

## The Power of Love and Unity

Based on the quote below from Telos book 3:

*“The heart, however, is aware only of unity, which is the product of unconditional love and forgiveness. Forgiveness is what will allow you to stop eluding the pain that has been there for so long. The light of awareness will enter into the parts of your soul that have long been relegated to the shadows, and you will no longer be able to deny yourselves entry into the Heart of Lemuria that exists around you without veil at all times...And what will it be like to awaken free of all veils ? ...It will be like your heart has burst into a realm of infinite possibility and infinite joy.”*

*~~ Telos book 3, pg. 39, Aurelia Louise Jones*

Dear children of my Heart,

I welcome you today in this sacred moment with gentle waves of pure love, waves of pure flowing grace emanating from the center of my Heart, to touch and awaken the purest part of your heart. The part of your heart that is invincible, the part that is divine and is capable of shining through all veils of illusion. Once you are genuinely connecting to that inextinguishable source, it will always guide you in the right direction and fill your beingness with the Faith that you need to recenter you in the coherent and creative vibration of the heart which is always giving and always providing the light and nourishment to see what is needed in any given situation.

Indeed, we are in a time where the future does not seem clear for many, nor the outcome assured and you may be navigating through a multitude of emotions that have tested your very foundations. Many have meditated and been greatly inspired and empowered by their heart's guidance only to be knocked off center again when something negative re-occurs in their lives. In such moments of despair or great doubt, call on the flame of the Christ that burns brightly in your heart, ignite the power of the sun of your heart to fill your spirit with the power of Love that is necessary to move you through all resistance or anger that is still impeding your happiness. This eternal flame that resides in the core of your being can illumine any darkness or sadness into the hope and joy that you need to breakthrough to a new level of positivity and confidence. With enough constancy and momentum, you will indeed attract all the delights your heart has been yearning for. When you let go of the objections, the *reasons* why you cannot accomplish something you would like to do, magic happens. Simply let your love show you the way. What does your Divine Inner Child yearn to express as this important year comes to a finish ? Creating change in your life sometimes takes courage and it takes a willingness to affirm to your divinity that you are ready to break out of a pattern, to transcend what you have been used to, to transcend those old comfort levels of the past and move into a new and higher expression of you.

Know that your I AM Presence, in collaboration with the great Intelligence of Life, has labored for a very long time, through a great many lifetimes, to bring you to the very place that you are right now, in this era, time and place, to face what you need to face, to feel what you need to feel, and to bring a new light of awareness into your beingness so that you may see and acknowledge those parts of you you were not willing before to Love, and the more you Unite with the Great I AM of your heart, the more you Unite with all of Creation.

You carry within you the great splendour and wisdom of a Heart that has lived through eons of human experience and initiations of Love. You do not know the power you carry within your heart, and the energy you have at your command when earnestly called on. Rest assured, this experience of a worldwide

virus you have seen before, you have passed through such challenging situations in the past on this Earth and always your Faith in Life has brought you through as well as an always deeper understanding of what is important in Life, the value of living in Harmony and Unity with all peoples of the Earth, no matter their color of skin, their Faith or upbringing.

Each human is born an equal part of the Creator and each person is contributing their energy and beliefs to the collective consciousness of this planet. The higher in vibration you become, the more you feel a sense of responsibility to remain centered, as your thoughts can powerfully affect your neighbor, your community or even your brothers and sisters in another country, and vice versa. We are indeed One. Can you maintain Love, Tolerance and Compassionate understanding for a point of view that is unlike your own? Or toward a neighbor who's spiritual tradition is different than yours ? These can be the greatest tests to teach you what amount of love and inner harmony you are holding within your own heart. Unity must be felt *within* first. Humanity at this time is moving through great amounts of karma. The deep seeded fears, judgements, and doubts that each feels inside themselves are not only creating their own reality but are contributing to the collective reality humanity is living through.

Once you are a heart that has let go of all judgements, once your heart is completely harmless toward another and hence toward yourself, you will be able to return to and open to the heart of All That Is that your divine being has long sought to re-attain on this planet.

It is then that you will be able to truly perceive with great love, that all others live in your heart, and truly welcome them all there. You will, with great delight, truly see the divinity in the eyes of another, as all that you see will reflect the divinity within. You will see through the illusion of skin color and ethnic origin and never fear their influence as nothing is outside of you. When you have reached this plateau, you will be uplifted into the next dimension, with an immense and blissful gratitude in your heart for each and everything lesson that has permitted you to return home to the Heart of Love.

Within the fires of an invincible heart, I AM Adama

Message channeled by Nancy Fuoco on December 9, 2020.

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