is that you are walking on a sacred Earth. You are walking on a living Earth that welcomes you every second, every minute, allowing you to grow and reveal yourself to yourself.

So we, the chosen Native delegation, selected by the Planetary Hierarchy to welcome you today, have prepared this place before your arrival. We have prepared its energies.

While listening to these words, we invite you to go inside your Heart. Rest there and feel that your Heart is your secret cave, your refuge, your peace. There, nothing is expected of you, nothing can disturb you. Everything is possible. There, the great Peace reveals itself to you. The great Peace offers you a glimpse of the Worlds, of the Universes that inhabit you.

Center yourself on this secret place inside you. Now, feel roots of Light developing from your feet. They go down inside the body of Mother Earth and they reach all the places where you have lived on this planet. We repeat: *everything is possible in the Consciousness One*. What you imagine, what you create is real and it does exist.

So, see these roots of Light spread through the body of the Earth and touch the ground where your previous lives existed. Visualize these roots multiply and illuminate the center of the Earth, and then flow towards the surface, to the places where you have lived.

Feel these roots of Light with Love. Feel the softness, the Love of Mother Earth. (Silence

And now see this Heart inside you, this secret hideaway, this eternal refuge, see it as a sun (Silence) and this sun reconnects with all these lives that you have lived on the planet, the energy, the memories, the colors and the frequencies.

Imagine all these gifts, these consciousnesses, these energies coming back to you, in this Heart. Feel them traveling through the roots of Light. Feel them come up and deposit themselves on the altar of your secret Cathedral.

Today we open large inner portals.

Adama

Your feelings are your Heart

Greetings! Luminous greetings to each of you children of the Earth, luminous children, radiant children! I am Adama, your brother from Telos, your brother from the Light dimensions who carries you in his Heart. Oh yes! We carry you in our Heart, we, your brothers and sisters from Telos. We came in great numbers this morning to the Temple of Infinite Love to bathe your souls in the energy of all possibilities, the energy of Unconditional and Infinite Love, the Love of the Source and this Love is within you. This Love has never left you.

Today, we want to open a silent and discreet door inside you. A door that has always been with you, that you have carried from life to life: the one of your courage filled with love, your courage

in foundation of Love, courage that drove you to perform all the feats you have accomplished in each of your lives.

Well! It is time for each of you to make the commitment to welcome yourself with unconditional love in all that you are now, in simplicity, in humility, with realism. All this in the simplicity of your Heart. Nobody, except maybe yourself, is asking you to be perfect. Nobody, except maybe yourself, is asking you to perform.

So! Will you make the decision to look at yourself and decide to love yourself? Quite simply, to decide that you are a worthy of being loved! To decide that all you are is love! Is perfect! That all you are has done his best throughout all his lives. That all you are is wonderful and participates in a Great Plan: the awakening of Love in the human Heart. Each of you is participating in a Great Endeavor that has never been tried, that has never been experienced on any of the planets in all the universes: to move from a world of extreme density, where the words *Love* and *Light* have been mostly forgotten, to a world of sharing, harmony, beauty where the word *Love* shines in all its glory. This is what is being manifested in this dimension thanks to you, thanks to your work.

I am here to give you flowers. Have you noticed? I give you flowers from my Heart and I invite you to learn to do the same, to give yourself flowers every day, to appreciate all your efforts; to appreciate these choices you make, these decisions you make, the things you do. I invite you to admire everything you do and everything you are living in this dimension, because you allow the Life, the Great Life to be increasingly manifested within you.

You, each of you here in the circle, let the True Life enter more and more in yourself each day, merge with you, transform you. By what you are, you call the Life to help you every day, to guide you and to shine more Light from your Heart. This is a huge step. Imagine the awareness needed to get to that meeting point, to that unification of this part of yourself that does not recognize itself, that believes to be separate from the Whole; to that part of yourself that wants to walk toward the Great All, that recognizes that there is something else, bigger, more beautiful and that it exists. And you decide despite all the obstacles, despite what your eyes see, what your ears hear, to continue in this direction.

Well! That is you! The brave who dares, despite all appearances, to continue to believe in a Life of Love and Peace on this planet. You should be proud of yourself. You should be happy to contemplate the work done to this date.

Now I invite you to put on 5th dimensional glasses. These glasses allow you to bless everything that comes towards you: all the situations, the relationships, the people, the animals, all the kingdoms. **The attitude of an ascended Being is an attitude of blessing** because this ascended Being feels deeply inside that he is part of a Whole. He feels that he is guided by the Great Life and that everything presented to him has a specific purpose: to help him move forward; to expand, to make his entire consciousness grow. It helps him to reconnect to the Great All. Everything that comes to you now, at all levels of your life, only has one purpose: to incite you to reconnect to the Great Life, reconnect to your Heart, because the Great Life first manifests through your Heart. And what is this Heart in you? It is what you feel! Your intuition!

So today I, Adama, invite you to learn to trust this Heart in you 100%, 200%. I invite you to learn its language, to learn to feel it more so that you can act, speak, see, think from that feeling, from this Heart in you. You know, your Heart is the Great Intelligence of the Great Life in you. It is used to restore the Love, the Divine Sacred Fair Justice on this planet, in this dimension.

Today you are invited to live your life differently in conscious association with the Power of Life. See yourself as an agent, a partner of Life. Feel yourself as a part of this Intelligence that guides you; part of this Life that is in you and controls everything! That knows everything! That listens to everything! That knows the best solution to all the questions you ask yourself, to all the situations you experience.

It takes courage to live according to your Heart! Let me give you an example:

If one morning you wake up and you feel like paying a visit to someone; then, go! If one morning you wake up and you feel like doing nothing, then do nothing! This seems very easy, doesn't it?

Let me give you another situation:

Someone invites you to go out and you do not feel like it inside, but given that it is the anniversary of that person, you force yourself to go. What just happened there? You have listened to your mind that said: "*Well it's his birthday, I cannot disappoint him, he is my friend, I have to go*" even though you do not feel like it. You see the difference? To follow your Heart is to follow what you feel. It is to trust that what you feel is the best!

Another example:

You have a son, a daughter going through a big monetary problem. Inside, you know that your child is learning something important. He has something to learn about money. So who will you listen? Will you give him the money he needs? Or will you follow your Heart that says: "*He is still learning something important. Let him learn.*"

Following your Heart is not always easy. Following your Heart goes against popular beliefs, against beliefs about the definition of what is a good parent, a good friend, a good citizen. Following your Heart means:

"I put myself first and all the rest after! My opinion, my feelings, my thinking is what I respect first and the rest after! For I know that this feeling in me is the Great Life. I trust it 100% and to follow my Heart is the best solution manifested for myself and for all the others!"

You see, by adopting this style of life, this thinking, you are always in your place and you cease to be in the place of your husband, your wife, your children, your boss, your neighbor and everyone else! By being in your place, you help all those around you find their own place. Each person being in his own place, everyone is happy and harmony reigns! Everyone is satisfied, since you take care of yourself first and you let the Great Life take care of everything else! The Great Life takes excellent care of each of its children, of all forms, of all kingdoms, of all dimensions. Because the Great Life always seeks to create beauty, happiness, love, joy, perfection, harmony, peace. The Great Life, when left to Itself, has only one purpose: to create

Love, manifest Love, spread Love, the True Love, the one that does not take anything away from anyone, but gives everything to everyone.

Well! Today you have received very valuable tools, memories, vibrations, frequencies to greet this new stage in your life where you learn how to live and be who you are in this world. Where you will learn to align your actions, your words, your eyes with what you feel, YOU!

And is it important? CAPITAL! This is capital! It is very important! Why? Because by living your own Life, you sow in the collective unconscious of humanity the seed of hope, the seeds of harmony and self-Love. You sow a new energy that will enable all those hearts around you to open a door in their own Heart. When opening the door to your own Heart, respecting it, putting it in the foreground, you spread this energy in the Heart of every human on the planet; and the more children of the Source living this way the more these Light waves will reach all hearts. And all those Hearts that have forgotten the word *Love*, the word *Respect*, the word *Harmony*, the word *Peace*, will increasingly feel all the little knocks on the door of their Heart and one day, the energy waves will urge them to open their own Heart.

They will urge each one to dare to recognize himself as a Being of Love, a Being of peace, a courageous Being, a Divine Being and this, thanks to your work, all of you who dare to walk toward yourself. All of you who dare to engage yourself toward yourself, in other words, toward the Great Life that manifests itself through you; toward the great project of reconnecting humanity to the entire creation.

Isn't it wonderful to start this year with this opening, this awareness, this joy in your Heart? This morning we celebrated your Life, celebrated the life of your Heart, your eternal signature. We enveloped you in our Love, the Love the 5th dimension which is an Unconditional Love, a Love that conquers all.

May this triumphant Love which knows only victory accompany you in this special year for each of you, all of humanity and the entire planet!

I am the one who knows you personally. I am Adama, your brother from Telos, and together we have walked on the Land of Lemuria. We have blessed this planet. We have loved it and together we continue to bless it and love it!

Thank you!

Sananda

The Great Life is in action inside you

Peace! Peace! Peace! I give you my Peace, my eternal Peace! I share it with all of you. I am Sananda, your brother forever; this brother with whom you walked in the land of Galilee, with whom you walked on the surface of this planet in other times, other places.

Well we met again today in this wonderful place. We meet in consciousness. Feel the energy that is in you, my children. It is the energy of the Love One. This Love that holds all these cells, all these atoms, all that Life in you, that keeps you in your physical body. This Love is alive! This Love is intelligent.

This Love will unfold more and more into your human consciousness. This Love will touch your consciousness, envelop it more and more because that is what your Heart desires. You want to open up to "bigger" than what you think you are. You want to believe in a Life where everything is possible. You want to change your life, change the way you look, you feel. You want to be reborn to another frequency. You are at this stage of your life.

I tell you: ***everything is ready!*** All is ready within you to allow this expansion, this new radiance of yourself in this Universe. You only have to accept it! To believe it! For you see, before you incarnated in this life, you chose challenges. You chose situations, emotions, actions, words you wanted to experiment. Well, it's done! It is accomplished! And now I invite you to open yourself to the magic of the Great Life! I invite you to open another door inside of you, the door of all possibilities! The door where nothing can be closed! Everything can be opened!

Welcome this truth, this way to look at life, to perceive it; make it your partner, feel that the Great Life is in you, that It is at work, that you have Its power, Its intelligence, Its Force. Your body is alive, this is the ultimate proof that Life is in you! Isn't it? If Life is in you - and it is Life itself that creates the planets, the solar systems, the galaxies, that creates the universes, the multi-dimensions - then why would this same Life be diminished? Why would this same Life lose Its power, Its strength, Its magic? Impossible! All attributes of the Great Life are in you! All the powers, all the courage, all the patience, all the Love of the Great Life ARE IN YOU since you use this Life!

So what can you do with this Life? Just be aware of it. Realize that the Life inside you is the same Life that creates beauty, perfection. It creates all forms of possible Lives in this dimension, on this planet, in the dimensions of Light, in all creation. This Life is creative, imaginative, has intuition, has intelligence. It has everything you need to transform, to create your own Life in this dimension. You have this power, this ability! IT IS IN YOU!

The biggest obstacle you have to face is your belief in what you think you are! A limited being! A small human who begins his life and ends it without accomplishing anything extraordinary. I tell you: the Great Life is in action within you and around you. You simply have to reconnect consciously with the power, the magic of this Life in you! To accept it as already being there! To feel it inside you! To invite it to manifest itself with more and more strength, power, intelligence in your body and transform your life, this creation of yours that you live in this moment. Just open yourself to the possibility that you are associated with this power! It is in you! Just welcome It, feel It and let It act! Trust It 100%. Trust in the guidance It will give you through your Heart, your feelings, your thoughts; but not just any thoughts, not those of your neighbor or those of your lower mind, THOSE OF YOUR HEART! Those that are guided by Love, patience, sharing, beauty, the perfection of who you are!

This is very simple to accomplish. One small confident step at a time while asking this Life to guide you, to take control of your life, to show you how to feel It, how to live It in union with the Great All in Love. One small step at a time! One small action at a time, putting yourself first, following your feeling, being conscious that this is the Great Life that guides you. If internally, you keep in mind that this is the Great Life that is within you, that is manifested through you, everything else will fade away. There will be no place for that part of you that is selfish and thinks only of itself! Do you understand that?

By identifying with the Great Life that is within you, It cannot come closer as It is inside you! It keeps your body in you. It is the intelligence of the body. The more you practice feeling the Great Life in you, recognizing that it is the Consciousness in you, the more you will feel connected to Life! More your life will be transformed since being reconnected to the Great Life, you always know what choice to do, what decision to take, how to act, how to speak, where to find yourself, in what place you should be. IT IS AS SIMPLE AS THAT!

I use simple words because in reality it is very simple! It's a new simple language. Listen to your Heart knowing that this is the Great Life that guides you, because this Heart within you, not only the physical heart, but the Heart chakra in your chest is a nuclear power plant, an Atomic energy central that knows everything in the Universe. It is the concentrated Great Life that took form in this physical body you use. It is the powerhouse that contains the whole universe inside you. Learn to work with your Heart, to trust it. Ask it to guide you and watch the miracles that will occur in your life.

This is the message I wanted to address to you today. Small message but very important message! I am your brother always, I am Sananda.

Thank you!