

Telos Channelling 17<sup>th</sup> February 2011  
By Sue Parry ( Melchiah )

Adam, High Priest of Telos

I Am Adama, Greetings

The Elders and I wish to share with you a little of the words of Book One. Later in this book there is a chapter about Divine Union. The essence of this chapter is Love and as you read this you will discover information to help you.

Each one of you in this lifetime have has periods of doubt about self-confidence and self esteem for these have been your lessons and your initiations. Now the time has come to Believe and Trust and know in your hearts that loving the Self takes you further along the path of ascension. Some of you know this and are practising it but unless you do this diligently, you cannot be whole and complete and in the presence of Divine Love.

We are Love, Love is the glue, Love is all there is. Love is the answer to all that can be. Practice this everyday with great intention and diligence and you can take your life and your process into the fifth dimension and it can be a process of ease and grace.

Your souls long for this connection my friends for they eagerly await for he fusion within your sacred heart and with intent you Become Your I Am Presence through Love.

We discuss this Self Love many times throughout your journey on many levels but the greatness and urgency of the lesson is to begin Now and Not put it off for we want you to succeed and meet us face to face so we can share Gods Divine Love.

I Am Adama, your friend.

Reminder here

“ If I can be self luminous in a hundred years I can be self luminous now”

Self-luminosity can only come with loving and healing the self i.e.

Becoming the I am Presence.

Aurelia 6.00pm

Hello everyone

It is time to step up your spiritual work. I speak to those who are only thinking it is necessary to read the prayer for the day. There is more required of you to increase your vibration. This group's vibration is good but we require the vibration to be higher. It is required that you now daily read more of the Telos work so you can integrate the codes and vibrations in the writings and the energy will change.

Melchiah, Eloise and others have raised their vibration. Please work diligently so we can soon anchor the secret flames with you all. We are looking to you as a group and others on the surface so we can move more readily among you and speak with you easily. It is important to rest and have leisure time but equally to be prepared each week for our meetings by reading and studying the Sacred Flames work and reading the books.

Thank you for listening and sharing with me.

Aurelia.

Question asked by Sue Parry( Melchiah)

Is it possible for the entire group to come to Mount Shasta this year?

Aurelia Answer: -

That will depend on each individual raising their vibration so they can move easily among the different vibrations on the mountain. If their vibration is not high enough they will only last a few minutes in out energy. It is up to the individual to put in the work and raise their vibration.

Energy and vibration can be increased by working on the self. Releasing and surrendering through prayer, intention and affirmation. The Resurrection flame and the Gold and Silver Violet flame and Ascension flame can assist you. Pass these flames through each chakra daily as Melchiah and Eloise do and the energy and vibration changes. Diet is also important. Drink water and eat healthy foods suiting you individual metabolism. Not everyone is doing this.

I have given you much to think about. We love you all and want you to succeed in your ascension process. Time is f the essence. There is no time for games, this is serious work. I have not minced my words here as you can se. Dearest friends I do this because I come from my heart and care for you al to fulfil your divine blueprints.

Thank you for listening.

Aurelia