

***Manual of Ascension of Adama:
Protocols of the Fifth Dimension***



Adama, High Priest of Telos, and Other Masters

"Only in a world where you can, by conscious design, allow every thought, word and deed to manifest the love, trust, grace, faith, compassion and gratitude that reside unconditionally within you, will you inherit the fifth dimension." —Adama

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We, the Masters of Light, are giving you, through the simple teachings in this book, all the keys you will ever need to make it all the way to your Ascension with Ease, Grace and Wonderment.

It is now up to you to decide what you will do with this. Will you lead it only once or twice, and then say, "This is interesting material", and perhaps share this with a few friends, but neglect to truly integrate this wondrous wisdom in your daily life to become, in this now moment, you divinity incarnate? Or will you take this information to your Heart, seriously studying profoundly and with full commitment, the simple magical keys that will evolve your consciousness to a fifth dimensional being? Will you do it until you see us face-to-face and until you are invited to the "Stall of Ascension"?

It is up to you, beloved children of our hearts, you now have all the keys! As you unlock those simple but precious Keys of Wisdom within the heart, we are waiting for you on the other side, to receive you in the arms of Love! —Adama, Ahnahmar and the Lemurian Goddess.

***Telos
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Note from Aurelia Louise Jones
Telos World-Wide Foundation
Mount Shasta Light Publishing Publications

With deep love and honoring I dedicate this work to God, the Creator Supreme of All and to the Earth, the Planetary Goddess, to assist in my own way, the vast expansion of Light that needs to take place here for the evolution of this humanity to move forward to a fifth dimensional consciousness.

I also dedicate this book to my spiritual family in Telos, to Adama, Ahnahmar and to my daughter Eliah and my son Variel, my two children in Telos that are still there, holding the flame of Love from the time of Lemuria. I also dedicate this book to the spiritual hierarchy of this planet, and to Lord Maitreya, the planetary Christ.

I invite all of you reading this material to really take this seriously to your heart and allow the profound changes that need to take place in each one of us in order to attain the consciousness of the fifth dimension and incarnate the fullness of our divinity right here on Earth. Just imagine what it will be like when all of us here will be walking the Earth in the full power of our Divine Essence and the limitless-ness of the Ascended Masters!

Acknowledgements

I desire to express my deep gratitude to all my friends around the world who have been supporting the emergence of the Lemurian Mission and all those who have published this important work in the language of their country.

I want especially to express my deepest gratitude of all the members of the Telos World Wide Foundation in Montreal who have been working relentlessly in creating all the structures that need to be put in place in preparation for the huge expansion in human consciousness that is expected to take place around the year 2008. I thank especially Line Ouellet, the president of the foundation, who has been working and volunteering her time, many hours a week, for the last three years in order to assure the success and the continuation of the mission of the Telos Foundation.

I also want to thank Gaston Tempelmann, president of Telos France, who is also working uncompromisingly to also assist and prepare for the expansion of the Lemurian Mission in France and in Europe in the years to come.

Without all of you, the miracles of Love that are now manifesting through our reconnection with our Telosian family and the preparation for their emergence among us could not take place in the wondrous way it is taking place now. All of us are feeling more and more the tangibility of their love and constant support. To all of you, I express my deepest gratitude and eternal friendship.

Preface Ahnamar and Adama

In the Love and Light of our Creator I greet you today. I am Ahnahmar, beloved of Aurelia and a member of the Council of Elders in Telos. Beside me stands Adama, High Priest of Telos and the guiding force of our mission to reunite all with the energies of Lemuria. It is my voice that you hear now as I wish for all to recognize the frequency of divine union that I share with my Aurelia.

Adama and I offer infinite blessings to all those whose eyes rest upon these pages, and all with whom their energy will be shared. Our joy today is with our beloved Aurelia as we witness her own journey of evolution and discovery. All wisdom she uncovers for herself she recycles in her own heart and then presents it to the world. For this we honor her greatly.

Together, our energies *create* a trinity of expression for we are aspects of the same soul. We have all resided within the heart of Mount Shasta for many lifetimes. Our souls are linked together in a mission of Light to extend to all on our great Earth Mother the teachings, and most importantly, the vibration of the Heart of Lemuria. Adama and I do so from one side of the veil, and Aurelia does it from the other.

Her example is one that each of you may recognize in your own hearts. Over the years, she has heard the heartbreak and cries of humanity, and has reached out to offer support and wisdom. All of you are now at the gateway of your own reaching out, and with great love and compassion, we offer our wisdom and support to you.

Aurelia's path in this lifetime is the same as yours. She strives to embody within the transiting physicality of the third to fifth dimensional vibration, the truths of love and brotherhood that she knows in her heart of hearts. Her truths are also our truths and your truths as well, for we are all One.

With great gentleness, we recognize the intensity of emotion that exists in your dimension. The wisdom that we share within this volume is the simple truths, the life truths that we live each and every day in our dimension. Our souls are united with yours in the Ascension of the Earth and all kingdoms that reside upon and within Her. We hold you tenderly in our arms to soften your pathway through this journey and to bring into balance all that stands in the way of this great shift.

We ask that you share with our Aurelia the truth and the love of your hearts as she travels the planet doing the work of Lemuria. She is a unique and joyous soul whose dedication is a shining mirror to all of us. Call us to you whenever the need or desire arises. We are only a breath away. With much love and gratitude!

(Channeled by Beth Iris, incarnated in Telos as Celestia, sister of Adama)

Introduction and Welcome from Adama

It is with great love and much support from the many realms of Light of Telos and beyond, that the third volume of the Telos series is presented to you at this time of great Earth changes. I am sure you have already noticed that those changes have already begun for the cleansing and transformation of your planet into Her glorious destiny. Allow this purification of the Earth, because it is most necessary for the "Mother" to renew Her body that has been so desecrated.

This material presented here is designed to continue to stretch your heart and mind to another new level of your Christhood and mastery. If you are choosing to move along with Earth's destiny and evolve your consciousness to be able to live in a world of pure Love and Light, it is now more imperative than ever before that you awaken the perceptions of your true divinity and make it a priority and the most important goal of your life. You must gain the full understanding of what it means to become an Ascended being and the state of consciousness and responsibilities that come with it. You have played the separation and karma game far too long. Too many of you still hold much illusion regarding the level of the consciousness you must embrace to fully become your divinity incarnate, and to fulfill your heart's longings for this sublime alchemy of the soul that Ascension brings.

You have to prepare the Garden of your Heart to become conscious and responsible galactic citizens to mingle, as equals, with your brothers and sisters from the stars. You have to weed out of this garden All That Is less than divine Love perfected and transformed, by diligently and with great constancy, to fully awaken your awareness to your true nature as a divine being. You will have to reconnect in complete Oneness and Surrender with your Source, the Creator of All, the Heart of pure Love and Light. This is what will free you, beloved ones. All those of us who have channeled material for our third volume have already attained this level of Love; and it is with great compassion and humility that we attempt to show you how you can attain this also for yourselves.

Our beloved Aurelia could not channel this material until she was able to gain and accomplish, in the Garden of her own Heart, a great part of the understanding of the level of Love and Surrender that are required to enter into the world of "Oneness." She agreed to expose in this book some of the dialogues she has had with us, about her own difficulties and frustrations she experienced in reaching the level she has now achieved. She agreed to do this and expose her own travails for your benefit. It is meant to show you that what one can attain, everyone else can also.

Basically, although your problems and difficulties are all manifesting in various ways, they all stem from the same core issues. The divinity in each one of you, that is not yet fully awakened, represents a cell of pure Love from the Heart of the Creator. You have never been disconnected. We are very grateful to our channel for the efforts she has put into weeding the Garden of her own Heart and Soul in order to be able to write about it, in order to assist all of you another step into your own pathway towards the "Sun of your Divinity."

You will also find in the third book several helpful tools that you can use such as meditations in etheric temples and activations. Also you will find protocols and codes of ethics that you must embrace in order to be finally admitted into the great "Hall of Ascension." This book offers you the next few steps you must attain in order to be able to join us consciously. And there are more....

Know, beloved ones, that as you read our material, we are there with you assisting you in your process. Our hearts are longing as much as yours to be together again, in the glory of the Brotherhood of Light, We are pressing on you now to come all the way "home" to the Heart of Love, through the total surrender to your unique pathway and the Will of the Holy Father/Mother, All That Is.

Let me finish this introduction by a quote directly from the Heart of the Creator:

"As you become again Christed beings all you will experience is the most tender Love. I ask you to go to your heart and to feel how much I love you personally and also every human being. Everyone is so precious, so beautiful, so amazing and unique! My heart seeks only to show you this, and to give you the Love that is your heritage. Surrender into Love, children of my Heart! That is Christ consciousness. For what is Christ? It is my living Love! And what are you! Love's vehicle!

"The truth of Love that I am is a web of Life so strong and so full, so perfect in its holographic nature that everything is making love with everything else. This is where I am taking you back to the gate of the eternal 'Now.' It is only when your mind is One and your heart is fully opened, and in your heart you see only Light that you will be 'Home.' Your thoughts and your love are the two ingredients of change riding upon the energy of your Will. Allow fully my Will to be manifested in you and your homecoming will be accomplished in a joyous and tender way.

"The 'Attitude of Gratitude' will prime the pump that will get you there with so much Grace! Be blessed, my beloved children. I am now calling you back 'Home' to my Heart, where never again will you know sorrow or lack of any kind, and you will feel blessed without measure. I will lay at your feet all the Treasures of Heaven! This is my Will for you. These are the gifts that I am longing to bestow upon all of you."

Practices and Protocols to Develop a Fifth Dimensional Consciousness

The heart that beats in your body is the same as the Heart of Lemuria. Listen to it and treasure it. You are not incomplete and you are not incapable of becoming this Heart with your entire being, and of vibrating this frequency throughout your entire beingness. —Adama

Chapter One. Awakening to a Fifth Dimensional Consciousness

Adama and the Council of Elders of Telos

Many blessings to all of you reading this material, I am Adama, High Priest of Telos.

I greet you again from my heart, and ask you to join us in consciousness for a gathering with the Council of Elders of Telos. It is in this way that the knowledge gathered from our experience, and the frequency of the wisdom gained by all of our souls, is passed along to the greater society in our Lemurian culture. We gather like this on a regular basis and conduct classes as such, although we prefer to call them "sharings." Each such meeting takes 4-6 hours of your time. An intention is set at the beginning of each such gathering that the energy shared will be transmitted to all in our community.

We gather as brothers and sisters and as mentors and students for in this manner we all share with each other the depths of our individual essence. Through this sharing, we further the evolution and expansion of our group consciousness in unity and love.

We wish to speak to you today of the protocols of the fifth dimensional vibration that you now wish to understand in order to be able to access it for yourselves in your daily reality. The question has been asked, "*What do we need to do to Ascend to the fifth dimension?*" Understand that yes, there are preparations in consciousness and purifications that must take place. But basically, in the new reality that is now being established on the surface of your planet, the fifth dimension is not a place that you will be going to, but rather a state of beingness that you will attain that will gradually establish the fifth dimension in your present realm.

The fifth dimension is a vibration, or rather a marriage of vibrations that are represented in the energies of love, trust, compassion, faith, grace and gratitude, representing a frequency of the purest form.

The structures and organization of our societies in the fifth dimension flow organically from an integration of these energies by the individuals who reside here. Our Lemurian community in Telos mirrors our fifth dimensional experience as an outpouring of our combined manifestation and embodiment of these qualities in a heartfelt communion with all that surrounds us.

We did not emerge from the womb with this mastery and awareness present in our consciousness, and neither did you. Even the new generations of children who are arriving each day in your transitioning dimension are not fully in their mastery, although they are more awake than you were when you came. It is through the joy and the journey of this experience of Earth that we evolve. It is through the grace of this planet that evolution is and has been a part of the experience of every soul who has incarnated here. The grace of your present time is that now you may fully awaken to your mastery, and retain this consciousness for the remainder of your soul's evolution, whether you choose to Ascend and remain in this incarnation or choose to continue to experience cycles of incarnations here or elsewhere.

We wish to share with you practices that have been the core of our spiritual evolution. We still follow these practices to this day, and we share them with our children. They exist as a foundation for our constantly expanding journey through and to Creator Source. They are centered on the principle that we are all responsible for our own energy. Before the unity consciousness of the fifth dimensional vibration can be fully integrated globally, this work must be done on an individual basis with each one of you. This is the journey that each person must walk to the end, and that no one else can do for you.

Most important of these practices is the offering of compassion and non-violent communication in thoughts, words, deeds and feelings. Indeed, self-compassion forms the cornerstone of the spiritual awakening that is necessary if one is to recognize and integrate this fifth dimensional vibration. This vibration already exists around you at all times. As the frequency of the planet herself becomes more and more refined, it is a responsibility of our human experience, no matter what dimension we reside in, for each one to purify and refine their own vibration.

We do this for the evolution of our Divine Essence, and we do this for the greatest good of all kingdoms who reside on and within this glorious planet that we call "Mother." This is a solemn and divine responsibility that does not rest lightly on your shoulders, and yet, confers on you a grace that is unparalleled in the history of the Earth. You now can walk as masters and mentors yourself, even if your human form may not seem to mesh well with your remembrances of other times and places where limitlessness and infinite possibility abounded.

We say to you with all of the truth that our hearts can share, that now, this present moment in Earth history, is a time of infinite possibility. This is the magical time of creation from the highest divine Source to the densest of your physical reality. We know and feel your hearts greet ours in this truth, although your minds still struggle to grasp the full scope of what we are telling you. Your minds still demand ritual and rules and proof that is irrefutable, before you will step one foot upon this new path. So we will work today with practices that, if you will allow them, can bring you back to the frequency of faith and trust, not doubt and denial.

Many masters have shared these truths throughout the eons of evolution that this planet has already experienced. But it is your experience in this lifetime that is most important. Today you have an opportunity to hear these words again with more evolved ears, and to recognize them on a deeper heart level than has ever been available before in your physical dimension. Today you have an opportunity to work with the support of all of creation to bring these truths into physical manifestation. In truth, this is why you are here, and this is why you were given the opportunity to incarnate at this time.

As your respected Native Elders have told you, "You are the ones you have been waiting for."

We will begin with exercises that may already be familiar to you. If you have experienced them in the past, we say now is the time to experience them again with a fresh perspective. If they are already a part of your daily practices, we also say that now is the time to experience them with a fresh perspective. The work that is to be done now in your dimension is in fact quite simple. The subtleties that you will witness, however, are enormous. Within each level of vibration that you access and integrate, "*the activity becomes simpler*," but the results become much more expansive.

We will explore practices that awaken in all of us the divinity that we are meant to express, and dismantle the illusions that veil the original mind and freeze the heart. We will restore to you methods for re-awakening your consciousness that lead to inner freedom and an understanding of the true power of love. Level one of this practice involves the evolution of the Self.

Step One is to learn to question yourself, as to who you are and your belief system, but not from the insecurity of the ego or the lower mind.

You must speak instead the question that springs from the deepest pools of your heart, and then ask it from the entirety of your real self, your God Self. Then, you must be willing to listen with the part of you that is awake enough now to hear the answer. Do not wait for a time in the near or distant future when you feel you will have reached a certain stage of enlightenment. Do not wait for a later more evolved version of you, one whom you feel may be better equipped to receive this answer.

You are ready now, and the part of you that is open to this answer in this moment must be given the opportunity to hear it. Only if the question is serious and heart-felt will the answer be received. If the question is not asked in a state of true spiritual intention, the universe and your own Higher Self will deem it mental curiosity or ego fantasy.

As you ask the question, step back into your true self, and let go of all you "think" you know about yourself. This first step is about the transformation that is possible in "not knowing." This practice is about the infinite possibilities that are present in "not knowing." You are in truth both physical manifestation and soul essence and, yet, you have largely forgotten your Source. In self-questioning, you confront both essence and manifestation and begin to understand and to witness the sacred contradiction that this represents.

Only when you embrace this contradiction will you arrive at the first stage of awakening your mastery.

This mastery is not about metaphysical abilities and phenomena. This first level of mastery is the experience within your own hearts of being present in the same breath with your divine essence and the ways that you manifest it. It is the recognition in each and every moment that this divinity is present even in a physical manifestation that seemingly serves only the illusion.

Until you are able to hold compassion for yourself in this seeming contradiction, and live from the awareness that you hold both the spirit and the manifestation of this or any dimension together within yourself, you do not allow the energy that is your first tool of mastery. To become a master is to remember your true self, and yet to do so in the temple of your physical manifestation, in this time and this space. Ascension is nothing more than awakening to the truth of your divine self within this dimension or any other, within this body or any other.

Without self-compassion, how can one accept all of the seeming contradictions that are the truth of your world? Without self-compassion, how can one hold both the essence of what you are, and the outward manifestation that seemingly limits and confines that essence, within the same heart and the same space of unlimited love?

It is the allowing of self-compassion that moves you into the vibration of grace. It is the fusion of the physical Earth with the etheric realms, of the merging of an awakened truth with the power of love that moves you into your mastery. A master is one who recognizes the truth and grace that is present all around him, in the physical and the non-physical.

A master is one who understands within his heart, from a frequency of gratitude, that the only duality that exists is that between being awake and continuing to live an illusion.

When we speak of love, trust, faith, compassion, grace and gratitude, we do not speak of intellectual concepts. Compassion is not an idea whose time has come. Compassion is an energy that creates great oscillations in the fabric of your universe. Grace is not a religious notion or promise, it is a palpable energy that can be witnessed and utilized in the world around you. Faith and trust are not promises made or bargains to be kept. They are the frequencies that power each breath that you take in the physical. With each in-breath and out-breath your soul takes in the divine. Gratitude is not polite statements you are taught as children. It is an energetic acknowledgment to the universe that you are in alignment with Source. And love is not a romantic or religious exclamation. Love is quite profoundly the energy that powers all of creation.

For most of you, it will take an on-going commitment to truly recognize and embrace these frequencies. It will take a daily, conscious choice to remain awake and honor yourself and all of creation by living in the integrity of these energies. But this too is the responsibility for self that we speak of. You have spent thousands of lifetimes practicing myriad ways of being. You have performed rituals and initiations as rites of passage to higher realms of being. Now we say to you that the rites and rituals, the rules and mystery schools, the codes and secrets are gone. The answers that you seek reside within you. The only spiritual practice now to be followed is one that awakens you to this truth.

In Telos and all Lemurian communities of this dimension, we all must affirm daily our choice to be awake and in communion with Source. It is this choice that manifests our paradise. Our world is as we create it, instant by instant.

Step Two is the recognition and dismantling of belief in all that you "think you know" to this point. This next step is indeed a leap of faith.

Please know in your heart, that we are here to hold out our hands to you when you make this jump. We cannot make the jump for you, nor give you a technique that will suit each and every one of you. We can, however, guide you to a place where the leap does not seem so staggering and the fear does not feel so overwhelming. We hold in our hearts all of the compassion that you will need, until you can hold it for yourselves.

We cannot teach you how to be compassionate with yourself, but we can show you how to "want" to be compassionate with yourself. For this "want" is in itself the one true question that all in the universe offers support to answer. This "want" or desire is itself a force, a tool of mastery and a tool of the awakened human being. This "want" is the voice of a human heart that recognizes, after many a dark night of the soul, that it can question, in a loving way, everything that it has always known.

This want is not compelled by a need, and it is not a desire for something that is missing. It is instead a knowing in the heart that everything is already here, and you must simply give it form.

It is the compassion to allow all of the other possibilities of creation that the human mind has not yet awakened to.

We stand on the other side of that deep rushing stream that represents all that you "think you know" about yourselves and call to you from our hearts with a sweet song, a sweet frequency. We offer our love to help awaken in you the energy to jump over those churning waters without a thought. And we will be there to catch you on the other side as you land on the shore of "unknowing."

The universe will herald your arrival with the trumpets of angels. All is appropriate in this "wanting" and "not knowing", and all is aligned with the ultimate grace that is the Divine Plan, and for the highest good of all.

It is impossible for any of you to experience this great truth and not become it. But first you must be willing to do the work to strip away all of the accumulated layers of illusion that hide "you" from the real you. In doing so, you will become more human, hosting a spirit living inside a body. If you embrace this truth in your heart, in compassion for all that being in a body represents, you infuse your consciousness with the Light that is all of you.

This experience of Ascension in a physical body is new to most of you, as it was new to most of us. This is the grace that this planet offers in this time and space. This is the opportunity to become innocent again, and to approach life, not with prior experience or knowledge, but with faith. Build the faith that this meshing of spirit makes any manifestation possible. Develop the faith in yourself that you are a master who is capable of co-creating with the universe All That Is possible.

In childhood, the soul undergoes phases of change. From birth you begin to learn that you are in a place of limitation, confusion and separation from your heart and from your soul. You learn to relate through your mind, and in a specific timeframe. Initially, life becomes isolation until you recognize the All that is the Source of you and the universe. Your real self is timeless and unlimited.

Mastery does not mean "knowing" everything as some of you may believe. Life is a continuous process of unfolding. The Creator exists in a perpetual state of creation and so do you. True mastery is the understanding of how to use that which is within as well as that which is outside of yourself. *True mastery involves "knowing" in the moment only that which is appropriate for that moment.*

Step Three is a sacred one. It is the experience of communion with your soul as a doorway to your God Self.

Your soul contains every emotion ever experienced by you, and relates to all experience in the now moment. In deconstructing the belief systems that keep you asleep and in illusion, do not approach this practice lightly or impatiently.

Make a list of the belief systems that limit you. These may be beliefs that others hold about you or uncomfortable beliefs you hold about yourself. These may be beliefs that you hold about the world around you or your spiritual journey. These beliefs should be listed without any judgment as to their "goodness" or "badness."

Dig deep for the subtle belief systems, and uncover the layers one by one. Be ruthlessly yet compassionately honest as nothing is hidden in the vibration of the fifth dimension. Carry this list with you and keep adding to it for as many days as is needed until you feel completion.

You may not wish to look at the beliefs that you have so carefully wrapped around yourself for protection. Yet each of these beliefs holds a piece of your energy, a portion of your God-Force that is needed for your complete awakening. And so, the moment is now to begin reclaiming the truth of who you are, not intellectually but energetically.

Again, self-compassion is the energy needed here if you are to surrender unconditionally to each belief system, and all of the embedded emotions, long enough to gather the wisdom from it.

Before you detach permanently from the belief, you must reclaim your energy from it, or part of you will continue to be in separation from self.

Your soul is indeed the doorway to the awakening of your true self, for it operates both in the consciousness of separation and of the Divine. It is a mechanism that allows for the wholeness of self and holds all that you deem positive and negative in perception and experience. And it does so with neutrality and unconditional compassion.

Your soul holds the experience and the emotions of all of the choices you have made in this lifetime and every other incarnation of your evolution. It holds the understanding of the choice you made at the time that each belief system was imprinted in the ego. The ego does not create patterns of belief from malice or judgment but through the eons of separation, it has taken over the role of protector. The ego has been the safeguard of individuation for a planet and a human race that chose this experience. But now the time of unity consciousness is at hand. You are called forth to heal all that holds you back.

Now we suggest that you make another list of what you know, in the depths of your heart, to be true about yourself. Be equally as non-judgmental. Explore the difference between what you think you already know in your mind, and the true knowingness that comes from oneness with your divine essence. To create this list you must once again delve beneath the layers of limitation and move aside old teachings and paradigms of being. You must listen with the simplest and purest of motives.

This list will not come in words from the mind as the first one did, but from the heart in the form of vibration. This vibration will grow stronger and clearer until you experience a tone of such unmistakable truth that you feel the totality of your being expanding. Only then may you add an item to this list because only then will you truly "know."

This list is to be added to from this time onward, as it will continue to evolve as you awaken. The energy waves that this list creates will travel through all time and space and dimensions that comprise your soul evolution. Most importantly, this list will carry the energy of you. You will begin to live it in such integrity that no one of creation can dispute its truth. It will become a blessed tool of your mastery.

Your ego's experience of negativity will come very much into the forefront with this practice. What is negativity but a perfect reflection of limited belief? What is negativity but a judgment that the ego has made as protection for itself? So again, self-compassion must become your loving companion who asks you in a gentle voice, "Is this the real truth of who I am?"

In this voice, you will create a third list of the judgments that you still hold about yourself. This next level of awakening holds the opportunity for much healing. Allow your open and innocent soul to guide you now. This third list is not a burden. It is through the grace of this list that the knowingness gained here, the experience of oneness with self, is available instantaneously. In reality giving to yourself this gift in truth and love can be an ecstatic experience.

The transformation and freedom that are manifested when judgments are healed can bring a great acceleration to your journey of awakening that becomes a gift like no other. Have patience with these judgments and with All That Is unresolved in your heart. You will come to love the process itself. You will see these judgments in the form of mirrors that present themselves to you through your judgments of the world outside you. Work within the framework of compassion and allow the transmission of grace to envelope you. Allow then the transformation of judgment to unfold.

How can you embody the purity of love in a physical way if you hold yourself in judgment of anything? How can you hold the sacred vision of your true self that is the seed of all creation, if you judge? Even if you judge the judgment, you move out of the vibration that is your truth. Even if the judgment is one that you view as positive, it still carries an energy that limits your experience. Without judgment you will soon see within yourself the Light that you wish the entire Universe to shine with.

In Telos, we do not "know" all with our minds, but we allow each experience to be witnessed by the heart from a fresh perspective, without judgment or expectation. We feel the truth of each experience as it unfolds from a deeper place. as we stretch out to touch the energy that is all around us. We are also in transition just as you are, and we are evolving just as you are, and as the planet is.

We have embodied the energy of trust through lifetimes of practice so that the experiences we have of the energies of Source are continually deepening. We have learned through our patient and compassionate work with ourselves and our children that there is an ever-deepening understanding and awareness that can be gained. We do not limit ourselves through the beliefs of the ego and therefore we are surrounded by the infinity of Source at all times.

In our evolution we have learned much about the heart center and how it functions in physicality. We have learned much about the true functionality of the lower mind, and how to work with it and not for it. We have learned in practical terms that *the mind is a house of questions, and the*

heart is a library of answers. We have learned to love our questions and to cherish the answers that the heart recognizes with each question.

We have learned with great practice to view all from a perspective of compassion and trust for these are the true energies that empower us. We have learned through a practice of non-judgment to embrace all of the energies of self, and to love and stay conscious of doubt and fear when they arise. We have learned that honesty is synonymous with non-judgment and that this honesty must begin with self, and that the greatest source of wisdom resides within our hearts. We have integrated and become this learning because of our continuing practice of it.

We have worked with these practices each day until they have become an integral part of our consciousness. We play with them each day in our conscious interactions with others. If we find ourselves expressing, in thought or deed, an attitude or belief system rather than the true knowledge of our hearts, we immediately explore the opposite action or thought.

The master brings to his path all lifetimes and soul experiences. At the level of evolution on which you and the planet now find yourselves, this encapsulation of experience and the wisdom you recognize from it happens instantly. All of your lifetimes are attached to this present one, and you affect them all through these practices. It is now available to you as a resource for awakening. All that is taking place in your life and the world around you, even what you consider the illusion, is a gift for your evolving awareness.

You are the ultimate mirror for your dimension. Just as we made a conscious choice to bring forth the complete mirror of Ascension in our realm, in our societies and ourselves, you must now join in a responsible way with the Ascension of your planet. You must want to awaken now to the divine love and truth that you are. You must want to remove any obstacles or limitations of self that hinder you from bringing forth this truth in physical manifestation at this time. You must want in the depths of your heart to be part of the human mirror that you are creating for on levels beyond your comprehension you represent the greatest collective understanding of the God-Force that the physical Earth plane has ever known.

You are preparing your hearts as sacred ground where multitudes will soon walk. You must first receive your own Homecoming, however, before you can show others the way to theirs. You must first awaken to your own truth and step back through the layers of self-judgment and separation. Claim now the parts of yourself that have been locked away from the pure vibration of love and trust.

Every evolution choice on this planet has to do with Self. The mind cannot comprehend these changes, but the heart can. Who you are as who you recognize yourself to be will change exponentially, and with a grace and power that is unprecedented when you recognize these truths. These new perspectives will then light up the strands of your DNA that have been dormant waiting for this time. Every strand of the human DNA is designed to evolve the physical body very rapidly based on shifts in consciousness. This is why the transmissions of energy to this planet are intensifying daily. Your immune systems and your organs are learning to refute any vibration or consciousness that does not recognize the truth of who you are.

You are able in this moment, just as we are, to create yourselves disease-free, but only if your consciousness is aligned with this freedom. You are able in this moment to interact with the multiple dimensions that are the matrix of your universe, but only if you are awake to your own energy matrix. We speak to all of you now who are struggling with levels of fatigue that seem at odds with this truth.

This fatigue is not born of the body, although the body will learn to mirror it if experienced long enough. This fatigue is a depletion of source energy that arises from a non-alignment with self. Living your daily existence outside the frequencies of love and trust, compassion and gratitude and grace is exhausting you. Choosing a daily spiritual practice that will dissolve the limiting beliefs and judgments that preclude you from these divine energies will not further reduce your vital physical energy. This choice will instead enliven you. This choice will re-align your system as if realigning the pipes of your kitchen sink so that the energy you want flows easily again.

Step Four of this practice is three-fold.

Each morning, upon rising, take some time in solitude to contemplate your state of being, honestly and without judgment. Ask your guides and support teams such as us, and your Higher Self, to release old beliefs and limitations that no longer serve you. Ask the universe to provide you with a new perspective each morning, and allow yourself to be in a state of unknowing with the mind and knowing with the heart.

Ask the universe to provide you with easy and graceful mirrors where needed to fully awaken your consciousness. And ask that, throughout the day, your physical energy will grow in equal proportion to the conscious work that you are doing with yourself.

Throughout the day, work regularly with the energies of love, trust, faith, compassion, grace and gratitude. Call into yourself, into your physical body, into your cells and your DNA, the purest vibrations of these energies. You are building an energy signature in your body. You are overwriting, in effect, the old frequencies and beliefs that have limited to you, with the full potential of who you truly are.

Be aware, as you go through your day, of the vibration generated by each thought, word or deed. Learn to recognize that which expands your energy, and that which collapses it.

Each evening, recognize and embrace in profound honor all that you have given yourself that day. Recognize that in this giving to self you have indeed given to all of Creation in the state the intention that while you sleep, you will continue to integrate through the heart all the new wisdom recognized that day. Ask that the cells of your physical heart and the strands of your physical DNA expand to your new vibration and that this evolution take place for all time and space and dimensions.

In this way you will replace old patterns and imprints that no longer represent the truth of who you are. Who you are will change daily, and your new frequency, in communion with all of those around you, will be felt throughout this universe and all others, back to the Great Central Sun and the Creator energy itself. And we ask you with compassion to recognize that using these

practices does not mean forcing yourself into another consciousness. Practice means allowing yourself to open to the limitless potential that already exists in each of you.

These exercises are not meant to be done sequentially but simultaneously. After you have given one day of practice to each individually, practice them all in union throughout the ongoing days. Show appreciation to yourself for the work being done, and cherish your awakened truth that embraces the true you and the new world that surrounds you.

In our next gathering we will share with you the second level of awakening that we engender in Telos. The human heart holds much more love than it can ever disperse. It encompasses the unlimited potential of the divine. Imagine the changes that will take place in your world when each of your hearts is engaged without limitation in the loving practice of embracing all that surrounds you.

Union consciousness can only be embodied in the fifth dimensional vibration by hearts who love one another, and hearts can only love one another when they love themselves first. This is why we spend so much time and share so much energy with you today. As you do your work with the lower mind and ego, you become more spiritually alive.

Only in a world where you can, by conscious design, allow every thought, word and deed to manifest the love, trust, grace, faith, compassion and gratitude that reside unconditionally within you, will you inherit the fifth dimension.

We wait here patiently for you. It is your time now to shine forth.

The Practice of the Evolving Self

Awakened Mastery of the Energies of Love Trust, Faith, Compassion, Grace and Gratitude.

These exercises are not meant to be done sequentially but simultaneously. After you have given one day of practice to each individually, practice them all in union throughout the ongoing days.

Step One - Learn to question yourself.

- Let go of all you "think" you know about yourself.
- Speak the question that springs from the deepest pools of your heart.
- Listen with the part of you that is awake enough now to hear the answer.

Step Two - Recognize and dismantle your belief systems.

- Be willing to strip away all of the accumulated layers of illusion that hide "you" from the real you.
- Compassionately allow all of the other possibilities of creation that your human mind has not yet awakened to.
- Develop faith in yourself that you are a master who is capable of co-creating with the universe All That Is possible.

Step Three - Experience a sacred communion with your soul as a doorway to your God Self.

- Make a list of the belief systems that limit you, and reclaim your energy from them.
- Make another list of what you know, in the depths of your heart, to be true about yourself.
- Make a list of judgments you still hold about yourself.

Step Four of this practice is three-fold:

- Each morning, upon rising, take some time in solitude to contemplate your state of being, honestly and without judgment.
- Throughout the day work regularly with the energies of love, trust, faith, compassion, grace and gratitude.
- Each evening recognize and embrace in profound honor all that you have given yourself that day.

Chapter Two

The Heart of Lemuria

Part One - Celestia

Blessings to all who have gathered here today! We greet you from an energy that is just outside the view of some, but within the hearts of all. With love and respect, honor and divine grace, we join you today to discuss a topic that is the core of our philosophy in Telos.

Our sister Aurelia has requested of us to present to you an understanding of the "Heart of Lemuria," and what these energies provide to you in the current time and space in which you find yourself. Much has been spoken about the energy of Lemuria, and much knowledge has been shared about times past. Today, our time with you represents a journey into the purest Lemurian energy that exists on the surface of the Earth today, the energy that fills and informs your heart.

The "Heart of Lemuria" can be described and illuminated many ways. Inasmuch as you also have these same attributes within your consciousness, you will resonate with the truth of this. Our brother Ahnahmar will speak to you of the energies of the heart that inspire and create passion for the creations that you intend, and beloved Adama will speak to you of the Christed energies of the heart, those that connect us with the Divine Source of All That Is.

To begin, as is always the case in birthing a new truth or understanding, I will speak to you of the "feminine" energies of the heart. All sentient beings experience life within the framework of this "great mother" we call Earth, and in this framework, there is a rhythm to life. It expresses itself through a vibration or frequency that guides us, if we are receptive to it.

On the surface of the Earth, much emphasis has been given to the qualities of the mind. The pure energy of the heart has been forgotten and replaced by an active extension of the "Intellect" to all things. The mind has become an active force in your evolution, rather than the passive structure and tool that was originally intended. The mind's original purpose was to be a faculty in service to the heart, and not the other way around.

In your evolution, most of you have ignored the promptings of the heart, and you have lost your former abilities to recognize that the heart is the great intelligence of the soul. The heart knows everything, will always offer the best and highest guidance and will always direct you to your highest good. For a very long time, you have allowed your human mind to become in service to the ego instead of the heart. The human mind, controlled by the altered ego, has become overly cluttered with fears, judgments and erroneous concepts, and together, they run all your internal programming.

This is why, as you abandoned your heart energy long ago to give priority to the mind, you have created, lifetime after lifetime, a series of painful experiences, poverty and misery. The human mind does not have the wisdom of the heart and is unable to offer you the wisdom of the Mind of God. It is only the heart that holds that magic key. Originally, the mind was designed to be a receptor of information in service to the heart. It was the heart that knew exactly what to do with that information.

The practice of the "Heart of Lemuria" begins with a return to the origins of your consciousness, wherein the passive mind surrenders to the active heart that trusts. As created, the human consciousness expressed itself through an ego, or mind, that was informed directly by the Logos, or Heart of the Divine. The mind itself was a wondrous tool, and was utilized to learn and analyze the myriad sensory inputs that the evolving human experienced. It was the Heart, however, that had the ability to choose the right action and engage in it. Again we say this with much emphasis.

It is the mind's role to learn and analyze. It is the heart's role to choose and do. Hearts connect, while minds separate.

This is not a judgment of the role of the mind, but rather the truth of its purpose. In order to analyze, one must differentiate. In order to learn, to acquire intellectual knowledge, one must observe one reality at a time, and quantify or qualify it.

The heart, however, holds the frequency that is open and receptive to all possibilities. It connects us to All That Is and does not question or analyze that connection. The heart trusts. It takes in All That Is available as a continuous flow, and beats to this rhythm of life with joy and wonder. And from this trust, acceptance and compassion are born. To understand who we are, we must accept what we do. To understand what others are, we must accept what they do. When we truly understand others, how can we fail to love them as fully as they love themselves? How can we not trust them as completely as we trust ourselves?

The heart holds a frequency that is open and receptive to all possibilities. We cannot emphasize this enough: The heart trusts. This frequency is inherent in each and every one of you whether you choose to recognize it or not. It is not something that you need to learn. It is not something that you need analyze in order to create it. It is not something that you need to clear out space for, or open your heart wider for; it just IS.

To reiterate that what we hear most often here in Telos from you our Lemurian brothers and sisters, is "When will the veil lift? When will we see you? When will we be able to visit with you

in the physical reality in which we currently live? The answer is: "It will all happen when your heart is allowed to inform the vibration of your surrendered mind."

To "lift the veil," the mind must open to all possibilities. To "know" the secrets that exist on the other side of the veil, one must experience through the vibration of the heart. One must simply listen to the frequency that exists within all of us, throughout every instant of creation. You, my beloved sisters and brothers, are the veil. You will continue to be so until your mind surrenders and your heart is allowed to inform your reality.

In Telos, our hearts are open to all possibilities. We teach each other this truth every day. We evolve and understand this truth through our play with each other, each and every day. We are each other's signposts that say "Stop, and open to more possibilities."

On the surface, you carry the same heart frequency that we do. Your mind may tell you that this is not true, but your heart trusts. Trust is the core energy of the heart. It cannot be otherwise. You may feel that your heart has closed itself off from this vibration, or that you cannot feel it in your life or in the people who surround you, but this is not truth your heart trusts.

In each form your own boundaries of trust. You form them in the truths you adhere to, in the families and communities and nations that you create on the surface. You do not need to deny your boundaries, for they are who you are in this moment. We are here to honor them, for in time, with respect, they will eventually transform their energies through contact with the heart's vibration of trust.

Your minds may not yet own the possibility of this, but your hearts were created in it. None of you can disown it in physical form because it is the energy that keeps you incarnate. It is the energy that keeps you in this "game of life" that you chose, with open and receptive hearts, to participate in.

Now it is time for you to meet with us on the "playing field," so to speak, and engage with us in an exercise of trust.

To begin our play, we must first choose an outward reality that pleases you. We ask each of you to create in your heart's eye the image of a field that is filled with every creation of Earth that brings you joy. This can include trees and flowers, mountains and streams, birds and animals, nature spirits, crystals, clouds and other humans. Create a field populated by all that you desire to share yourself with. Remember that the frequency of the heart is one of receptivity to all possibilities, so do not constrain yourself.

Now position yourself where you are most comfortable within this field, and begin to observe All That Is present around you. Don't observe, however, with the mind. Don't catalog and comment on what you see and hear around you through the mind. Listen instead with the heart; listen for the vibrations and frequencies of the hearts that surround you in all the beings that share the field with you. Recognize the touch of other hearts as they reach out to yours.

At first you will hear/feel/know a gentle energy that comforts and supports you. It cushions you and enfolds you in its warmth and peacefulness. There is quite often a humming noise that accompanies this energy that many of you hear with your physical ears. This is the joint energy of all your hearts in combination with the heart of the Earth. It is the energy of trust that informs the Earth, you and us, and every being that resides here.

Rest in this energy for as long as you wish! Get to know it as you would your own bed at home. Get to know it as you would your own skin. The more you connect in with this energy and make it a part of your everyday existence, the easier it will be to hear the frequency of your own heart, and the sooner you will begin to speak its language of trust.

Experience this energy in your physical existence, as well as your multi-dimensional bodies. It is most important at this juncture in the planet's evolution that all experiences be brought into the physical realm. You must ground this new reality in your cellular structure. It is not enough to know this in your "higher selves," so to speak. It is imperative that your DNA records this new identity in all of your various bodies. This is a goal that each of you set for yourself in this lifetime.

Now, as you float on and within this cushion of energy, begin to listen to the frequency of all the hearts that surround you. There is a tune that each plays that is subtly distinct from the rest. As you begin to recognize the signature of each heart's song, you can follow that song back to the heart from which it originates. Do this with trust and tenderness, and you will find only trust.

You are rediscovering the language that you originally spoke. You are rediscovering a form of communication that connects you directly with all of life around you. It will not take long this time to speak it again. The frequency is as close as your own heart. Simply call to your heart and it will guide you.

Stay in this field as long as you wish and return to it as often as you wish, until the cushion of heart energy is so familiar to you that to step out of it brings immediate recognition. Return until there is no place to return to because this field is now your daily frame of existence.

Now let your mind begin to wander in this field. Let it surrender itself, in trust, to all possibilities. This may be a bit tricky at first, as the mind will want to label and define what it sees. Your task now is to accept the mind, the structure of the mind, and allow it to join you in this field. Allow it to play, but watch it as you would a child who is venturing out into the world and does not know yet what to expect. Remind it of your heart's frequency and receptivity to all possibilities. Invite your mind to play with possible realities, and not just those which bring a sense of familiarity.

Within this field is your connection to us. This field exists beyond any veils that can be created. Let your mind surrender and your heart choose. We will always be here to meet you. With a welcoming heart, I leave you now and ask our beloved Ahnahmar to guide your journey.

Part Two - Ahnahmar

I greet you all with the prospect of much enjoyment between us. Our discussion of the heart has brought you to a greater understanding of one aspect of the energies we refer to as the "Heart of Lemuria." Whereas my sister Celestia held forth on the subject of receptivity in the heart, I now wish to speak to you of the relationship between the heart's energy and the point of light we call creation.

It is through passion and intention that all is created in your world and ours. Energy and frequency gather in complementary networks. The grid of electro-magnetic energies, called by many, including us, "lattice energy," holds the structure of universal energy. It is through this grid that all beings present themselves to the Universe.

We communicate our intentions through the offer of our own heart energy (*our passion*) to inform the scalar energies that hold the complementary frequency. These scalar waves fill the void between the grid-work.

This process of creation is then enjoined with the focus of the mind or ego, so that a singular event may be extended out from the totality of the whole. The extension then takes form in the physical plane, and becomes a reality in human consciousness.

Creation indeed takes place the moment that your human consciousness first becomes aware of it. With each and every thought, the energies of the lattice and the scalar meet to form a point of light that is then expanded, if you so desire. This cycle of heart —to mind— to heart is lightning fast, and much of the time you are not even aware of it. For many, it has become a case of the chicken and the egg, for there is confusion as to what starts the process, the heart or the mind. On the surface, much credence has been given to the mind as instigator.

But I will say to you that the heart is always the creator. In the pool of wisdom that the heart is, resides the true inspiration for all that surrounds you. The heart's language is subtler; however, it is often even timid, for you have not given much support to the heart's frequency in your dimension. In truth, the high incidence of heart disease on your plane is a direct symptom of this, as is most other disease.

To understand this process, this cycle of creation, we must recognize that another aspect of the energy of the heart is active intention. We call this intention "passion." In your dimension, most of the credit for "inspiration" has been given to the mind. The mind has been given leadership over all aspects of your consciousness.

In your world, this leadership of the mind over the heart has led to strife, both internal and external; for the leadership of the mind leads to separation instead of unity. Yet the mind is a necessary tool in the process of creation, so then how do we reconcile this? To return to full consciousness, as divine beings, it is imperative that you now begin to turn the leadership over to the heart, and allow again the heart to rule rather than the mind.

How does this happen in practical terms? First you must develop a greater understanding of the nature of the mind. It exists in human consciousness as two minds, which we will term the higher

mind and the lower mind. The higher mind is a center for inspiration, for it is in touch directly with both your heart and the divine mind.

The higher mind is itself a center of receptivity, storing all impressions and experiences that you encounter in your evolution. The higher mind inevitably feels a pressure to grasp more than it is responsible for. It suffers a need to understand All That Is presented to it, and to find a resolution for it. Yet it cannot, for resolution is found only through the heart.

The first step is to practice patience in the higher mind. Allow this part of your mind to relax, to observe and to communicate to your heart its impressions and the inspiration that it receives from the divine mind. Accept its process and do not try to "turn off the mind," as so many practices instruct you to do. In order to achieve this, one must remove the emphasis from the mind and release its presumed responsibility to "do" something. It is the heart energy that is responsible for this, although not by doing, but by "being."

The lower mind has its own set of tools for your evolution. It is the research center for your existence and is always focused and busy. While the higher mind is a bridge between the heart and the divine mind, the lower mind is the bridge between the heart and the mental plane. The lower mind is the cataloger of all that you take in on the physical plane.

This mind is not designed to surrender. It is a wondrous tool with great potential for processing and sharing with each other your human experiences. And yet again, the lower mind is never a place to choose from or to make decisions from. It is not your authority on how to "do" or "be" in your life. Your heart is your only authority.

The second step becomes a daily practice of separating yourself from the chatter of your lower mind. This practice will allow your consciousness to listen for the more subtle frequency of your heart's wisdom.

A simple and yet effective method for achieving this is to direct your awareness to concentrate on the sound of the beat of your heart.

Divert your attention away from the voice of your lower mind and listen until you can feel and hear the beat of your heart throughout your entire body. If you need to, physically place your fingers over a pulse point on your body until you can feel the rhythm. Then enter into this rhythmic flow until you feel at one with the center of your being.

Removing control from the mind allows the original frequency stored in your cells to remind you of "who you are," and lets the energies of other hearts remind you of "why you are here." A return to the frequency of the heart reconnects you to the energy of the Divine that can then guide you to remember who you are and return to full consciousness.

You have all become extremely proficient at pondering with the mind, and you have all perfected the art of intellectual evaluation and judgment. In doing so, however, you have permitted a gap in energy to take place between yourselves and all that surrounds you. Now is the time to

remember and relearn to think with the heart. This form of receptivity is connective, energetically rhythmic and infinitely more attentive and effective to the physical self.

It is within this physical self that you have chosen to experience and learn. You carry with you a cellular template, a lineage of all that you are, and this includes your Lemurian lineage. Your Lemurian self is stored in the energetic memory of your heart. Each of you has an energy template that is unique and yet part of the whole. The information that you seek with your mind regarding your Lemurian heritage is stored in your very cells. Yet, many of you seek to exit this physical storehouse of energy and information about yourself.

You seek to leave your physical incarnation and ascend to another realm where the travails of physicality will not assail you. Yet we say to you with all certainty that all you need to transcend is the separation that you feel resides within the physical body that you have ceased to love.

Heart energy keeps you in incarnation. The information of the heart allows you to reconnect the physical with the spiritual. It is the animating force that connects your soul with all other souls. Your heartbeat tunes you to the collective cellular memory that recalls the spiritual paradise you believe you have lost, while in truth, you have never lost it. You have only created a veil, as our beloved Celestia has stated, behind which you gave your authority away to a mind that is no longer open to all possibility.

Choosing from the heart, living from the heart instead of the mind, is a collective, connective action that restores the memory of the love of being alive. It celebrates the wonder and gift of physicality with guidance from a sentient heart not the mind. It returns all of life to a "doing" that does not try to make things happen as the mind does but instead allows you to be available and receptive to all that exists, including the passion that is your natural birthright. For this, my cherished sisters and brothers, is the true "heart of the matter." It is the heart of *all* matter.

Physical life, the solidness that has been created in your dimension, is not devoid of light. It is not darker because it is denser than the dimension in which we reside. It is darker because you have lost your love for it. You have concluded that another place, another dimension, is where you desire to be, and your passion has left the plane in which you exist. Without this passion, this energy of the heart, you have lost the connection with your Divine Essence. You have transferred authority to others, to masters whom you believe to be more evolved and more enlightened than you. You have made us in Telos your gods, much as the ancient Romans and Greeks did. But we are not any different than you are. All that we are resides within your cells as well. The only difference is that we recognize it fully and love it unconditionally. We also share it with all those surrounding us. We speak to each other from our hearts, and we store and imprint our hearts with all experiences for ourselves and for our lineage.

We follow the practice of "being" that is different from those practices that many of you follow, which are primarily mind techniques. What we do is not based on meditation. You could call it allowing ourselves to "contemplate" rather than to meditate, and we can reach with our practices very high levels of heightened awareness. What we practice is not based on visualization or imagery techniques either, which still require mental efforts, and place the emphasis on something you are not rather than something you are. For example, we contemplate the infinite

aspects of our divinity in order to raise our vibrations at higher levels and integrate those new truths we constantly discover about ourselves.

We start by becoming silent and still enough to listen to our own hearts beat. We lighten the attention of our minds and let the mind talk to itself for a while. Then we allow our receptivity to expand to All That Is around us. We don't tune out the world around us, but instead tune in with all of our senses by becoming one with the flow that is around us and within us.

The heart has its own emotional intellect. It senses and records all that impacts it. As it becomes entrained to the gentle energetic waves of nature, with the physical world around it, we know with complete consciousness that we have contacted the world with our heart.

We allow the heart lessons that are around us in every moment to inform us, and we store them in our cellular memory. We shift time, for when the heart is tuned to its inherent frequency in the present moment and in the flow of "All That Is," self, time and space are united in oneness.

Lastly, we send our heart lessons out to the world around us. For in truth, this is the true act of creation. It is the true "doing" and "being" which informs all of our existence and yours. The inspiration and the passion of the heart are bonded to the inspiration and passion of the Divine. The attention of the mind is then focused on it, for where awareness goes, so goes the energy to sustain it. And finally, the creation is anchored into the cellular template of the physical wherein it takes form. The point of light that blossoms at the intersection of soul touching soul, of heart energy touching heart energy, receives true expression in the physical world.

Follow this practice of heart and mind. Allow your being and your consciousness to connect with the Heart of Lemuria once again, and you will find yourself in the paradise that you are yearning for.

We greet you as always, with our hearts open and receptive to all the possibilities that exist in your dimension and ours. We offer our support in assisting you to remember your real identity, and who you have always been. With love and blessings until we meet again, I now turn you over to our beloved Adama.

Part Three – Adama



Robert Donaghey 2001

Blessings to all in attendance today! I beckon you to the halls of the Great Temple of Knowledge in Telos. Contained within its walls is the library of our Lemurian lineage, a storehouse of experience in crystalline form. These crystals come in all shapes, colors and sizes, and each has its own frequency in order to best represent and express the information that it holds.

I invite you here today so that you may recognize the truth of the vibration of this place, for it is a mirror of you. It is a duplicate of the temple that resides within your physical body, in the crystalline cellular structure that you inhabit and maintain. Within your field of consciousness, I ask you in this moment to connect with the energy of the crystal grid of planet Earth, so that we may all be connected together as we continue our exploration of the Heart of Lemuria.

Today, I wish to speak with you on the nature of forgiveness, which is the greatest truth that one can derive from the practice of the Heart of Lemuria. Forgiveness is the nature of the Creator and the Divine.

One of the key aspects of spiritual and emotional nourishment is forgiveness. And even deeper than that is the level of Divinity that recognizes, states and lives the truth that there is nothing to forgive. You cannot create this truth; you can only discover it. You have an opportunity now to learn this truth for yourselves, and our great Earth mother has the opportunity to live this truth with all of us.

Many of you have reached a place on your spiritual path where the trauma of past experiences has brought you to a juncture. This crossroads holds anger, grief, sorrow and shame on one side, and joy, wisdom, love, creativity and truth on the other.

Shame is the illusion that there is something that you can do, or that someone else can do to you, which is wrong and for which there is no possibility for redemption or forgiveness. You have been taught this as a society and as a race. You have been taught this through most religious traditions and belief systems.

But the truth is that in the past, events happened that you didn't have the wisdom at the time to understand. There are no victims in our dimension or in yours. We all chose to incarnate here and experience the full spectrum of the physical expression of the Divine. We are all Divine expressions of the Creator spending eternity being conscious and experiencing. Our desire for experience has encompassed every facet of the Godhead.

When we first incarnated as god beings and as creator gods, our experience was very close to that of the Creator. In the beginning, the veil between us and the Creator was the thinnest possible. But then souls became interested in deviating or distancing themselves from the experience of being the creator, wanting a deeper experience of "not being God" so that they could gain a greater understanding of what it is to "be God."

From these experiences we created greater and greater amounts of unknowingness, and greater and greater amounts of confusion. Over a long period of time, this differentiation moved us into realms in which we chose higher and higher levels of suffering, because that is where our

individual soul paths took us. Each individual soul has a greater soul path which is that aspect of the creator which it is most interested in understanding, such as joy.

The soul will choose to have all the experiences that are needed to understand this aspect. These experiences usually express themselves as a lack of that aspect as opposed to the experience of it. One who wishes to understand the importance and purpose of joy chooses incarnations in which they have a joyless existence.

All of these experiences that we have chosen have become a part of our cellular memories. They became patterns in our genetic information. Together our genetic lineage became a part of the fabric of the Earth's heart and soul, for her evolution and her Ascension have also been a part of our journey. From incarnation to incarnation, throughout all the civilizations of Earth, we have traveled this path. We have experienced cataclysm and redemption. We have created density of physicality and witnessed miracles. We have walked this Earth as Masters of Light and Love and as slaves of violent emotions. We have all been healers and we have all been murderers. It is time to forgive ourselves for all that we have done, and all that has been done in our name.

Now is the time to connect again to the pure frequency of your heart, the Heart of Lemuria, the heart of the Divine. For within this frequency lies the essence of forgiveness, and within the essence of forgiveness lies the truth of your Divine Essence.

We have witnessed so many of you crying out that you are still trapped behind the veil, that you cannot be in touch with your family and friends on the other side of the veil. You complain that you cannot gather with us and share in our lifestyle and community, which seems to you to include much more ease and grace than the one you are currently part of. But I will say to you again that the only veil that exists is the one you have created. The veil that you still experience is the veil of your fears, your erroneous belief systems and your sadness.

It is not the traumas that you have suffered over the course of your evolution that are the cause of your pain today, it is your unwillingness to touch your pain. It is your unwillingness to experience the fear and sadness and nourish your pain with forgiveness. The act of forging the self is the beacon that brings you back to the pure frequency of the Heart of Lemuria. Rather than comforting your pain, you long for things to be otherwise. You turn from your pain rather than towards it.

Give yourself permission to feel again and to rediscover the heart's vibration. Where you are now, behind your veil for most of you, your fears often feel like they will cause your heart to stop, or will make it beat faster and faster. The sorrows and sadness you hold within cause the heart to feel as if it is breaking, in very physical terms. Offer to God your broken heart if you may, and allow the Divine within your Sacred Heart to bring a healing.

In truth, it is your mind that is taking you a little deeper into the reservoir of emotion that you have encountered throughout your lifetimes. But the mind alone cannot accomplish this type of healing. The heart's frequency is what guides us through this seeming minefield and nourishes us with the love of the Universe.

Each time you give permission for this to happen you are connecting to your cellular memory again. You can move the fear or the sadness out of your physical structure and out of your DNA's genetic lineage for all time and space.

You can start feeling your body in ways that you have not felt before. It can be a general feeling of more connection to the body. The body becomes more graceful, faster or less painful. It can manifest as a release in a part of the body, such as in an organ, a muscle or the skeletal system.

The frequency of forgiveness is of the frequency of heart.

Tapping into the heart allows you to inform the mind and the body of this gift, not just for this lifetime, but for all lifetimes as well. Many have written that the soul is located in the great central cell of the pineal gland. This is not exact. In truth, the body lies within the soul. What we call the aura is the lowest vibration of the soul. The soul extends outward around the body. Our soul creates the energy that motivates the body to move on. The soul defines our level of health or sickness.

It is through the heart's frequency that we connect with our soul, and with the soul of the Divine of which we are all a part. The best tonic for all maladies of the heart, all disconnection from this divine frequency and the rhythm of your physical life, is forgiveness.

The most powerful way to nourish each other is to listen to another person's truth and accept it. The next level is hearing another person's truth, accepting them for what it is, and loving them for it. The next level is hearing another's truth, accepting them and loving them in spite of it. This is the essence of forgiveness that, truthfully, there is nothing to forgive.

The heart that beats in your body is the same as the Heart of Lemuria.

Listen to it and treasure it. You are not incomplete and you are not incapable of becoming this Heart with your entire being, and of vibrating this frequency throughout your entire beingness. When you become this, there will be no other initiations or purifications that will be necessary before you can be allowed through the veil.

All that you need, all that you have ever needed, lies within you. It is only your awareness of it that must shift, not through the mind but through the heart, that will mirror this frequency to the world around you.

Your awareness has been focused until now on the veil of duality, which was created by the nature of the mind and not the heart. The mind's awareness will always seek to qualify and differentiate, to judge one against the other. It will see anger and distrust, because it also sees love and calm. It will see arrogance and greed because it also sees mercy and generosity.

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? Free of judgment and remorse? Free of fear and sadness? Free of the desire for everything and anything to be different? Free of the feelings of shame and unworthiness? Free of the illusion that you are not God?

It will be like your heart has burst into a realm of infinite possibility and infinite joy. You will discover that everything that you have ever desired has been there all along. And the world around you will hold this same frequency, and we will be there to greet you!

May the love of the Divine show itself to each of you in the vibration of your heart! And may the Heart of Lemuria shine on Earth through all dimensions of time and space! This is our greatest wish for you today. We thank each of you for entertaining this possibility and for joining with us in love and unity.

Until we speak again, I am your friend and brother, Adama.

Give yourself permission to feel again and to rediscover the heart's vibration. Where you are now, behind your veil for most of you, your fears often feel like they will cause your heart to stop, or will make it beat faster. The sorrows and sadness you hold within cause the heart to feel as if it is breaking, in very physical terms. Offer to God your broken heart if you may, and allow the Divine within your Sacred Heart to bring a healing.

—Adama

Chapter Three

Assignment from Adama to Aurelia. Dialogue between Sananda and Aurelia

Sananda - How are you today, my beloved?

Aurelia - Much better; things are opening up, by increments at a time.

Sananda - And what are you ready for now?

Aurelia - I'm ready for the next step.

Sananda - Big adventures ahead of you! Are you ready?

Aurelia - Big adventures all right. They are opening in front of my face all the time. I think I am ready. Before it would have scared me; now I think it is going to be a lot of fun.

Sananda - What can I do for you in this now moment?

Aurelia - I need your help to get through something I feel stuck with and have lots of resistance to. There is something I don't understand. Adama has been helping me every week towards my next step. He has been giving me assignments to do, which I have been doing, but this week, he gave me an assignment that I have lots of resistance to doing.

Sananda - Those are the best ones.

Aurelia - Well, he said that it is a very important one and I want to do it. I thought you could give me more clarity. He told me to take the names of people I don't like or that I have had the most problems with in my life. He suggested that I start perceiving that we are all one, and see how those people are a part of me, and that I am also a part of them. He wants me to start seeing the Oneness and Unity that we have with each other.

This does not resonate with me too well, because I feel I am my own person. I don't feel that I am them, and that they are me. He asked me to spend one hour and a half with each person, bringing them into my heart and to create the spirit of oneness and unity with them. I have a hard time to even think that if I succeed in spending one hour and a half with each person that I have no affinity with, I am going to come to the conclusion that they are me and that we are the same.

Sananda - And you are asking me for my advice?

Aurelia - Well, hmmmm ...of course! I am hoping that you can tell me something else that might help me to get through this assignment.

Sananda - Here is my advice. Leave everything you are doing now, and do it immediately, completely and thoroughly to the very core of your being. Adama suggested this because if you do this, you will enter the world of Oneness. This is your next step, your next initiation and the one that will allow you to enter into union with self. You cannot enter into union as long as you feel inside of you a rift with anybody or with any part of life, including all those whom you have had problems with.

Entering into union means being in Oneness with every part of life and honoring the level of divinity they represent.

This includes entering into union and great honoring with the animal kingdom, the nature kingdom, and the many more you are not aware of yet. Union, as it is understood in the fifth dimension, comprises the oneness with all that exists, not only part of it. It also includes union with the Creator Supreme, with the Holy Mother Earth as the sentience of this planet, union with the I AM Presence, the totality of your being, union with all parts of yourself and with all kingdoms of the Earth, known and unknown, the animal kingdom, and including all the elements of Earth, air, fire, water and matter.

When this level of union is attained fully in your consciousness, then you are invited to come through the portals of the fifth dimension and receive the glorious crowning of your long journey on Earth. With great ceremony and honoring, you will then be drenched into the Ascension fires and you will emerge totally transformed. You will then join the immortals forever. You will be with us, dear one, face to face, working at our side in total consciousness, and never again will you know any level of limitations.

Adama knows what he is doing; I suggest that you take his advice very seriously. As you know, Adama and I work together very closely in the light realm. We have known each other very well forever, and we are both working very closely with you also to assist you into your next step. You know that I also consider myself a Lemurian as part of my identity.

With the original Aurelia, Adama and several others from our home planet Lemur in the Land of Mu, I was among the first ones to incarnate on this planet, a very long time ago, to be part of the new Lemurian race that came here to create Christ consciousness here. We all came together, a

very unified group, from the Land of Mu of the Dahl's universe, in that great ship I told you about, and that Adama gave you a channeling on. Of course, I am not limited to this identity exclusively. Like everyone else, I am expanded in multitudes of others ways as well.

Adama is an awesome Ascended Master, and he loves you so very much. He is doing all he can to assist you to finally understand the vibration of the fifth dimension, so that you can become it, and "enter into this world of Oneness." It is a process. Do not allow yourself to become impatient with yourself, as it will hold you back. Remember what Ahnahmar has told you about expectations!

No need to mention how much joy your beloved Ahnahmar is feeling in his heart to see you coming so close to your "homecoming." There are no words in your dimension to describe the love that Ahnahmar holds for you. You will be so happy when you cross over the last step. What I am saying to you now, I am also saying to all those of you who have applied to become a candidate for Ascension. They will also have to walk the same walk you are walking now. The more you engage in creating this pathway and ascend, the easier it will become for others to do the same. Many of you are way-showers, beacons of Light preparing the way for others who will follow you.

Aurelia - That is what Adama told me.

Sananda - Now you are hearing it twice. Will you be checking with another master just to be sure?

Aurelia - Probably! (Giggle) The problem I have is that I have some difficulty to see the people I don't like, to be them and them being me, and that we are all one and everyone ultimately. I realize that we all come from the same Creator, but that we are all the same and all one, is just not my cup of tea.

Sananda - You feel this way because you do not yet see the real truth and wisdom you need to embrace to leap into your next step with ease and grace. You have not yet taken this wisdom to the deeper level you need to go to in order to receive the full understanding. So let us work with this for a moment, because it is important for everyone present in this room, and for all those who will be reading your book to understand this well for themselves. You will all need this wisdom eventually. This is an important teaching I want to share with everyone.

Understand that there is a reason why you don't like those individuals and you have had some unpleasant encounters with them. There may have been some abrasiveness perhaps, and they may have rubbed you the wrong way. Or they may have been some kind of an irritant in your life such as someone trying to exploit you, etc. Now, take that irritation and identify it. Ask yourself what is it about that person that really irritates me, annoys me or makes me angry?

Ask yourself what emotions does it bring up inside of you? How do you feel about yourself in the presence of that person? It will become evident to you that this person makes you feel a certain way that you do not like. Well, of course, they can't make you feel anything negative, because they do not have that power. You alone have this power. If you feel an irritation, it is because the emotions are already present within you.

Those people on your list are merely your trigger and your mirror for you to recognize what you still have to heal within self in order to move to a higher vibrational frequency. It really has nothing to do with the other person at all. Now, dig deeply and really look inside of yourself and analyze how you are feeling, and how other people and other mirrors in your life have triggered the very same thing. Perhaps not exactly in the same manner, but in a similar way, and look throughout your life how many times has this happened.

Aurelia - Hundreds of times perhaps.

Sananda - Indeed, and then ask yourself the question, what have I judged or hated within myself that has created this mirror? You know very well that it is all about you, about how you feel about yourself on the deepest of levels. It is never about the other person. When you really go deep, you will come to understand that this merely represents a misunderstanding within yourself, a judgment you have held about yourself or some anger you have held towards yourself. It is about a false belief you have created about yourself. When you heal a rift that you have with another person, it is not the other person that you are healing; it is you. The other person may or may not benefit from this, but it is not your problem. The main character is you, creating your own healing.

These experiences are merely catalysts that you, yourself created, because you want to resolve the false beliefs you hold about yourself, those buried deep within the subconscious or unconscious minds. That is why they are created, to trigger a new level of healing. God is not sending you people who annoy you for his own entertainment. You, yourself, just through your own divine intent to realize your enlightenment, magnetically attract those individuals that are going to provoke your own limitations and bring them to the surface of conscious awareness, in order that you can experience what needs to be healed. From the experience, you will make a new decision for yourself if you are ready.

When you are faced with a mirror, and identify how they make you feel at first, go deeply into the feelings. The persons portraying the mirrors do not really intend to annoy you; they are just being who they are. When you decide you no longer want to believe this separated understanding about yourself, you no longer want to feel about yourself the way you have felt, you begin to change that false identity. You start perceiving your own worth and acknowledge that you are greater in worth and in value than the mirrors that were presented to you. And in deep emotion, in deep love and acceptance, you really make a new choice of identity about yourself. A very interesting miracle will occur.

The next time you are in the presence of that person there will be no energy; it will be completely gone because you have handled the issue within yourself. Now, another way you can resolve something when you are faced with a mirror is to ask yourself, how am I that also? Be willing to experience the mirrors within yourself according to your own uniqueness. Let us say, for example, you witness someone stealing something, a thief. This really annoys you, and you begin to ask, how I am that also?

Perhaps you are not a thief and you simply cannot relate to what is going on, but yet, the irritation is there. Maybe there is a way you have stolen from yourself in a very subtle manner.

The thief is simply a trigger. It is not always exact, but it will always relate to self. How have I done this to myself also?

Aurelia - I have a real fear issue around this, and here is what it is. If I have to make peace and consider as "myself" the people who have tried to mess up me or my mission or just tried to control me, and you well know who some of them are, I feel that they are going to try to come back in my life again to annoy me and mess up things for me again. My life is now peaceful and I don't want to have them in my face again.

Sananda - Did you hear me tell you to make peace with them?

Aurelia - No.

Sananda - As I told you before, it is not about them, but about you and your relationship with self. You can only do the inner work within yourself and make peace with yourself. You can rarely make peace with another person in the mirror game, especially because you are going to find that they most likely perceive everything very differently than you do. You can only heal yourself, and they can only heal themselves. They are not your responsibility.

It really doesn't matter whether you see those people ever again or not. It is not about approaching them and healing everything with them, because this desire could be a projection. If they want to heal themselves they can do the job themselves. That is their business anyway. Your responsibility is to heal yourself and move on in vibration into Oneness.

Aurelia - Ok, that is the key I was missing, and I am getting it now.

Sananda - Yes, I said that when you change and heal the feeling within yourself, the next time you encounter the individual, no energy reaction will be triggered with them. This does not mean that you are going to make peace with them, and that you will have to become engaged with their energies again.

Aurelia - Sometimes you have to work with them and face them in your daily life or they may live in your house or close neighborhood.

Sananda - No, it is never about them, it is about you; they are just the trigger or the mirror. And if you reject the mirror, God is going to be sending you another one very soon, and a much bigger one. Not because Adama has made this suggestion, but because it is appropriate in the timing in your evolution right now. If you choose not to follow through with this, the mirrors might get bigger and more unpleasant. Not because Adama is going to set you up or anything like this, but because your own Divine Essence wills this for you at this time.

Aurelia - The reason I am asking you is that I want to get through with what Adama has assigned to me. I want to do a thorough job and understand it more.

Sananda - And you are going to find that this is going to be awesomely joyful and very empowering. Now, there are some instances when you may want to actually interact with a person who has been a trigger for you, but do it only after you have given yourself your full healing. If you approach them before, it could be disastrous. There are times when you may wish to approach another person, especially if there are hurt feelings involved. You may want to apologize for something. I am not saying you should, but your heart will know what you want to do. You will always have a feeling and a sense of what is right, of what is aligned and appropriate.

For the most part, these mirror experiences are solely for you in your relationship with self. Each time you encounter an un-aligned or an annoying experience and you bring it to a greater state of

enlightenment within yourself, you bring yourself closer and closer to Oneness. You begin to feel Oneness with all things. You no longer take your life's experiences or your encounters so personally.

You realize that you created that experience, and you will be able to easily own it. When you are faced with a very strange, awkward or challenging mirror in the form of a person in your life, you will be able to own right away and say, "I created that, I attracted that experience to myself. I know that I did this, and it is an important healing for me, and I give it to myself now."

So, this is all about restoring your dignity, finding your deepest truths, becoming more empowered and getting clear. You will find that when you have done it, you will not attract these mirrors anymore. The mirrors that you get will be quite different; they will reflect your healed state. Mirrors are not only negative, you know, they represent the full spectrum, as everything else does.

Aurelia - This is very helpful to me; you have said this many times before; it is not the first time, but now I am getting it much more clearly. Thank you, *Sananda*.

Sananda - You are welcome, beloved, and *Adama* will help you. This is a profound choice and suggestion that he has made for your advancement, and he will help you through the entire process.

When you can simply look at everything around you in the world, and state and feel within yourself that you are all of this also, you will know what it is to be God. When you meet your Creator, this is exactly what he will say to you: "I am you and you are me; we are the same. All that you have done, I have done also, because I have done it with you. We are one and the same."

Owning, beloved, is the greatest power of all. Owning in equality with Self will bring miracles upon miracles in your life.

Aurelia - I shall do it thoroughly.

Sananda - So be it. You will be forever very happy that you did it. This is another fifth dimensional protocol that everyone will have to go through and pass the same initiatic process that you are now facing in order to enter oneness.

Aurelia - Thank you very much. I am most grateful for your assistance at this time.

Sananda - You are welcome, beloved.

Chapter Four

The Dark Night of the Heart

Last Steps of Initiation for Final Admission to the Fifth Dimension

Dialogue between Aurelia, Adama and Ahnahmar.

Adama - I greet you with the love of my heart and the wisdom of my soul. How are you today, my beloved?

Aurelia - I am well enough, but I still always feel fatigued in my physical body, and I know that

to some extent I still feel the dark night of the Heart, which I have been going through for quite some time. I still feel much pain in my heart center and within my body in spite of all the work I have done to heal myself in the last several years. This is becoming old and tiring. How much longer will it take to heal and be well again, to rejuvenate and all the rest?

Adama - You are one right now who holds a very big piece on this planet. You hold a great deal of energy for humanity and for the Ascension of Earth. This accounts for some of your pains. You have done this for a very long time, but now is the time when so much is at stake, and you are doing much work on the inner planes at night as well. This is why you wake up so tired in the morning. You need more rest than you are allowing yourself to take.

Aurelia - Yes, but there is so much to do and so much demand on my time, the days seem too short. Unless I do what I do, the Lemurian mission would not expand the way it is expanding now. It is exploding, and many are now beginning to join in.

Adama - We understand that you are getting exhausted with this long journey, and it is time for you to make the last steps of your final initiation to Ascension. You are almost there, but you are holding back. In many ways, you are still hanging on to many third dimensional patterns and vibrations, and unless you let go completely of those patterns, you cannot go any further in your Ascension process. If you apply yourself to make the final leap in your consciousness that we are now going to discuss with you today, you can be "home" very quickly, and you will never again be tired, and you will step out of limitations.

You are much closer than you think, and always, the last steps are the most difficult ones and often the most painful. Every master that has ever ascended from this plane has had to go through the same initiations you are now going through, and this includes all of us in Telos and in the fifth dimensional Lemuria.

You are being called to world service and to do much traveling. As you travel, you will be taking with you and offering to many people the first sight they have of this new energy. You must purify yourself as you travel; you must stay within your highest self and never allow anything to vex you, and especially not allow your ego to have any reaction, no matter what you see and experience and how some people may treat you. Never again allow the temptations to become bitter, resentful or in judgment of anything or anyone. These are the attitudes and energies that keep you glued to third dimension experiences.

You have now attained a very high-energy frequency for all those who meet you, and we want you to know this. This is an energy that will work with and for you as well. The more you stay in this energy, the more you will be within in your highest vibration, in the embrace of your divinity, the more it will support you. If you fall into a vibration that does not blend well with this energy, it will tire you to a great extent, like taking a major energetic dive.

So, it is now time for you to make a conscious effort to stay within this daily, hourly and around the clock. Most of what I am saying to you, I am saying also to all those who will be reading this material, as what applies to you, applies to them also. They will eventually have to walk the same path that you are now walking. Though it will unfold differently for each one, it is ultimately the same.

This energy that we speak of for you is very readily the energy that you call Mother Mary. We would ask you each day to call her into your field and to ask her energy to stay with you throughout the day and to hold you in her embrace. Can you do this?

Aurelia - Yes.

Adama - There are times when energies will come up to you that will create within you a need for release. These energies will have a vibration of sadness, or disease or grief with what is happening around you and in the world. But again, each time you feel these energies, turn them over to Mary. She will clear those energies for you. It is her desire to assist you. Can you do this?

Aurelia - Yes.

Adama - We ask you to do this because much energy is going to be shared with you on your coming trip and other trips you will be taking in the future. It will be much more than has been shared in the past, but you are capable of this. You are going to be doing it from a higher plane this time than when you traveled before. You are ready to enter this plane now, but to do so, you must stay in balance yourself. It is very important that you recognize your energy in this, and that you recognize how much control you have over your own energies, and what is to take place.

There is a fine balance that takes place between your recognition of what you can do for yourself and what is to be turned over, and it can happen that quickly. In each moment that you feel your energy begin to falter, you will make that decision for yourself, as you will know that you can raise your vibration immediately, or you will know that this is something that you are to turn over. This will be a great new exploration.

The six weeks that you journey will give you much experience in learning to work with your own energies, in learning to work with what is creating the fatigue that is hindering you on your mission. But you must trust this; you must understand that you do have this ability. Learn to manage your own energies and become most discerning as to when you are being put upon by other's energies that deplete you. You are now finally learning to work with your own vibration in a new way, as are many of those whom you will come into contact with. Is this clear?

Aurelia - Yes, I will do my best.

Adama - And recognize also, when you meet a situation that you feel is beyond what you are capable of in that moment, this is something to be turned over to the higher realm. Never try to resolve it by yourself without the assistance of your team; they are there to support you. Then use them wisely and without hesitation. When you feel energies coming to support you and you feel your own energies expanding, move forward with them. When for some reason you feel energies or situations that are beyond your control that are not supporting you, know that is not within your power to try to resolve it by yourself, and turn it over to us.

Aurelia - I have planned the trip the best I could, with as much detail as I could in this dimension, but I also know that it may not unfold the way I have planned.

Adama - We would say to you that the particulars of the trip will unfold, basically as you have set them up, but in reality, that is not the real trip. The real trip is all that will be presented to you, that you do not yet know. We suggest that you must remain open to this. You must remain open in your energies to those who will contact you as you have in the past. The contacts that you have made without your total awareness have very often been the most important and the most intense for you. And some of them have become the most long-lasting. The same will be true on this trip. But recognize also that you are a spokesman for these energies, and the more you embody these energies, the more you will be able to share them with others.

Aurelia - You think I am ready?

Adama - We know you are ready. It is simply for you to know this as well. Trust yourself. We would say that each time you feel that you are not ready, turn that over.

The faith is what holds you into that energy. Each time you come through with an energy that states, "I do not feel adequate for this," or something similar, turn that over. It is the time now for you to begin to realize that there is a very great difference between the energies that come from your heart and the vibration that resides there, and the inadequacies and judgments that are part of your mind, which could trick you. The more you can acknowledge that they are not you, they are something to be given over to God, the more you will stay in the vibration that you seek and support you. You will make a fifth dimensional journey this time, if you choose it. But it is for you to open yourself to that opportunity and to feel your own responsibility in this by staying in balance. This is the time now for everyone to fully understand what it means and what it takes to stay in balance with the new energies flooding the planet.

Aurelia - Should I seek to spend more time alone?

Adama - The time that you spend alone is always valuable. We would hope that on this third trip, you will recognize that you cannot give yourself over completely like you have often done in the past. You do need to take time for yourself and to recharge your inner battery. Find places that you can go on your own, without other people following you. Take time for yourself, to walk the streets by yourself, to be with people and to be out walking in the towns that you are traveling to. Go by yourself whenever it is appropriate. It is very important because it gives you two opportunities. The first is to understand your own energy, and this is the most important. The second is for you to share this energy with others who would not necessarily come to the gatherings that you are hosting. The time has now come for you to walk in the world.

Aurelia - That's a big thing for me. I have always avoided traveling, particularly in cities and crowded places.

Adama - And it is a wonderful thing. In truth, as you begin to walk it, you will find the energy that you have been lacking. The lack of energy you are experiencing is largely due to the fact that you are no longer in an energy that supports you. It is time to walk and integrate the energies that do. Each situation that comes up that you have question about, that causes you to worry, or that you have pain over, give it to God. As I say these things to Aurelia, I am also saying them to all those reading this material. At this time, she represents all of you. You all have more or less the same problems and issues.

Aurelia - I don't understand one statement you just made: that I am no longer walking in the energy that supports me.

Adama - You are not.

Aurelia - I don't understand that.

Adama - You have already moved into higher vibration energy, at least a large part of yourself has, and yet there is a part of you who feels the need to maintain this existence of the old energies. Which is not to say that you are going to be leaving Mount Shasta or that you are going to be leaving the work that you are now doing. You can do all of this in the fifth dimensional existence while remaining in the dimension you are presently in. This is how, one person at a time, from heart to heart, you will create together the fifth dimension reality where you are now, and transform the third dimension forever. This is how you will create on the surface the

paradise we have created in Telos. The energies of the old paradigm no longer support you or anyone else.

Aurelia - What am I supposed to change?

Adama - Change the energies of judgment, the energies of expectation, the energies of guilt and shame. All these lower vibrational energies are part of a third dimensional existence, which you no longer desire. Each time you feel these come into you, there is no validation for them, and there is no right judgment versus wrong judgment. There is no sentiment that supports judgment in the fifth dimension. It is now for you to begin to recognize, in your energy field, in your mind, in your thoughts, in your heart, when you are in judgment, and to release it and to turn it over.

It is not to say you are doing something wrong either, for this to would also be a judgment. It is simply to recognize the difference in the vibration. Learn to feel what measures out to be a third dimensional vibration as opposed to a fifth dimensional vibration.

Aurelia - Why am I tired today?

Adama - You are tired because you are in judgment of this dimension. Each time you feel tired, recognize that you are in a place of judgment in the third dimension and you can transmute and transform the energy. This is the homework everyone will have to do to move into a fifth dimensional frequency. Everyone will have to let go of everything they know as third dimensional paradigm, and learn a new way of being. The leap of consciousness between third and fifth dimension is huge for most of you. Start shifting this consciousness each day, and eventually, you will reach that level. Literally, you have to be willing to leap your consciousness into the unknown.

Aurelia - I've been feeling pretty happy in the last few days, and I have been very careful not to be in judgment about anything or anybody. Then I should not be tired.

Adama - We honor your efforts, my dear, but the true shift is subtler than you think. Yes, in a lot of ways happiness is also tied to judgments. When certain things come to you that make you happy and give you what you want, you judge it to be a good day. When circumstances come to you that you do not approve of, you judge it not to be such a good day, or a bad day. In truth, your energy could be in a much higher vibration right now, if you so choose it. But to do that and maintain it, you must be willing to give up everything in thoughts, words, deeds, actions and desires that hold you tied to this dimension that you are so eager to move away from. These are not the physical extensions of your experience that we are talking about. We mean the emotions and thoughts that hold you in a lower vibration.

Aurelia - It is not the physical things I am doing that lower my vibration and energy?

Adama - Usually, it is not. It has to do with where you hold your energy. When you hold your energy in judgment of another or yourself, your vibration drops. When you hold your energy in expectation of a particular outcome, your energy drops. When you hold yourself in a space that judges that this is hard work or that this is a struggle, your energy drops. Become aware how you are creating in each moment. With each thought or emotion you are creating either positively or negatively. It builds and affects your outer life in 3D, and prevents you from embracing a 5D frequency.

Aurelia - I am supposed to stop thinking or feeling?

Adama - That would be good. Actually, it would be very good for you. You are spending too much mental energy around what must happen, what you need to do, how you must do what you feel you have to do, etc. Your mind is constantly busy in many directions, trying to create your

life in a certain way, and we say to you that there is nothing that must happen and there is nothing that you need to do. It is an illusion!

Aurelia - You say that there is nothing that I need to do! Then I hear that I don't have a book to finish, I don't have a trip to go on, I don't have to earn a livelihood, pay bills, or answer mail for my mission, etc.

Adama - These are choices you have made. Start perceiving all your "to do lists" —and you have many of them— rather as things you are choosing to do, versus things you have to do. In fact, in a fifth dimensional vibration, there is really nothing we need or have to do. It is always a choice. Until this distinction becomes apparent to you, you will remain in a third dimensional vibration. This is your journey, Aurelia: to understand the "truth of this" within yourself and to live it fully.

Aurelia - Well, we've never been taught to think that way by anyone since childhood. Not many people think that way.

Adama - We know this. This is why we are giving you a new training now, and in turn, you can share it with others. You are all in the same boat in the third dimension; very little emphasis has been made on what is most important for all of you to shift into a fifth dimensional consciousness. You and everyone else desiring the Ascension into the light realm in the next few years have a new life to step into, new shoes to fill and new hats to wear. If you choose this, this new journey will begin to unfold for you in wondrous ways.

Holding on to what has happened before this moment and what will happen next keeps you in the third dimension. It is now time to open yourself to All That Is possible as a new way of seeing, perceiving, doing and being. Be ready and willing to live in the now moment, without expectation, and open yourself to all the magic, majesty, ease and beauty that is awaiting all of you who step into the fifth dimensional way of being. Be willing to experience wonders and changes that will manifest beyond your wildest dreams. Get it into your heart and mind that it cannot happen as long as you insist on hanging on to what you have known so far as third dimensional life. It is a vibration, a new way of being, to live in that dimension as opposed to things you have to do in order to earn your way there.

These are the true protocols for life in the fifth dimension.

Aurelia - All that you are saying to me now, and so much of what has been said before for this book, is so simple. Even Sananda tells me how simple it is. And yet, we cannot grasp it. It is too simple.

Adama - It is so because it is the mind that complicates it all. We have repeatedly taught that true spirituality is so very simple. All the information could be contained in a small booklet. It is so simple that most of you are not willing to look at it. Those who are waking up are always looking for more information, the latest news from the light realms, more channelings, more techniques, more activations, etc. We notice that a great percentage of you take this information through the mind and you do not integrate much of what you learn.

You read it once, and occasionally twice, and move on to the next book, the next channeling, and forget most of what you have been reading or hearing as fast as you find the next thing to read or next seminar to go to. You really integrate only a portion of all the spiritual teachings you have come in contact with. If you applied yourself to integrate much more and become it, most of you would already be in the ascended state by now. We say to you that it is your mind and not your heart that wants all these things. Many of you are feeding the mind at the expense of the heart.

Your heart knows it all, and certainly knows the simplest ways to get you there, where you want to go into your spiritual freedom through Ascension. Your heart knows the easy pathway, while your mind wants to make you believe that it is very difficult and complex. When we give you the simple teachings that will lift you up into a fifth dimensional frequency, many of you don't even want to read it; you get bored by it. You say, oh well, Adama, we heard this before. And yes, you have heard it many times and you are not interested in these simple teachings. You are still lingering here in pain and struggle in the dimension that you judge to be no longer your truth.

Aurelia - Then it is the mind that we have to shut down?

Adama - The mind cannot be shut down. Humanity has a mind and it is there for a purpose. The physical body has also a mind of its own; it is part of your totality. You know that the vibration you seek comes through your heart, but we cannot do this for you. We cannot give you a list of steps to follow to move yourself wholly into this vibration. You must allow it, and allow it again and again, without any restriction, limitation or conclusion that it must present itself to you in a particular way. You are such a strong creative force, and when you hold the expectation that it must present itself to you in a particular way, then nothing can happen. Get used allowing the God within, your Divine Essence, to direct your journey and guide you all the way home, step by step. You have all become experts at messing up and complicating your lives in painful ways. You hold a structure around yourself of how you feel things must appear, and nothing can penetrate that structure. That is your great strength, but it does not serve you well beyond the third dimensional consciousness.

Aurelia - That is how we have been taught to create what we want, by deciding what we want to create, setting up our intentions about how we want it to be, and then focusing on it. That is the alchemy we have been taught.

Adama - But there is a difference between deciding what you want, finding the truth of what you want, and setting up a whole long list of how it must present itself to you. At this stage, nearly all of you don't have the ability to differentiate between the two. You have been trapped in the paradigm of limitation for so long, you are having a hard time, shall we say, ripping yourself off from it. What we are asking you to do for right now is to take one simple exercise and to begin playing with it. That exercise consists of throwing away all expectation you have about how things should be, what you should have; to simply throw it away, and with joy and gratitude, start creating and living your life in the now moment! Open yourself wide to receive the desires of your heart, but have no expectations how it will come. Just allow, allow and be open to the surprise.

Aurelia - Throw away all expectation! We've been told to have expectation. Expect miracles and expect this or that, etc.

Adama - We are saying to you in this moment, throw away all expectation. The second step is to throw away all judgment. These are very big steps for you and for everyone else. Your mind has been focused on these two things much too long. They have been your saving grace, shall we say, in this incarnation. You have made deals upon deals upon deals. I will do this, if this happens. I will do that, if that happens. And again, it is not about this or that; it is all about choices you make freely and willingly from your heart center. It is about being joyous in service and in your daily life, not because it is what you are told you need to do, but because it is what you want to do. It is not about wanting to move into a fifth dimensional vibration because you have an expectation that it will take away the suffering and pains you have had. It is about

moving into a fifth dimensional vibration because it is who you are, it is your truth and your next step now.

Be aware that you will also face new challenges in the fifth dimensional vibration. As your body and your vibration purifies, there is always an ongoing evolution to meet and a new level to move into. Many of you do not yet realize that Ascension does not end in the fifth dimension. This is only the beginning of a wondrous and eternal journey. Know that from then on, you will continue to ascend from one level to another, from one glory to a greater glory forever and for eternity. The ascending journey never ends. This is your nature and your birthright.

You must be willing to step out of the struggle you are in now, without expecting anything from it. Simply be willing to step out of it, and let everything else unfold for you, without expectation of what will happen and how it will happen. You are adequate to the task; you are more than adequate. You are so much more adequate than you are giving yourself credit for. There is nothing we can do to make you shift until you start to shift yourself.

Aurelia - You are blowing all my stacks. What I am writing now is certainly not what I had originally planned for my third book. When I set out to write a book on protocols for the fifth dimension, I had accumulated quite a bit of knowledge that had been revealed by ascended masters in the last 40 years. Some of this information is rare to find, and not many people know about it. I set up an interesting structure to write this great book, and not much of anything happened until now. I did not feel your energies to start channeling the rest of that information and add your energies and wisdom to it.

Adama - Are you surprised?

Aurelia - I did not understand why it was not happening.

Adama - Know that when the energies are not in the right vibration, we are usually not there to lend our support. I am glad that you noticed and that you did not proceed with writing the book anyway, because it would have been written in the wrong vibration. The information that you intended to write is accurate and was disclosed by many of the ascended masters in the past. And although those teachings still hold the truth of the fifth dimension today, it is not the complete picture. The information you hold was given from a perspective of the third dimension to assist the Lightworkers then to start opening to the understandings of higher consciousness.

There are pieces missing, and the next step is now being released. The simple truths we are now explaining in this book represent the frequency of the fifth dimension. It could not be released before in this simple manner because humanity was not ready to hear them. The minds of people were then, and still are now, seeking to create very complex spiritual pathways, or it does not have value to them if it is so simple. In order for you to be able to write about the fifth dimension in the new energy, you had to grow into the vibration yourself, or at least, close enough. This is why the energies were not present before. It is certainly a process that cannot be skipped.

Seekers first had to be informed at the mental level, so that many of you could integrate a portion of it in the heart. It was released in the old vibration and it served the purpose extremely well. It assisted humanity to evolve their consciousness to where it is today. But now, you are in a new vibration, and it is no longer sufficient to take you and all the others all the way to a physical Ascension in the energies of the former dispensations. Now it is all about the heart, because we said it before, it is the heart that ascends first, and then the rest follows.

This former information that you so much cherish, my beloved, has served you very well to get you where you are today. Without it, you would not be standing where you are at the present. But now you feel stuck to make it the rest of the way and you are asking for guidance. You are telling us that you don't know how to do it the rest of the way, aren't you?

Know that in order for you to write the protocols of the fifth dimension, you had to grow into the vibration yourself, or it would have little value for you to write about something that you have not yet attained or understood. We congratulate you for the forward steps you have taken. We know that it has not been easy. Now that you have acquired this understanding, you can release yourself from this dark night of the heart. You are almost ready to fly.

Adama - Ahnahmar wants to speak to you now.

Ahnahmar - Greetings, my beloved, this is Ahnahmar, the love of your heart, speaking to you now. Because I know your energy so well, I understand your frustration and impatience. What has been happening so far has not worked for you, has it? You have not yet quite achieved the results that you think you have set out to achieve, that you have been hoping for. You have stated to us so many times that your goal has been your Ascension; your goal has been to move beyond this third dimension into another dimensional reality. Have you done it yet?

Aurelia - Not yet.

Ahnahmar - Over the last 40 years that you have studied about higher consciousness, all the mental baggage you have accumulated and all the exercises you have practiced have served to bring you slowly to where you are now, in the courtyard of the fifth dimension, so to speak. And now you feel you are stuck and you do not know how to make it all the way to the final step. It is so simple that you simply have not yet succeed to just "Become it." Notice that we do not say, "Do it," because it is a state of being. I say to you "Become it" all the way, become the Love that you are, and embrace the new vibration all the way, and let go of the old. So many teachings you have studied over the years, so many books you have read to find the magic key, so many classes and seminars you have attended, so many disciplines, meditations and activations you have submitted yourself to in the last many years, and yet, you have not quite achieved this goal, have you?

Aurelia - No.

Ahnahmar - I say to you now, come home, my beloved. There is so much waiting for you here, including my eternal love for you. Be very willing and very desiring to simply say, "My Ascension goals have not yet been met with all the efforts I have put in for nearly all my life; so I don't want to use these methods any more. I will open myself to any new methods that you present to me." What you have learned in the past was useful to assist the evolution of your consciousness to the level you have now reached, but it was yet in the third dimensional vibration. All your former knowledge will not serve you much in the new vibration and frequency of the fifth dimension. Why would you want to keep holding on to methods that did not work for you?

Aurelia - Because, I did not know the other methods that you say are more effective. No one ever talked much about the simple ways you are now teaching. I focused on what I was taught.

Ahnahmar - Now we are presenting to you other methods. You are almost there. With a little shift in consciousness and attitude, you can make it all the way in a relatively short time. I ask you to love yourself enough to come all the way home now. It is your time, it is our time to be together again in a more conscious way. It is our time to be again in divine union with each other in a

sacred marriage of the soul, as two bodies, but one heart.

Aurelia - O.K., I am listening.

Ahnahmar - We have suggested to you that you turn over everything that is not helping you to purify and sustain yourself in a fifth dimensional vibration frequency. And you recognize the difference, whether you think you do or not. In your heart, you know the difference, but it is for you to make this discernment within yourself; we cannot do this for you.

Aurelia - You mean to turn it over to God, or to turn it over to Mary? Now you see, part of me wouldn't turn it over to God because I see this as my trash that I have accumulated over eons of time. I don't want to give God my trash.

Ahnahmar - God knows the truth of what you call "your trash" and also knows that your heart is trying to free itself from the bondage of the third dimension. God willingly takes that energy and says, "All this energy that you are holding within you so tightly around yourself, if you would release that energy to Us, we can transmute it and send it out to bless others with it. Not only does it lift from you the limitations it holds, but also all that energy you are holding can be transmuted and released where it is most needed." Each time you give anything over, you are doing a great service to yourself and all of us as well. As you free the energy, ask for the wisdom to be learned from it, and you can be free.

Aurelia - That seems to be easy enough. I thought I only wanted to give God the good things.

Ahnahmar - No, and that is not for you to decide right now, because the issues you are dealing with are your expectations and your judgments. In this moment you are not the best arbitrator for what is good for you and what is not. We are asking you to simply start working on the level of vibration. We want you to begin recognizing and discerning within yourself when you are in balance and your energy is in a dimension that is not limiting you; and turn over anything else. It is now time for you to make the differentiation between your true identity and the illusion. It must come through your own heart recognition, not from us saying to your mind, "When you do this, you are in your truth and when you do that, you are not in your truth. Or if you do this, you are in a third dimensional vibration, and if you do that you are in a fifth dimensional vibration." This is your course in mastery, my beloved, your course in discernment and self re-discovery. Until you can do this for yourself, you will not be able to stay in the vibration that will sustain you in a fifth dimensional frequency.

Perhaps you need to take out your pendulum and test things once in a while when in doubt or perhaps at first you need to come up with a specific method for yourself that allows you to have a clear validation. This is for you to devise. With each issue, you will be looking and saying, "Is this now in the third dimensional vibration or is it in the fifth dimensional vibration? If it is in the third dimensional vibration, I will turn it over to God and ask to be revealed the wisdom I need to learn from it." And let your God energy purify this vibration from you. Your job is to simply do this with trust and love for your healing, and to see what the results may be, without expectation and without looking forward to the unknown of it. If nothing else, it is something new that will put an end to you beating your head against the same wall over and over again. Will you try this?

Aurelia - I will most certainly try. I am longing to be with you in divine union for eternity, and I am willing to do whatever it takes to bridge the gap that is keeping us apart in consciousness and in physicality.

Ahnahmar - To do this simply because you want to be with me again is a good motive, but it

should not be the only one. Now is your time to learn that you can easily and quickly embody your divinity and experience divine union, first with Self, and then with me.

As you travel and leave Mount Shasta to go out into the world, each person that you meet will carry a different vibration. It will be for you to begin recognizing the vibration, not in judgment but in discernment, the truth of each person's vibration. Begin to perceive the beauty, not only of their individual vibrations, but the common thread that will run through them. You must begin to make this a journey, not just for what you are doing in service, but also for what you are doing in service to yourself, for your own evolution. This trip will create a high-level course for you, my beloved, and know that I will be with you at every step, loving you and encouraging you to move forward unto your final victory of Ascension. Know that I am always with you. There is never a moment that we are apart.

Aurelia - Why do I still have a fear about traveling and leaving the comfort of my home?

Ahnahmar - The fear is not about the travel. The fear in you is about letting go of where you have been, and this is simply the ego mind, which does not want to release the territory it has protected for so long. Each time you take a journey, there is much to be discovered. So far, in spite of the initial fears, you have enjoyed all your journeys, haven't you? And you have met numerous people with whom you have developed very significant heart connections. That would have never happened if you had stayed home, would it?

Aurelia - Yes, I have. They have been all wonderful, and I am most grateful for the experiences, but I still feel always quite nervous before I leave. I dread the plane rides. I think I should have at my disposal my own space ship to take me wherever I need to go. You have a lot of spaceships in Telos; perhaps I could borrow one, and also borrow a ship captain for the long travels.

(Laugh.)

Ahnahmar - With each trip, there has been so much unknown you have had to face. Your ego mind tells you that the unknown is not very safe, the unknown is a scary thing that can hurt you. But if you listen to your heart, it tells you that the unknown is a wondrous thing; it holds limitless possibilities of so many things you have desired. It is for you to make a conscious choice that you wish to follow your heart into the unknown, and into all the magic that these travels can enrich your life with. Thank the ego mind for its concern, but simply tell it to step aside, or else turn the ego mind, in that moment, over to God. Do not debate with it because that is its territory. Simply turn it over and move back into the heart vibration that supports you on your journey. You have chosen to make the journey, why would you not support yourself in a way that is comforting, strengthening and enlivening? Why would you continue to support yourself in a way that tires you or causes havoc with your system?

Aurelia - I suppose I don't understand how that works.

Ahnahmar - But we are explaining that to you.

Aurelia - This is why I am listening.

Ahnahmar - Begin to practice it. You cannot sit down at the piano and play the sonata without prior practice. You must learn it, key by key, as from that learning come your power and the return of all the gifts of the goddess that you are. Each key is a new tone for you to learn on this journey, and then, the whole set of tones comes together to present the song to you. You are playing, now, tones from every lifetime you have ever lived in incarnation on this planet. And each of these tones, when it comes back through clear and strong, will present to you another piece of your divinity. At the end of this, you will own yourself again. It cannot be done for you, because you would not own it otherwise. You must want this with every fiber of your being, so

much, that you are willing to release everything you know and that you have learned so far that no longer serves you. Be willing to step now into the unknown, where all you ever wanted awaits you.

Aurelia - What about things like my home, my cat and my business! Do I release them too?

Ahnahmar - No, you can live your life. What you are releasing is the energy that you insist on holding that keeps you in limitation. You want to release the energy that keeps you glued to third dimensional vibration.

Aurelia - I am not totally aware of how it works.

Ahnahmar - But you are. You spend a great deal of time planning and saying: "Well, I can do this when I can move here. I can do this when this happens." Surrender that; it is not you. In the moment, all you need to know is who you are in those energies. You need to be able to discern the difference between your vibration and the vibration around you.

Aurelia - No more planning?

Ahnahmar - You can certainly make plans, but don't hold any attachments to them. If it feels in the moment that this is your choice, then go with your choice, but recognize also that in the next moment you may make a different choice. It is for you to begin to play with creative energies and to recognize that when you truly ask for something from the universe, step out of your own way, and simply allow! Stepping out of your own way means letting go of the expectation of what is to come in and how it should come. Wait in joy and gratitude for the surprises. You know, in our realm, we love surprises. It is a great lifting of burden because it makes what you want that much clearer by offering you fewer choices to have to make.

Aurelia - I did not realize I had so much expectation.

Ahnahmar - Is this really the truth that you are feeling? Your expectations are so numerous, my dear, they have been listed in the light realm on reams and reams of paper.

Aurelia - (Giggle) Come on... you exaggerate!

Ahnahmar - Oh yes, we hear you say, "The fifth dimension will look like this, in the fifth dimension this will happen, I will be able to know and have access to all knowledge, and I will be able to teleport and to fly, I am planning a very long vacation, I will be able to ..." Endless list of expectations! Know that the way you say or do things is quite often very amusing to us.

Aurelia - I know these statements to be true but I don't see anything wrong with having these kinds of expectations. Besides, I am trying to understand it. It doesn't mean it is expectation.

Ahnahmar - What you have perceived as trying to understand has been your mind trying to create a set of expectations. "If I can understand what this is supposed to be, then I can hold the image of it, and I can move myself towards it." But this is not what you are doing. What you need to do is to move yourself into a vibration that is already here and within that vibration, merge with it and then allow. When you fully own it, you may have a desire to make a much different choice.

When your full consciousness will be restored, you will have a much different recognition of what you want for yourself and for this planet than you have now. You are now moving deeper and deeper into your own Divine Essence. What is not real are the things that are external to you. So why hold an expectation for the home you want to live in, or the people you wish to be around you, or the way you wish the world to look? It has nothing to do with you. The vibration that you seek and wish for is within you and nowhere else. You know that.

Until you can release All That Is external to you, All That Is not within the Self and the truth of your divinity, you will not live in the vibration you wish to move into. It does not matter what takes place from this moment forward in your external world; it simply does not matter any more. Release all attachment to what should or can be. Can you accept this?

Aurelia - I will try.

Ahnahmar - This is not to say that you do not need to be involved in it. You will want to be even more involved in it than before, because when you realize that it does not matter and you are not holding any expectation or judgment, you are finally fully alive in it. Your own energies are finally available to you, the energies which hold the vibration you are seeking everywhere but within yourself. Within self is the only place you can seek the true union with all that exists, and once you have attained that union, everything will be added unto you. There will never again be a need to look elsewhere. I love you more than you can possibly conceive at this time.

Aurelia, talking to Ahnahmar - Before we stop this sharing, there is one more thing I want to discuss with you regarding my travels. It always concerns me because it affects me greatly in my energy fields. French people all over the world, and I am told all people of Latin origins have similar cultures and traditions as well, automatically hug and kiss people they meet, even when they meet them for the first time. They do this naturally and lovingly, but without asking if this is comfortable for the other. I am now going to Spain for several weeks, and I am not sure what to expect. Many people do not feel that they should ask permission to grab you in their arms and have a close contact with you and to want to exchange kisses and heart chakra energies with them. They feel it is a gesture of love and acceptance, but for me it often feels like an invasion and imposition on my energy fields.

In France, in some areas, it is now the tradition to kiss everyone they meet four times, two times on each cheek, and they insist on doing it whether you appreciate this kind of greeting or not. This has nothing to do with love, and it feels to me like bird pecking, an acquired human habit that is very strange to me. I don't relate to it. In the USA, it is not so much common practice. We usually shake hands. It is also expected by them that others will respond positively to this pecking, and if they don't, they get offended or feel rejected. They are not aware how this exchange of energies can affect others, if they are not yet energetically sensitive to this kind of exchange.

When meeting a couple persons at a time, this is not a problem. But for me when meeting sometimes dozens or hundreds of people all at once when I do conferences and workshops, it really affects my level of well being, especially when those who still smoke nicotine come close to me. I feel the nicotine entity pulling the energy right out of my lungs and my lungs start hurting. My lungs are not so strong because I come from a family that has a history of tuberculosis, and I have had pneumonia myself several times. I don't want to offend anyone, but I cannot allow myself to become weakened with these practices to the extent of being sick from them. That is what happens when I travel outside the USA.

If I withdraw or let them know that this is not acceptable to me, they get offended or reactive. I am going for several weeks, and I will be meeting thousands of people. Each time there are those who try to hug me and kiss me, because they have an appreciation for what I do, and it is in their culture to do that. Each time, I feel my energy sucked right out of me, and when meeting so many people in succession, it sucks me dry, and I do not have time to recharge. Then when I

return home, I am sick and it takes me weeks to recover my life force. How should I handle this without offending anyone? I feel we can love each other deeply without always siphoning each other's energies.

Ahnahmar - I will turn this question over to Adama.

Adama - I am grateful that you are now asking that question so directly, because people need to know and understand this protocol. It all has to do with the honoring of your own energies and the energies of others. We have noticed how much distress this cultural habit from many of the people you meet has caused to your physical body when you travel, and we support you fully in this. This is also a fifth dimensional protocol, of a different nature, but also an important one.

People need to comprehend that it is not often appropriate to touch someone they do not have an established heart connection with, or do not know well, without their permission, no matter how well the intention may be, except in cases of emergency or similar circumstances. Ultimately, no matter how pure the intentions are, people will always take more than they give; it is the nature of this exchange, and there is nothing you can do, except avoid it. It is rarely done on a conscious level. We are not talking about relationships with partners and children or close family members.

For everyone desiring to move into a fifth dimensional vibration, you need to be willing to let go of all your third dimensional cultural traditions and habits that will not support you in the dimension you are seeking. In our culture, we greet each other with a gesture of friendship by bringing the palms of our hands together and touching the area of our heart chakra, and through the eyes, connecting with that person heart to heart by a very gentle bowing of the head and a smile. We do not always need to say anything aloud; the words can be as simple as a telepathic message such as, "May peace be with you," or something similar. The love and acceptance are transmitted to each other and received through the heart.

This is All That Is needed to demonstrate our love and honoring of the other person(s) we meet. We consider it a great honor to be allowed to touch someone in our dimension other than family members, and we do not do this very often. It is done only when there is a special reason to do so, and "always" with permission. This is the way it is done in our dimension and in most galactic civilizations as well. We have no need to touch each other like you do in your dimension.

This is also what you need to embrace as you wish to move into higher vibration. We are not trying to change your cultures or traditions. We are only trying to make you aware that there is a higher way, and you are free to embrace it or not. What we are asking all of you to do from now on is to consider honoring those who no longer want to engage in those practices in order to maintain their spiritual vibration and energy at a level that is comfortable for them.

It is your neediness and your lack of self-love that drive you to always want to make this exchange of each other's energies. It has nothing to do with love; it has simply become a cultural habit. There are those who, consciously or unconsciously, go from one person to another for hugs and kisses. In fact, they often have a serious need for others' energy, as they are not generating it from within the Self. To compensate for their own lack, they are sucking energies from all those they touch. They do this in the name of love, and we say to you it has nothing to

do with love. It is the ego that is needy for some affection because very often, it has very little self-love.

When you hug someone, there is a mixing of energies from the heart chakra of both parties. It is not always wise to allow these energies to exchange, especially with people you do not know very well. Very often this is how "entities" that you call "hitchhikers" from lower realms can be transmitted. This is very frequent, my friends, and we constantly see people in great distress after a gathering, when they have allowed many people to get close to their heart chakra, and energies that are not desirable to them have jumped over into their auric field. Quite often, it has been the initial cause of a sudden mental illness in some people who were totally normal before.

Learn to guard and protect the integrity of your own energy. This is vital to build your immortality. You are all responsible for managing your energy field in a mature way.

These people usually do not know what happened to them, and very often, they go on living for years with the distress and discomfort of the hitchhikers they have picked up a long time ago. I say to you that all of you who want to move into a fifth dimensional frequency can no longer afford to engage in those kinds of exchanges "lightly." We really do not like to talk about this subject in this book, but we feel that it is necessary now for you in your dimension to become fully aware of how your energies can be lost or misused. In our dimension, there is no risk for this situation to manifest, and even then, we remain in full honoring of our energies and the energies of others. This is one factor that keeps our immortality intact.

Once you learn to give to yourself all the love that is inside of you from the God Essence of your being, loving yourself until that love is so overflowing in your heart, you will no longer have the need to maintain these cultural traditions. They have been born out of a need, and we feel that you no longer need to express them constantly in this manner. It is your choice.

This is not to say that there is something very wrong with this, but we say to you that this tradition is purely a third dimensional behavior that has served you well, but in the new energy, it will not. If you want to move into a higher vibration, you need to start implementing the behaviors that are acceptable in the dimension you seek to go to. For those wishing to stay in 3D vibration, it is advisable that you continue to do the things that have kept you glued here.

No matter how loving and well-meaning those exchanges can be, there is always one that gains in energy and one whose energy is sucked out. You cannot avoid this, unless you both have the same exact level of spiritual energy. And you don't know this when you meet someone new or of most people you meet, do you?

It is now time for you, Aurelia, to stand up for yourself and start giving this important teaching to the people you meet when you perceive they need to integrate this wisdom as part of their mastery. You are all masters in training at various levels, and if you wish to come into your full mastery, it is imperative that you start now acting like a master if you want to graduate someday.

For channels:

I also want to make another point to our readers. When someone channels beings from the higher realms, there is quite a multidimensional activity going on in the chakra of the channel before and after the channeling. Holding the energies of an Ascended being can be challenging for a person, especially if the vibration is kept for a long time. Consider that one hour of channeling may represent the equivalent on the physical plane of a moderately strenuous ten hours of physical work.

The multidimensional activity that is created is also a gift to self for the one doing the channeling, but most of the time this energy is dissipated by the channel before it can be integrated. Once it is gone, it cannot be retrieved back. Most channels do not know this, and very rarely do they allow themselves after a channeling session to take quiet time for themselves to integrate those energies. They usually mix with the people they have channeled for, and the wondrous energies that could be available to them are lost.

It is also NOT appropriate for the audience, no matter how small or large the group is, to go and touch or try to hug the channel right before or after a channeling. We would like to suggest that the channel should not be touched at least for two hours minimum before and after a channeling session. The ideal would be longer and much quiet time immediately after. We realize that it is not always easy for a channel to withdraw completely from the crowd after an event, but we give you the protocol that is energetically the most beneficial.

For those receiving the channeling, the more quiet time you spend after a transmission to integrate the energies you have just received, the more benefit and transformation you receive from the channeling. The more you externalize yourself in mundane activities immediately after, and interact with others and forget the experience you have just received, the less impact the channeling will have on you. We, the masters of the light realm, do not bring you our messages simply to entertain you momentarily. We are not interested in that. The purpose of our transmissions is to assist you to move forward in your evolution and meet your spiritual goals.

There are those who for years have been going from channeling to channeling, to constantly hear something new, while they have integrated nothing of the wisdom they have already received from previous channelings. Very often, they are those who complain that the channel did not say anything they did not already know or hear before. And to those we say, "It is literally impossible to always tell you something you do not already know with your mind, because everything that is to be known is already recorded inside of you. But the heart can always receive it at higher levels of understanding. Any transmission of light from any ascended being is meant to be integrated through the heart, otherwise it will be of no benefit to you. The mind can only hear it, but simply cannot integrate it."

The question we would like to ask is this: What have you done with all the information you have already received? How come you have not made much progress on your pathway, or you are not ascended yet? Do you know not that the words that are spoken are not so important to us as the energy and codes of light that are transferred to you with each transmission via channeling? Do you not realize that when you choose to place yourself in the energy of a channeled transmission, you become spiritually responsible for what you have received, and what you are doing or not doing with it?

In your dimension there is a saying that "Ignorance is bliss." Though this saying is erroneous in itself, and has no validity within the soul, we would like to add to this that receiving the light codes and ignoring them is a greater failure on your part than not receiving them at all. When you position yourself to receive these energies, you are also receiving the karmic responsibility that goes with it.

It is with great love and honoring that we share this wisdom and truth with you today. We long for your return with us in full consciousness. I, Adama, am ready to share with you all the keys of wisdom that you need to know and understand in the great adventure of personal and planetary Ascension. In Telos, we all send you our love and support on your journey "home." And So Be It.

