

Message from Adama to Group 23<sup>rd</sup> October 2012

Today My Beloved Family and I greet you with great love and joy. We place this in your hearts now and ask you to feel this, Beloved Ones.

Feel this now.

Allow yourself to receive this energy for it is flowing into your very soul.

Close your eyes and Allow this to take place now.

Take a deep breath and breathe in the love and joy.

Breathe out all you no longer need or require.

Release all that is less than this love.

Open your eyes.

This short exercise is a valuable tool for your daily use. Call on us here in Telos by name or just as the Elders of Telos and we will come forward to assist your every prayer.

Stay focussed and centred in the Love of your Divinity.

Know that as each lesson is experienced you All move forward step-by-step raising your frequency and vibration.

Beloved Ones, the only difference between you and the Ascended Masters is the level of vibration that is held.

You, as students, are moving forward in your dedication and diligent choice to expand your knowledge through your spiritual work for Ascension expansion.

Bring forward the Divine Love from within your Heart and radiate this out to yourself, to your God Presence and then out to all your family, friends, all humanity, to all life on this planet and to the Beloved Mother Earth herself. Ensure you dedicate the time and sacred space to your God Presence and your personal development first before all outer activities and commitments.

Divine Love flows freely within and around you as you follow this key for your Ascension in the Light of God.

I Am Adama, your brother and friend together with the Family of Light.