

## Adama

### *You are One with the Great Life Consciousness*

I salute you. I salute the greatness within you. I am Adama, the one calling to your heart, to every heart present here in this place, in this time-space of eternity. While you were physically here today for this ceremony, the Sacred part of Eternity that you are went into the great Temple of Eternal Love in Telos. While you were physically here, these parts of you, this Eternity, this Perfection that you are were invited to a Love feast, a feast of Love and Light exchange with the Heart of the Almighty which was shining in the centre of this Temple to feed the Divine Sacred Attribute, the essence of your heart in each of you.

I ask you to focus your attention on your heart in this present moment. Welcome your Essence that was just blessed and wrapped in the love of the Almighty during the great celebration that was held in Telos in your honour. See the golden crown that was placed on this heart, a crown of strength, courage and inner power. This heart in you, my children, is powerful, conscious, intelligent, alive. It is with you every day, every second, every minute of your life as you walk on the surface of the Earth. This heart is ONE with the consciousness of the Almighty and today it invites you to reconnect with it, with this part of yourself that you have forgotten for too long.

See this heart in you as the Supreme Intelligence, the Supreme Consciousness of the Great Life acting through each of you. See it as the Absolute Master of your life and I ask you these questions: "*Are you willing to trust it? Are you ready to surrender to the power of this heart in you?*" May your answer be written in the great book of your life! And from now on, walk hand in hand with this heart. Learn to feel it, to feel its intelligence, its consciousness surrounding you. Learn to love it! The word *Love* my children, is so important. All humans seek love, don't they? All humans want Love, sing Love but you carry it within you. For thousands of lives you have sought love outside of you, in the arms of another person, in the arms of a child, a loved one, a grandmother, a grandfather. I am talking about real *Love*, the one that knows no end, no beginning, the one that is infinite and eternal, the *True Love*, your own Life my children. Your own Life is the Love of your Life.

I invite you to walk toward the heart that is growing inside you. All Creation is presently assisting humans to recognize the love that lives in each being. Everything that is now happening on the surface of the Earth incites each human to walk toward his own life, his own heart, his own reason to live. Despite themselves, humans are driven by life to recognize their own heart. Some humans have so forgotten their heart that they need hard knocks, great obstacles in front of them to return to it. Well I, your brother, invite you to bless the heart of your brothers and sisters of the Earth because their heart is as powerful as yours. By blessing their heart, you will create an opening in their consciousness. You will create a breach of Light that will bring more awareness inside them.

As you walk toward your own heart, I ask you to bless the heart of your brothers and sisters because you are one. You are one consciousness in all things as I am One with the Great Life Consciousness. You are One with the Great Life Consciousness and all humanity is part of the

Great Life Consciousness. The more you bless it, the more you allow your life to open up to this Light and Love. When you decide not to judge, not to criticize, you begin to remove bars from the prison that humanity has created for itself. Every time you choose to bless and love the heart of your brothers and sisters, you remove a bar from the prison of false beliefs that humanity has created for itself and for the entire planet.

This heart in you is royal, beautiful, perfect. This morning it was crowned with the Crown of Love, the Crown of Eternity that you are. Work with this crown my children. Work with this heart in you. Get to know it. Let it grow. Let it act through you. Let it transform your life and allow this magic to take up all the space in your life, in your heart, in your eyes, in your head. Let yourself and everything around you be dazzled by this Life. I invite you to wear the rose-coloured glasses of Love, the rose coloured glasses of blessing, of eternity.

These crowns were given to you because you deserve them and because you claimed them. They were granted by the Heart Love of the Almighty and we all obey because we all belong to Him. I am the brother who watches over each of you. I am Adama. Thank you!

### **Saint-Germain**

***Your most important task now is to learn to live according to your own heart!***

Welcome! Welcome into the consecration energies of the 5<sup>th</sup> dimension where you are all invited today. Indeed, as you listen to these words, I ask you to put on your shoulders the coat of priest and priestess of the Very High that you are. I am Saint-Germain, your brother and today I speak on behalf of your heart, this heart in you that is divine, eternal and sacred. Its perfection knocks on the door of your consciousness today. It wants to be recognized by your consciousness, this consciousness you use every day. Yes! You are, each of you, a priest, a priestess of the Very High walking in this dimension on the surface of this earth. I ask you to welcome these words, these energies, these truths in your heart with an open mind. The spirit of the dimension is entirely united with the Almighty, the Consciousness One, where everything is possible. You belong to this consciousness of Eternity. Each of you is preparing to cross the threshold of the great door of this Consciousness One, each of you.

The energies coming to you in this life are urging each of you to recognize this Spark of Divine Life that you are. Soon, no one will be able to deny this reality, this truth that you carry within you. Life pushes you to accept yourself as you are. You cannot be anything else than what you are now, child of God. However, you have one step to take: start thinking that everything is possible, to feel that everything is possible; that you are surrounded by the magic of the Great Life.

The seed, in the ground, does not ask a thousand questions. It does not say: "Will I have enough moisture? Will the heat be intense enough?" It does not ask itself any question. It has been put in the earth and its heart is filled with confidence in life, with trust in this universe that it will explore, taste and savour with every pore of its physical structure. It allows Life to grow inside

itself, to do its work, to flourish. It allows the Great Life current to make it grow, to water it, to give it love; and it marvels at the growth of its roots, of its leaves shooting toward the sun from its stem. It marvels at the life manifesting from itself. It welcomes all without question. It lives in absolute trust. This seed becomes a flower, a tree, a blade of grass. It does not matter! It only marvels at how it feels, how it lives in this dimension. Its heart is dazzled by the beauty, the grandeur of all that is happening within itself.

You walk among your brothers and sisters on the surface of this earth, and you ask yourself so many questions. So I, your brother, invite you today to become that seed committed to respect the life manifesting inside itself; committed to simply discover and wonder. I invite you to taste life, my children, with absolute trust in all things, absolute trust toward the situations that you live, absolute trust toward the emotions that are in you, toward the decisions and the choices you must make; absolute confidence in the movement of the Great Life in you. And how can this be easy? Or become easy and magic? It is simple! You just have to surrender and observe with wonder, without criticizing, without judging, without analyzing. Simply follow your heart impulse!

To live in the 5<sup>th</sup> Dimension my children, is to live following the impulse of your heart for the simple reason that this heart knows who you are. It knows the reason for your life, the why of your incarnation and this new language that you are discovering. *How to live from the heart, from this Life in you? How to learn joy, eternity, immortality? How to learn to float in the air like a bird? And why not? Why not, child of the Earth?* Why should your physical body remain riveted to the surface of the Earth since you belong to the Consciousness One that created everything?

I invite you to open yourself to life, to take this seed as a model. I invite you to feel that heart within you. I invite you to get closer to your heart with awe, with love, with excitement because it knows all of Creation. It knows everything about yourself, it knows all about the reason you incarnated. This heart that you have forgotten for too long!

These are just words for the moment. They represent concepts that you do not yet live but every path has a beginning. Today I invite you to start your real life in the 5<sup>th</sup> dimension by daring to get close to that heart in you, by daring to listen to it. Of course, you may hear nothing at first, you may feel nothing, but it is only the beginning. You have to walk this path with determination, with faith and trust, *learning to live your life according to what you feel*. Most of you live without feeling your heart. Your beliefs, your conditioning lead your life. This all belongs to the third dimension. The fifth dimension is a dimension of the heart, a dimension of how it feels inside.

When you were born in this dimension you listened to your heart. As a toddler you listened to your heart. You listened to the life movement in you. You knew when to eat, when to cry and how to breathe. You knew what to do at every moment and you have unlearned.

Now I invite you to open the Great Gate of the 5<sup>th</sup> dimension that is before you and find your heart. Learn to live by following your own heart. I am not saying you have to turn your lives upside down, to give everything up, to change everything. No! I am trying to tell you about a new way of life that respects you first. I invite you to start with small exercises: learn to say No when you feel a no inside you and to say Yes when you feel a yes inside you. In all circumstances! This is a very simple exercise but it is the beginning of a great adventure! One that allows you to walk

toward yourself and the more you will exercise yourself with these Yes and No the more you will discover yourself, the more you will realize what puts joy in yourself and what takes it away, the more you will live according to your own heart, to what you feel and not what your spouse, your children, your boss feel. Do you understand this language?

This is the 5<sup>th</sup> dimension my children: to live while paying attention to what you feel and act accordingly. When the words and actions do not follow the heart, you are not in alignment with yourself. When the words and actions follow the impulse of the heart, you are in alignment with yourself. And when you are in alignment with yourself, you radiate like a sun on the surface of the Earth. You are a star, a sun and you illuminate all those who are around you. You light up their soul.

So, what is your mission my children? Your most important task now is to learn to live according to your own heart, to radiate your own life; to be the essence that you are in this physical body, in this dimension among your brothers and sisters without comparing yourself, without examining the others. No! The others are like you. They are searching. I invite you to find your place in your own heart. By finding your heart and leading your life according to your heart, you will always be in the right place at the right time and you will feel the joy of living in this dimension and beyond.

I invite you to align yourself with this heart, with this life inside you, child of Earth. I invite you to stand up, to walk straight while listening to your heart because this heart inside you is God, is the Source, is Life. Take the expression that most suits you, that resonates with you, that whispers joy in your heart.

These are the words I wanted to share with you today, these Love frequencies, these energies, these consciousness. Again use the expression that suits you, that talks to you. I am your brother forever. I am Saint-Germain. Thank you!