

## **Telos Uk Channelling 10/02/2011**

By Sue Parry

Greetings I Am Adama

Welcome to this heavenly space where we can share with you this 5<sup>th</sup> dimensional energy.

Your friends and family here in Telos greet you with love, light and joy. We wish to congratulate you in your dedication with prayers and meditation. We feel the connection at a deep level with each one of you present tonight.

More members of our family will join you on the surface in the months to come. We welcome today our sister, Jayne and rejoice in her decision.

Tonight as you each sit on the Ascension seat, know that we are with you, loving and helping you as you process your initiations with ease and grace bringing you nearer to your Ascension. Think tonight of the light of God that is within each of you. Connect to this light by intention and allow the process.

I spoke to you previously of the Telosian merkaba within which the Resurrection Flame is anchored within your sacred heart and the hearts of every man, woman and child. Remember to connect to this daily with dedication and you can be helped with your ascension process.

Daily as you clear and prepare a sacred space within your home, please ask your house angel to fill your homes with fifth dimensional bubbles of light so all who live and enter there can experience, knowingly or unknowingly this energy.

Your Telosian guides are with you constantly ask for their help as you read your prayers and the books and then the knowledge and vibration within these words and in-between the lines will bring you a greater understanding and the love contained within.

Tonight we honour you for your spiritual and planetary service. A gift is being given to you of great magnitude which will, in time, be understood by you all.

We hold you in our hearts.

Love, Light, Harmony and Peace.

I am Adama.