

## **Adama**

### ***You agreed to awaken!***

Greetings, warm and luminous greetings from all your brothers and sisters of Telos. I am Adama. It is such a great joy to meet you, to be able to feel you. Know that you are currently surrounded by your Telos family, by those you know intimately. Feel these words: those you know intimately.

Last night we celebrated today's meeting. We were all assembled in a great Temple to prepare for this day: this meeting point in the eternity of time where each and every one of you who is here present has his place.

Know that when we contemplate you -because we do contemplate your light - we see myriads of lights, sparks of light spinning around your heart, around who you are: the living Consciousness that you have come to embody in this dimension, that you have come to manifest, to explore in this dimension with frequencies, vibrations in which you can bathe, experience and feel.

Today I would like to lend you my eyes, to lend you the eyes of your Telosian family who is watching you and surrounding you right now. Imagine a universe of Light, a universe completely made, created, vibrating, living of Light where each consciousness is a star, a point of Light; where each of these consciousnesses is united and feels the other points of Light. Such is the description of the reality of eternity, the reality of Life.

And each of you is a point of Light that belongs to this Eternity, to this universe of Eternity, this universe of Light. One thing to understand about "Light": can you identify the beginning and the end of the Light? When you turn on the light in a room, can you point to it and say: "here is the light, there is the light?" Everything is illuminated, isn't it? There is indeed a light bulb in this room that you have activated, but the light is everywhere. The light is centered in this bulb, but it touches everything in the room. It is unlimited, has no empty space and is everywhere at once, even though it comes from the centre of this bulb emanating light.

And who are you? You are suns in the Great Eternity of Life. Each of you represents a sun of consciousness that has no beginning and no end, because you belong to Eternity. A sun of consciousness that experiments in the 3<sup>rd</sup> dimension.

I have some good news: it's December, isn't it? The month where you prepare for the days of Light, for the rebirth of Christ as you are told in your religion. What is the rebirth of Christ? It is the recognition of the Light in all things. I add a new definition to your beliefs. The rebirth of the Light, the recognition of the Light in all things. Yes, for us, that's Christmas: to recognize that we are Light, that we belong to the Light from the very beginning to the very end because there is no beginning nor end. Isn't that extraordinary?

Now on this Earth, in this important and crucial time you are living, there is a lot of energy moving around you. But as you may have noticed, there is also a lot of energy moving inside you because everything is energy! These energies that you carry have a life.

They are alive and teach you about what you have come to experience in this dimension; not only in this life but also in all your other lives. They teach you the frequencies you carry, that you have decided to explore so that you may learn to love them, because in life "everything is perfect". Oh! What words did I just say? "Everything is perfect"...um! And this little pain in my hand, is it perfect also? Yes. Everything has a reason, everything has a purpose. The human ego, the human mind has categorized: good, bad, better, worse, perfection, misfortune, white, black. What are they all? They are only energies that vibrate at different frequencies.

The 3<sup>rd</sup> dimension allows you to experience all these frequencies. Each of these frequencies contains a gift, a knowledge, a feeling, an emotion, a vibration, a life of different frequencies, a feeling of different frequencies. And this feeling, this vibration, this frequency, they are part of Life because Life explores all frequencies: it is a constant exploration of all frequencies.

Then who are you? You are a radiant sun experiencing frequencies/energies in a dimension that polarizes all frequencies in an amplified, exponential way: what hurts really hurts, what is joyful really makes you happy, what illuminates your smile really illuminates your smile. There is no half way in this dimension, it is what makes it precious, what makes it a precious treasure in the exploration of the frequencies of Life. And only the bravest souls are allowed to come and authorize these Life frequencies. You have already heard this, you may have already read this. You have already been told this over and over again.

But today, the reason for these words is that at this moment there is a condensed, amplified energy of Light being poured into this sector of Creation. It allows the blossoming of Light to take place more quickly, to restore the balance of the real Light of the Truth, of the Living Life as it is real in this dimension to re-stabilize it in an energy of frequencies that harmonizes it, that reharmonizes it with the other universes, the other dimensions: the dimensions of Light that support this dimension, that support the 3<sup>rd</sup> and 4<sup>th</sup> dimension. That is what is happening right now.

Last night, while we were assembled, we examined all together as One Heart each of your hearts: that is, each of the vibrational frequencies that you represent, that you hold, that you maintain in this dimension. We looked at them, we weighed them, we admired them with you, of course. And we have identified little energy nodes in your mental, emotional, etheric and physical structures. Energy nodes that we have observed, contemplated and evaluated. Each of you has evaluated your bodies: your physical, etheric, astral and mental bodies; all these bodies in alignment with your Sacred Heart. You have identified these energy nodes: those on which you wish to work until the solstice date of December 2018.

Yes, we're going to do some work together, isn't that wonderful?

You may have come to hear nice words, but I say to you: *"You have come to work with us!"* Together we evaluated these energy nodes from your physical body, the densest body you use linked to your Sacred Heart and we identified a main organ. We chose for each of you an organ in your physical body.

As you hear these words, you may even feel by intuition which organ I am talking about right now. What comes to mind through your intuition is the main organ that we have identified: the one that carries the most difficult energetic node to loosen, the most difficult to love, to accept, to welcome, to embrace with all the ardour of your Sacred Heart. This energetic node carries the scars of many experiences that are related to this life and past lives and perhaps even, for some of you, to your ancestral lineage.

As you listen to and hear these words, focus your attention on your Sacred Heart, my dear children of Light, my treasures, the treasures of the Living Heart of Life! Each of you represents a treasure!

Right now, you have two of your Telosian brothers and sisters. One is on your right and the other on your left. They touch you with their right or left hand, depending on their position near your shoulders. They are here to help you learn to balance yourself, to welcome yourself and to recognize the precious treasure that you are. For do not forget, you are a bright sun in the Great Web of Eternity, in the Light ocean of Life! And we identified this point together.

Now a Telos child appears before each of you. He carries in his hands a luminous geometric structure that I ask you to consciously welcome into this organ that carries this energetic node inside this physical body that you use. Accept and welcome this Light structure that this child will place in your organ, in your physical body. This Light structure will work to balance the lines of Light that most need to be rectified, that cause the greatest imbalance in all your bodies emanating from your physical body.

Now the work, the wonderful, fantastic work to which I invite you, is to take five minutes each day to feel this Light structure that has been placed in your physical body by this child who knows you; you can even feel him before you. Take five minutes to feel this structure of active and living Light in this organ in your physical body. Take these five minutes to feel that these lines of Light radiate throughout your body and restore the perfect harmony of *who you are* from all eternity. They restore the perfect harmony of the God, the Goddess of Light that you are, and that you have come to manifest from this physical body in this dimension.

When you do this exercise for these five minutes a day, I would like you to visualize that you are really a point of Light in the immensity of the Life Light Ocean and that it has all the capacities and all the potential of the Light Ocean. You have access to all the knowledge, all the energy, all the wisdom, all the Love, all the Light, all the Life coming from whom *you are*, my dear children! Since you are a sun of consciousness, a living energetic sun, it is up to you to use and recognize your power, your connection to this ocean of Light, of Life and consciousness to which you belong.

It is up to you to open your arms wide, to open your heart wide to welcome all that this Universe of Light, of consciousness wants to give you, wants to share with you. Yes, you are immersed in a benevolent Universe that loves each of its children, each of its suns. You live, evolve, grow, explore in this dimension that seems limited to you; and yet this dimension is composed of pure Light. This pure Light appears dense to your physical senses but from your heart it is only an energy that you can manipulate, that you can call to yourself, with which you can merge, with

which you can expand this consciousness that you have used and that you have chosen to limit by wanting to explore density to see what it was like to feel disconnected from the Consciousness One.

Now that you have explored, felt, experienced limitation; I invite you from now on to recognize that you belong to the Consciousness One, to the unlimited, infinite Energy of Life and that nothing limits you!

The biggest obstacle you have to overcome is your belief in who you think you are, in the capacity you think you have, limited by the physical essence. It is an unlimited capacity - I'm telling you - unlimited. ***It is this way of looking at yourself that limits you the most!***

What we did last night, was to identify a strategic point in your physical body from which we could re-align the lines of Light. This allows you to reconnect to the Almighty Power of Life that you are in a harmonious, simple and easy way by using the energies of You, of your gratitude. The energies that are being poured out on Earth at this time are amplified to facilitate your path to abundance, joy, freedom and the Infinite. This is to allow you to feel your connection with the real and living Life Light ocean as we know it, in the dimensions of Light. Yes! It's up to you! You are the creator of your life! You are the creator of what you are experiencing right now.

So today, if you accept this, if you welcome this, if you open your heart to these words, a new path can open up for you and allow you to walk on this path with greater ease, joy, freedom, because you are the creator!

Today, I invite you to choose freedom, abundance, faith, joy, Light, Love, the infinite, the unlimited. All these words that you hear, that you have created in this language that you use, correspond to living frequencies that approach the Heart of the Creator, the Heart of the Life One, the Heart of the Real Life. The one that is nourishing, that supports, that envelops and lifts your hearts with ever more joy, freedom, peace, serenity, wisdom.

Yes! Hear our voice because we are many around you at this moment touching your shoulders, touching your heart so that, finally, you decide to choose yourself, to recognize yourself, to accept yourself; to stop judging yourself, comparing yourself, limiting yourself; to stop identifying yourself with what you have been told about the nature of the human race. The human race is one of the highest manifestations of the consciousness One in this dimension. If someone had said these words three hundred years ago, they would have been burned at the stake the next day. But today you are ready: you have agreed to awaken! You said Yes to daring take the step towards the Truth, towards the expansion of Consciousness. And how do you do that? By recognizing who you are, by recognizing that you are the Consciousness in action in this dimension. ***You are Love in action in this dimension!***

Yes, Love walked for a long time in this dimension to collect the Light seeds that are now being offered to humanity. And, what are these Light seeds? You! You who have never lost faith, who have always believed that Love was the strongest, who have always believed that there was something other than what your hands could touch and what your eyes could see. You have always held the Torch of Truth inside yourself, whether it was conscious or unconscious, you

have always carried it. The proof is: you are still here right now. You are here right now because you believe in something other than what your brothers and sisters on Earth believe. You haven't forgotten!

So the small step that is being asked of you today is to dare to say yes, to do the work of reconnecting, to recognize that you are Life in action with all that you are. Yes, because every time you take a step, you grow, you walk towards more perfection, more wisdom, more discernment, more compassion towards yourself. For by recognizing the treasure that you are, by recognizing that you are Life in action, every time you truly recognize it within you, you open a door through which the Universe can recognize that: "Ah! Finally, I can express myself through this heart of Light that finally recognizes my glory in itself." For are you not sons and daughters of the Consciousness One? Since you are sons and daughters of the Consciousness One, you are incarnations of the Consciousness One. And if you are the sons and daughters of the Consciousness One, you possess all the attributes of the Consciousness One in you!

What prevents you from feeling the power of this feeling, of this connection, from this physical body, is only your beliefs. Your beliefs are frequencies/energies that are active; that I have already said. But today, I invite you to focus your attention on the power you are carrying and to feel that this power you are carrying, of which you are unconscious, can do anything. It has all the powers. The more you recognize that you are a carrier of the Great Wisdom Life of the Consciousness One, the more you allow this wisdom, this Consciousness to amplify its energy in you, to amplify its action in you, to even touch your physical body so that you can feel its Presence even in the physical!

Because, every day, you use Life. Every heartbeat, without exception, occurs with the support of the Life in you. But, the more you recognize that each of these heartbeats is supported by the Consciousness One, by the Life, the more you say Yes to Life, and the more this Life can amplify its action in you: remodel, rebalance your lines of Light, rebalance your chakras, rebalance your inter-dimensional connections, rebalance its Light so that its Light in you can feel and receive the Light of the Universe and reconnect so that you can feel your power, its Power in you. Remember that the Consciousness One will never ever confront one of your beliefs, will never disrespect one of your beliefs.

You are the one who dictates all actions, all feelings, all energy within you and around you: you are the absolute master of the vibratory frequencies that you carry, that you have chosen to carry, to explore. You are the absolute master of the life that is yours and never the Consciousness One will force you to welcome it, to welcome its Light, to welcome its Wisdom, its Love, its Power. It will always respect each of your choices, each of your emotions, each of your beliefs. It will respect them because it sees itself in you; and seeing itself in you, it respects itself in you! The choice is yours. It is up to you to say: *"I now want to walk on this path! Ah, today, I'm walking on this path! Today I walk on this path!"*

Every morning, you choose on which path you will walk. If you rise in the morning and say: *"Today I am walking on the path of my reconnection with my feelings, with the Power of this universe, and so it is!"* When you say these words, you are already lining up the events of the day and they will work on everything that is inter-dimensional from your heart.

Your intention allows the Universe to approach you, very gently, with a lot of respect, a lot of patience. The Universe will approach you and rebalance your lines of Light by presenting you with situations, emotions, beliefs; by presenting to you everything you have received, which you have accepted as a truth about yourself.

It will show you instances, situations to shake you up a little so that you realize that: *"Ah! Yes, a long time ago, I said I was lazy! Yes, but I don't need it. That's not true, I'm not lazy!"* Do you understand that? You have accepted truths, you have made decrees in relation to who you believe you are in this dimension. These decrees limit you!

When you say: *"Today is a wonderful day and I am walking towards my reconnection with the Universe! I am walking towards my reconnection with True Life. That is wonderful! And so it is!"* You invite the Universe to help you reconnect, to help you rebalance yourself so that one day you can finally wake up and feel the Power of the Universe through you. The Power, the magic of Life through you. And that day, you are reconnected. You see clearly, you know who you are. Anything is possible to you!

Do you want to know what is happening in a particular country? You only have to think about this country and immediately you feel an energy, you know at a glance what is happening in this country, or what is happening with your son or what you did thirty thousand lives ago and which is still bothering you a little bit. Everything is possible to you, you are no longer separated from the wave of eternity, from the eternal Light. You've taken your place back! Isn't that wonderful? All this is accessible to you, all this begins with a decision, a choice. All this begins with you, with the choice of beliefs that you accept to welcome in you, to nourish in you.

Today, we present to you the belief of the unlimited, the belief of who you really are: an unlimited being belonging to a Universe of Light, an unlimited being who has chosen to live the limitation to explore, to be able to feel, to explore the density. (Silence...)

Let these words grow in you. If they bother you a little, put them on a shelf. You can think about them later when you feel like it.

The greatest Beings who have walked on this Earth whose names you know: Buddha, Jesus, Mohammed. The greatest Beings who walked among the children of the Earth had accepted this connection with the Universe, had recognized this power connection with the Universe. And by truly accepting within their hearts, by deeply accepting in their very lives this connection with the Universe; they allowed this universe to use them as tools of Light among the children of the Earth.

The only difference between you and them is that they recognized this connection, they recognized, they fed this connection. So, everything depends on you, on your beliefs, everything depends on the vibratory and energetic frequencies you choose to explore. Whether you choose your left hand or your right hand, these two hands belong to the Universe, don't they? All choices are valid, all choices are good, all choices represent explorations of the Great Life.

You can choose a path that takes you to other explorations; even to deeper exploration of certain emotions and situations. And this is perfect, everything is perfect because each exploration, each of your choices leads you to feel an even greater imbalance or balance in relation to the energies that inhabit you, and each of these experiences is valid, is a blessing.

You see, when you are conscious that you belong to the world of Light, that you belong to the world of Unlimitedness, of Eternity, of Love, you recognize that every experience benefits, brings a plus to the Consciousness One. You acknowledge that it is always an exploration and that every exploration is the foundation for the next exploration. So, there is nothing that is lost, everything is created in perpetual movement from experiences, from the exploration of energy frequencies.

So, from now until the solstice coming around December 21<sup>st</sup>, very soon, I invite you to meditate on this point of Light within you, where we have established a balancing Light structure that will help to balance all your bodies from your physical body.

Take advantage of these days when energies are poured out on Earth for you. Make an effort to feel this balance that sets in, to connect with the Life in you and to recognize that: *"Yes, yes, I am a Sun of Light in the Light ocean of this Universe and everything is possible. The magic of Life is in me. It works every second of my life in this density, it has been around me for all eternity and I let it come to me. I let it grow in me more and more every day and this magic amazes me."*

Don't you feel that this way of thinking opens great doors: doors of serenity, peace, trust, light? This is what I wish to each of you who have come here at this moment to connect with your heart, with the essence of the Life, living in you, living and acting in you.

Breathe its magic into you. It is magic indeed! It is powerful, it is alive! The more you recognize it, the more you allow this Universe in which you bathe to intervene, to support you, to bless you, to bless the Life that recognizes itself, the Life that recognizes its Life!

I am Adama and I share my joy with each of you.

Thank you!