

Adama

Every belief is an obedient soldier.

Be blessed in the greatest golden radiant light you can imagine. You are all present here, in this place, in your physical bodies while part of you, the one that belongs to Eternity, has been brought here to Telos in one of our temples: the Temple of Resurrection.

We wish to give you a transfusion of magic light today, children of Earth. We want to help you reconnect to that part of you that touches eternity, that lives in eternity. As you hear these words, I invite you to reach deeply into your Sacred Heart, to the star within you.

My name is Adama, I am your brother for thousands of lives. I am your brother since the beginning of your incarnations in this dimension, in this density, because we belong to the same people: the people of light who came to seed this region of the galaxy, this planet. Seed this planet with the Ray of Love, Freedom and Peace. You see, these attributes, you carry them in your inner self and today we will do a sacred ceremony with you.

Let's imagine all of us together forming a circle in Telos in the Valley of Light, a splendid valley, radiating all the rays of light that you can ever imagine: a living valley. We form this blessed circle sealed with the quality of eternal Love. While you hear these words, sense this eternal Love energy that unites us, that connects us to each other forming a ring of gold, of sun, of eternity.

Feel the energy that unites us together. We are one family, aren't we? We, from Telos, are forming another ring around you, a silver colored ring; the color of the Mother, the color of the female wisdom. You are forming the golden ring, the color of the sacred Father; the Father walking in the dimension of density, showing his courage, determination and sound faith.

Feel! Sense that these two rings communicate with one another, exchanging energy, light, qualities and Love to form one unity, one energy, one identity and one consciousness. We are forming the Consciousness of the One at this moment, we are linked to you. The priests and priestesses from the Temple of Resurrection, from the Temple of Purity, from the Temple of Truth are presently united with you. Feel this energy! Imagine this energy penetrating you and touching all the atoms in all your physical and nonphysical bodies. Feel that your chakras are aligning, are communicating, are recognizing each other, are awakening and reactivating in the pure eternal beauty that you are.

And while our rings merge into one single energy, one single Love, you are lead into the Temple of Resurrection, in a special room. A room where you are asked to imagine that you lay on the floor everything to which you identify; all your beliefs about yourself, about life, about your emotions, about your recollections and your memories.

We ask you to imagine that you are stripping yourself from your terrestrial identity, the identity to which you identify yourself in this density of the 3rd dimension, on the surface of this planet, in this sacred place. Know that we are seeing you, we are contemplating the beauty of the true being that you are for all eternity.

Each of you is of a beauty, unimaginable to the human mind, an eternal beauty. You are the Consciousness One having taken an individual form in the world of density; and this Consciousness One, that each of you represents and that you are in reality, is of great purity, of great light, and of great beauty.

I pronounce these words, children of Earth, so that you engrave them in your heart forever, so that you repeat them as a "*mantra*" when you walk on the surface of the Earth.

I invite you to take the firm decision to manifest the intention to live and to manifest your everlasting essence, your eternal essence which is a unique frequency in all of Creation, a perfect frequency! Each one of you represents a perfect frequency which harmonizes perfectly with the harmony of the music from the spheres, with the harmony of the Creation, of all that exists in the Creation.

So, these words that I pronounce, I address them to the part of you that knows from all time who you are, who you really are: bearers of Love, bearers of light, bearers of faith. Listen, children of Earth, listen to these words resonating within you and as you hear them, feel this sun that you are, this shining light of great beauty, of great power! You are pure consciousness, you are a spirit of consciousness from all eternity.

You have chosen to come play the game in the density, but this game is just a game. These words you heard them before, but today they are spoken to you so that you can feel the responsibility towards yourself, towards this game you play; the responsibility to choose not to identify yourself as a mortal being: a human in the 3rd dimension.

Today, you are invited with all the love from the Heart of Lemuria to recognize that you are a being of eternity, to walk as a being of eternity amongst your brothers and sisters, and not to pretend, to do like the others who have talked to you about it, but as a being who realizes that he has got the power to choose to live his life differently, aligned with his forever real and profound identity.

So, children of Earth, will you dare to take that step to walk towards your real identity, towards what you actually are within you? Will you dare choose to live each day as a day of wonder in the discovery that you make about yourself? Your true essence within your heart is what shines and radiates from you.

We bring you to this room today to make a choice. The choice to continue wanting to identify with what you believe to be in the 3rd dimension or the choice to take a step towards the unknown, towards freedom, towards eternity, towards the immensity of the beauty that you are. Well! You can present yourself each morning in this room that has been reserved for you and

literally feel that you choose to identify to your cosmic frequency, that you choose to nurture that cosmic, universal, eternal essence which you are.

And by making this choice every morning, you are feeding it and you are changing the alignment of your life, you are changing the potentials that are in front of you when you return to the 3rd dimension. You are realigning the lines of light on another path, the one which leads you to your freedom, your eternity, your awareness of being an eternal, universal, cosmic, galactic consciousness. Use all the words that sing in your heart, because they correspond to your reality.

Well yes! This room is the room of preparation for your resurrection, the resurrection to your true Being! Sense that all these beliefs, these emotions, that to which your Ego, this mental body inside you clings with all its strength, feel that you deposit it on the floor of this Temple. You lay it down on the floor of the Temple of Love of the Heart of Lemuria which will take this identity and transmute it in freedom, in beauty, in light. This will cause within you an awareness, not only at your heart level, but also at the level of all the cells of all your bodies, visible and invisible: an awareness, *an opening, a welcoming of the Great Life!*

By choosing to stop identifying yourself with the game of 3D, to the projections and beliefs that you have about yourself, you open the door to the truth of who you are. You open the door to the universe, to the great life that will come near you and allow you to discover, to make impossible awakenings. Impossible if you continue to cling to these beliefs about yourself, about this physical body you use, about your families, the culture in which you currently evolve, about all that relates to the 3rd dimension.

Well yes! We offer this room to you. It belongs to you! It will help you liberate yourself from the belief that you have held for thousands of lives in relation to what *you believe to be, to whom you believe to be*. It will free you off from the magnetism that envelops you and prevents the light of unity, the light of creation from touching your heart because all these beliefs, these emotions, these wounds that belong to this world of the 3rd dimension form an armor around you that prevents you from communicating, from feeling the trees, from communicating and feeling the animals, from communicating and feeling a cloud in the sky, from communicating and feeling the water flowing at your feet, from communicating and feeling that rock on which you are sitting.

Do you get the picture? All this energy is sticking to you because you hold on to it so tight, because you think you are this human, this character that you play in the 3rd dimension. All of this prevents you from feeling the life, the fire, the drop of water falling on your cheek, the energy contained in all forms, knowing that it is conscious, that it thinks, acts and wants to communicate with you. Every single blade of grass you step onto with your feet has something to transfer to you, to teach you and to communicate to you.

In the Creation, everything bears the signature of the consciousness, of life; and who says life, says communication, exchange and fusion of energy. You can intentionally merge with a tree branch, with the lava of a volcano, by intention, because you are a being of energy, you are consciousness, aren't you? If you intentionally ask this other part of the consciousness where

your attention lies, where your consciousness is, to communicate with you, it does! It always does!

What prevents you from feeling and understanding the telepathic language that is being established? It is this armor of the 3rd dimension, of this density, of your limiting beliefs; it is that simple!

I remind you that you function, you move, you live in a world of energy. Everything is energy! *Where your attention lies is where your level of consciousness is!* When you accept a belief, this belief acts! It is at your service! It establishes the structure, the rules according to what you set down as intention. Example: If you think you cannot learn Chinese, what happens? You believe that you are unable to learn Chinese: this belief is an energy of consciousness of which you are the creator. You are saying to yourself, *"It is impossible, I cannot learn Chinese!" This belief becomes your creation and becomes active when you proclaim it, when you breathe life into it.*

The more you believe that you cannot understand and learn Chinese, the more this energy gains in strength, the more it becomes autonomous in its existence because you are infusing it with energy. And what does it do? *It obeys you!* Its mission is to forbid you to understand and learn Chinese. You decree that you cannot learn Chinese. Therefore, this energy will work around you and you will never learn or understand Chinese. *Never!* This belief acts as a soldier obeying your orders. You have decreed! You, the absolute creator of the energies that inhabit you and surround you. You have decreed that you, as a creator, cannot learn Chinese. Do you understand these words?

I invite you to meditate on them, because each of your beliefs is a soldier obeying your intention: you, the master, the absolute creator of the role you have imposed onto yourself, that you have planned and wanted to live, to experiment in this dimension.

Here in this life, you are offered an extraordinary opportunity: a great door opens for all humanity: the door of freedom to choose and say: *"You know, I have played enough in the 3rd dimension! I have played enough with all these roles, all these frequencies of emotions and beliefs. Now, I want to return to my real, eternal Essence. I want to go back where I come from. I want to live again, radiate the radiance of who I am in the Creation. I want to feel the harmony that unites me with All That Is! I want my freedom from these games that we have played in the 3rd dimension."* This opportunity is offered to each of you!

Well! Sense, children of Earth, that this game you play is a game that you can choose to discard, to put on the shelves in order to live another game: that of joy, creation, love, light, eternity. This is what I and the priests and priestesses around you right now have come to offer you today: freedom, eternity which we have been living for many thousands of years in Telos. This is what we have been wanting on Earth, on this planet for thousands of years. This radiance that we live, that we radiate for all humanity, we have come to offer it to you! You only have to say *"Yes", you only have to believe it literally. Everything is energy! You play with energies, you can change your energies simply by your will power, your discipline, your faith, your trust. It's so easy!* It is a choice, a determination, a trust, a love for oneself and for All That Is. Because in order to choose to free yourself, in order to choose freedom, *you have to love yourself!*

And the question that I am asking you: "Do you love your life? Do you love who you are at this moment? Well, I invite you to say: *Yes!* You did not see that one coming, did you? (Laughter ...)

Adama: *Yes!* The audience answers: *Yes!*

All that is before you now -for everything that is in front of you and around you now serve as a foundation to gain your freedom-; all these elements, these persons around you, the work in front of you, these thoughts, these emotions, these criticisms about yourself, your neighbors or persons you work with, everything that is part of your life today is your sacred foundation.

Each person, situation, emotion, belief points to you; you, who accepted to welcome this emotion, this criticism, this judgment, this situation, this relationship in your life; it points to you in order to awaken you to your potential, to the power that dwells within you. All these situations, these emotions, these beliefs, this formatting of your internal hard drive is worth gold. Did you realize it? *It is pure gold.* It is your sacred foundation!

Use all these elements as an elevator to your freedom, an elevator that directs you inward to a frequency that you carry and which you do not need anymore; a frequency of criticism and judgment about yourself, about your life and about your family. *Get rid of all this!* Leave it on the floor of transformation in the Temple of Resurrection! Release all these emotions. Imagine that radiant sun of who you are for all eternity and see all of that as part of your history, as part of an experience.

It is all part of an experience: *you are not that!* And by detaching yourself emotionally, by changing your perceptions of these situations, you will discover the golden vein of the perfect solution to all this, to all that surrounds you. Sometimes, you only need to learn how to choose. If you live an unbearable situation, why do you not choose to get out of this situation? Why not? Why do you allow yourself to suffer in a relationship that does not satisfy you? Because you deserve it: you believe that you deserve it by duty, by responsibility?

All of this is only a dream, these are just energies! Lay them down on the floor of the Temple of Resurrection, in this room that we have called the "Hall of Wonders" because you are Marvellous. Only the Marvellous are allowed to cross the doors of this hall in the Temple of Resurrection. The room of preparation to your resurrection, to whom you really are. So, you, the Wonderful, the Sensational, the Beautiful, you are invited to choose, to ponder and to change your perception of everything around you as the best way to assist you focus your eyes inward.

"What do I feel in relation to this situation, this work, this relationship, this emotion, this judgment, this criticism?

What do I feel and what do I do with it?

What am I doing with Love?

If I choose, what do I do? "

So, now do you feel that we are all like radiant and resplendent suns in the Hall of Wonders? We are freed, are we not? We dropped that heavy cloak of density of the 3rd dimension: this heavy cloak of beliefs, limitations, pains.

And each one of us, our circle, we are a radiant sun; and with beauty, our two circles forming a single circle, we return to this room lighter, more vigorous, more powerful, happier and freer! This is what we wish to every one of you, for the months and years to come, in the glory of the beauty that you are for all eternity!

I am Adama, this brother who has known you personally for thousands of years.

Thank you!