

ARE YOU READY TO CROSS THE PORTAL YET?

A SIMPLE MANUAL
TO REACH THE
NEW EARTH

Silvia Ribas Albendea

... WE ARE WAITING FOR YOU.

Title:

A simple manual to reach the New Earth.

First printing: June 2007

Second printing: January 2008

© 2007 Silvia Ribas Albendea

© 2007 “*ediciones Espiral Dorada*” publishing

Majorca (Spain)
info@espiraldorada.es
www.espiraldorada.es

All rights reserved

Covered designed by “*ediciones Espiral Dorada*” Publishing

Legal Deposit: MA-983-2007
ISBN: 9788461192373

Printed in Spain

Silvia Ribas Albendea
Maria Esther Ribas Albendea
Maria Jose Ribas Albendea

**A SIMPLE MANUAL
TO REACH
THE NEW EARTH**

PROLOGUE:

Table of contents	7
Introduction.- Lemuria, Adama, Telos?	13
Chapter I.- THE NEW AGE.	17
Chapter II.- TO BEGIN THE PATH.	21
Chapter III.- THE CHILDREN OF THE NEW AGE.	27
Chapter IV.- GREETING FROM ADAMA.	29
Chapter V.- OUR HISTORY.	31
Chapter VI.- THE HEALING.	35
Chapter VII.- THE PROCESS.	37

Chapter VIII.- THE LOST PARADISE.	41
.....	
Chapter IX.- THE RAYS.	47
.....	
1.- INTRODUCTION.	47
.....	
2.- THE BEGINNING.	48
.....	
3.- THE PROCESS.	50
.....	
4.- THE NEED TO LOVE.	54
.....	
Chapter X.- THE BEGINNING OF THE PATH.	59
.....	
Chapter XI.- THE CHANNELS.	63
.....	
Chapter XII.- TAKE THE DECISION.	67
.....	
The work presentation “Golden Spiral Activation”	73
.....	

PROLOGUE

Silvia, Maria Esther and Maria Jose Ribas Albendea were born in Majorca in a humble family of four children, 30, 23 and 34 years ago respectively. The three were educated in a catholic school.

Maria Jose, the eldest, graduated in Law by the Balearic Islands University in 1997. After more than two years working in the law field, she began to prepare competitive examinations for the General Administration of the Balearic Autonomous Community. She passed some competitive examinations as General Administration Technician for the Town Council of Pollensa, devoting herself especially to legal assessment in the town-planning field. In 2005 she took again competitive examinations in the same Town Council to apply for the position of legal advisor of Special Administration. A year later, she decided to give a radical turn to her life following the dictates of her heart and of her beloved Spirit-guides.

Silvia qualified in Industrial Relations at the Balearic Islands University in 2002. In the same year she started to work as head of human resources in a company; a year later she did it for a chain of hotels in the Supervision Area; working as a supervisor during her last year of stay in the company. Finally, in 2006, she created a Consultancy office together with two associates.

Maria Esther, the youngest of the three, graduated in Law at the Balearic Islands University in 2007.

By the end of 2006, the apparently separated paths of the three sisters met unexpectedly.

For more than one year Maria Jose was engaged in a personal transformation process, working almost every day, with her beloved Spirit-guides and masters Jesus, Simon Peter, the Archangel Michael, Saint Germain, Adama and Mother Mary, among others.

At the beginning of 2006 Adama started to guide her to disclosure who she was and what she came here to do in this life.

In March of the same year, Archangel Raphael started to train her in what happened to be the beginning of the mission she is currently developing together with her sisters.

By the end of the same year, Maria Jose received a clear message from her Spirit-guides according to which she was to give a radical turn to her professional life in order to create the physical platform for the Project she was to carry out.

So, following the guidance of the Spirit and of her heart, and to the surprise of many, with great courage she finally abandoned what till then, was her profession.

On the other hand, her sister called Maria Esther who was completing her last year of studies, felt that this was not what she was meant to do; and Silvia who just opened a labour consultancy Office, to direct her life somehow, felt that she still had a lot to do to make her dream of helping others come true.

This way the three, along with their dear friend Maria Magdalena, created what they would call a “Well-being Centre”, thus, they could bring to the society everything that, according to them, was positive and efficient for the evolution of the body and the soul.

Maria Jose, guided by Archangel Raphael, started to help people individually in their process. But, very soon and at the same time she was receiving the instruction that individual healing sessions were to be done in group, her sisters knew that they were together in this beautiful task and, without thinking, acting only following the dictates of their hearts, with the purpose to help others in the way they could, they began their entrusted work.

Thus, without noticing it, day by day the work was developing in practically a magical way, till to evolve into what today is a wonderful work to help humanity to reach the new earth. A wonderful help that directly comes from Lemuria, a civilization of light that is helping us to perform the evolutionary leap in which we are being engaged.

At the same time that all this was occurring and to her great surprise, Silvia started to receive information directly from Adama, our beloved Lemurian brother, for the writing of the pages of our now first book; an easy manual that is going to help all of us in the process.

By the end of 2006 Eloy and Maria Jose (who met for the first time by the end of the previous year) met again in order to build along with her sisters, the “*Activación Espiral Dorada*” association.

Following this way their insight and the guidance from the other “side of the veil”, in 2007 the four of them decided to collaborate in the publishing of this book and the expansion of the activation work, consolidating this way the “Golden Spiral” project.

By the end of the summer 2007, following the birth of Judith and Victoria, Maria Esther’s and Maria Jose’s daughters respectively, they decided to close the well-being centre, to allow the two mothers to devote themselves exclusively to their new “profession”, as this

was a period of culmination and birth of a new phase for the Golden Spiral. The foundation was solidly established. The platform of the Centre had fulfilled its purpose and we were starting a new phase.

During 2007 we have been travelling to different places in Spain in order to bring the portal closer to those who are ready to cross it.

There are new books ongoing, new projects are to come and we will continue traveling to bring the portal nearer to everyone and to every corner of this planet.

We are waiting for you with love...

INTRODUCTION

Who are the Lemurians?

Who is Adama?

What is Telos?

For the majority of people who will be reading this book, all this information is absolutely new. For this reason, we are going to answer these questions in a clear and plain way.

Lemuria is an old civilization who lived on the surface of this planet a long time ago. By then, this old civilization was more developed in many aspects than we are now.

Due to the bad use people did of their enormous power, the days of this great civilization drew to a close, but all did not perish. A part of her survived and continued its evolution from a place inside the earth. From there, they could build it thanks to their high technology.

From there they evolved and reached the level of fifth dimension.

From then, their main objective has been to help all the inhabitants of the surface of the earth to make the same evolutionary process.

They say that we are their brothers and sisters, those who perished when the end of their glorious civilization took place.

For this reason, they are waiting for us, to continue together the marvelous adventure of evolution.

Adama is the high Priest of this marvelous city of Telos, a city in the fifth dimension which is located within the Mont Shasta in the State of California.

The New Earth is already here ...

Take a step to walk into it!

I.- THE NEW AGE

We have decided to contact you again through someone from a different continent (from the other side of the ocean), with little or almost without knowledge of the fifth dimension and with strong doubts about it, to give you this information about the imminent change which is to take place in the earth; for some of you, the earth is going to die, for others she is going to turn into a new one, with a new energy. The earth needs this revival and is fully grateful to the human beings because they have allowed it, as she feels very tired; she wants and needs to ascend to the fifth dimension, so, it is true somehow, “yes”!, she is going to destroy herself to be reborn with more strength.

The world we know is changing to give place to a completely new one, the one you were yearning for so long in your dreams. Now it is occurring really, the human sensibility is changing. We are longing for this change, this process cannot be stopped because it has been decided, this is not a possibility anymore, but a reality which is occurring.

Go out of your houses, try to talk to the sky, to the trees, to the air, to the water and they all will tell you. They need to communicate themselves again with you. In the ancient time, men were linked to the nature and everything started to deviate, when man, with his ego and ambition, began to separate and wanted to be alone, without the advice and the support of the Mother Nature. She is inherently part of you, you are part of her and in order to get back to your balance, you need to communicate again with her and with all the beings living in her. Mother Nature is happy because many of you have recovered the natural way to live with mutual respect between man and nature.

You must be happy because that is not about a change without return towards any disaster or cataclysm, as it has been predicted not long ago, No!, on the contrary, it is about the revival of Humanity and “yes”, the earth is part of it and wants to manifest her contentment and joy for such an event.

The change will be progressive but NOT slow. It is already happening, some of you are aware of it, others misunderstand the changes and some others have not even noticed anything. What is occurring is the ascension of the earth to another dimension and you have to make the journey with her. It is very easy, you only have to be aware of what is going on, to participate and to disclose who you really are.

Humanity has to be aware, that explains the function of my channel and of her group. They all are females, females because femininity is important. Femininity is the cause of change, of transformation; their mission is to let everyone know what is happening and also

to give direction; to help humanity to follow the shift, to transform it, in order to achieve the kind of life humanity has always been longing for. Trust them because they are the light.

II. - TO BEGIN THE PATH

Another day has elapsed and we are getting closer, the mission of all of you is becoming clearer. Another day went by and more human beings have come closer to the truth, to the consciousness, to the knowledge. This truth is important, as well as the knowledge and the understanding of it.

Humanity is going to be transformed and is going to share its life with the Lemuria's ancestors, and also, with the Atlantis's ancestors who also sank under the waters. We are waiting with eager for this very moment, with love and harmony; we have a lot to tell you and to teach you. We are preparing a great party for the day, not too far where we will be able to communicate face to face; every day there will be more people ready to do it, some are already aware, some not yet.

First of all, the messages are to be interpreted and for that you will need our channels on earth in the third dimension, they will help you to understand the symbols, and so on. They will be there to give you the information we will be sending you constantly. They are going to clarify doubts, because, when consciousness awakes and the duality starts to fade away, doubts and fear assault the human being; although there is nothing to be afraid of, the process will be fantastic and marvelous. Once confusion and fear, which come from past experiences, are overcome, understanding will emerge and happiness and the desired peace will come.

Although this seems unlikely, Peace in the world is to come, conflicts will be resolved, and love will win.

The information we are on the verge to disclosure is important and innovative, a new world is waiting for you, a new one already known, since all of you in your dreams, meditations...have visited it, a world where harmony and peace prevail. There is no colors, no races, all are equal: humans who have developed their potential.

You will travel at the speed of light as if nothing happens, you will be travelling through time. You already know that time as you know it does not exist. Think about any moment such as now, and you will be there.

You will enjoy love of others, not only of those men who have ascended, but of those who soon will do it. Every time, more and more people will ascend; also animals and plants will.

It is necessary to enjoy the nature, the animals and the sea, all this will be better on the fifth dimension, this world we are talking about and which is waiting for all of you.

Life here simply is easy, calm and without unnecessary machinations caused by a life tormented by so many and so many lifetimes that you carry on your back.

The first step is to erase the print left by these past experiences, then to meet face to face with your Being and once you will recognize it, you will already have begun to ascend. From this moment you already will be living in another dimension, where everything is easier; therefore, you will feel that life is simpler, what before used to worry you very much, now will be a joke. Life will be happy and you will feel the necessity to tell everything to everybody, to share this way your happiness.

The bodies are going to heal and to rejuvenate; they will begin to feel more vital. Youth will be our daily bread and not death nor sadness.

This is the future of Humanity, an imminent future, tempting, isn't? Hence, it is time to start working.

Our intention is to make a simple manual, so that, step by step, the change is progressive and you can adapt to it easily.

First of all, release your mind, do not tie yourselves to past beliefs that made Humanity a slave of a reduce group of individuals, the absolute leaders have disappeared; it is important to succeed and to believe that you are special and qualified for everything, because you are going to get everything you wish and, the most important thing, believe – as so it is- that your are worthy of everything because you are a Being of Light.

Second, take care of your bodies because they are going to live for a long time. Stop mistreating it, giving it medicines indiscriminately, take care of what you eat, it is important to limit the meat consumption, and if you eat meat, check its origin, soon, you will be aware of what you will need. The earth has given you wonderful fruits such as cereals, fruits... It is necessary to take benefit of them as they have been offered to us, without variations or genetic transformations by man. Our body is made to be fed this way. If you can, cultivate

your own food, and if you cannot, look for someone who does it for you. Use only the natural medicine and use the traditional one when it is necessary.

Third, clean your mind of negative thoughts because they destroy man and are the cause of many of your misfortunes as you have created them with your mind. It is very important that you have this clear, make bad thoughts disappear from your life and change them by their opposites, that is to say, by the positive ones. Don't you say always that positive individuals are happier?

In the fourth place, you must live within the energy of love; this will be the one that will help you to go ahead in the difficult moments. Think that this feeling is opposite to the feeling of hatred, which is the one you must eradicate from your hearts in order the ascension can take place. The more love in the earth, the least hatred will it be. Hatred, envies and greed are the causes of the great majority of misfortunes that humanity has lived. Due to these feelings fights take place between brothers and sisters, friends and individuals. Fights are the causes of dispersion and of the human indifference. There always have been men who have struggled against the tide, that is to say, with love, but that was very difficult because you used to fight alone, as power always find that these feelings were negative; that it is something that also is going to change, as the more love you give the least hatred will it be and thus progressively.

My channel lived a very clear example not long time ago. It was about the solution of a conflict, which would look difficult to anyone. The problem was solved once the energy of aggressiveness and fear was changed by the energy of love and understanding.

You can apply this to any field of your life, everyday, it does not matter whether the fact is very important or not. You can start trying with small facts or problems, as you would call them, in order to apply this principle to all of the actions of your life. Therefore, the principle would be Love instead of hatred.

In order to finalize we will say that the most important thing is confidence in oneself; love will emerge because it is natural in the human being.

III. - THE CHILDREN OF THE NEW AGE

What can we say about these children? They are fantastic, wonderful.

Parents, you must observe them because they know perfectly that they were born in a very different world from the one you were born.

Their model of behaviour is going to be very different, observe them and act like them. They were born in another dimension and are here ready to help you in your process.

Their passion for nature will be evident from almost their first days; love will be the most important and will base their live on love. For this reason it is so important that you observe them, because they are living with love, acting with love, it is this way you are going to ascend and rise again. You must raise them with a lot of love because they are pure love.

At the moment, the only thing we can tell you is that they are here to help humanity and the earth to take this great step, listen to them and learn from them. Do not impose them your rigid rules, because you are the ones who must free yourselves from your ties. They have privileged information and they want to share it with you.

These Beings of Light have decided to come to earth to live the so wished moment, the awakening of humanity and the so expected encounter. They came to live that moment and, of course, to help you and to accompany you. Your children are your guides and your masters, they going to show you how to feel the profound love for all, the unconditional and disinterested love for humanity.

They are going to shine with another light that is not going to be unnoticed.

Many are going to be the future heads of government you have expected for so long, for the first time in history of humanity there will be a head of government with a single objective: to give love.

Therefore, they are your incarnated guides to accompany you and to enjoy this great moment.

IV.- GREETING FROM ADAMA

Hello, I am Adama. Some days ago my channel was wondering who I was, although she knew it perfectly, she had seen me in her dreams several times, but she did not want to remember.

Why her?

Because she is a difficult person to convince, even in this moment where her hand is hurting her to write so quickly this channeling or notes, as she likes to call it, she is thinking that her imagination is fantastic and that she is making it all up. Although when reading it what she has written, she thinks that it is difficult that everything comes from her imagination. She is in a mess, and I laugh because the situation is funny. Anyway, this used to happen every time until you stop blocking your minds and let the information comes to you and that you listen to me every time I speak.

Long ago I was talking to her but she did not answer me, until the day comes, recently, where she realized what was going on.

She is a person who is living the previously mentioned process of liberation, self-knowledge and recognition of who she really is. Not long ago she discovered what was her mission (and others that she still does not know). This is what is going to happen to all of you, because you have a very important part to play for the ascension of the earth and all humanity.

What strikes us is that the whole humanity has decided to make the journey. Only very few have decided not to make it. We are very happy because finally we will “reunite” together, sharing evenings of chat and laugh telling each other on our experiences.

We have learned to live this way and we are going to teach it to you.

Adama

V. - OUR HISTORY

Breathe deeply and at the same time breathe the life, you must live it with joy and optimism. This is not correct to say “no” to this not and “no” to that, everything can be, and must be.

So, “yes” another world is possible. It is possible because we succeeded; we sank to newly appear with more strength. You will not have to go through the same thing as you have our help and this not necessary to do the same mistakes.

We were the inhabitants of a land who lived badly, failing to take advantage of all our wisdom, we canalized towards wars and disputes, and our world disappeared as if it had never existed.

We had to learn how to live in another dimension, creating a better life, always remembering our mistakes in order not to repeat them again. You will have to learn it, remember your mistakes, this way you will not repeat the same situations again and again; once you learned the lesson it will be no longer necessary to repeat it and you will be able to go ahead with your lifetimes. That is the way we did it, we faced our mistakes, did not forget them and went ahead with our lifetimes. We want to be your example.

When our continent disappeared, all our brothers and sisters went with it, part of our family, and now we are longing for the encounter; you are our lost family.

You have lived for millions of lifetimes to get to this so expected moment. Now the moment to act has come.

In the first place you have to try to contact with us in a conscious way, you only have to think of (better aloud), ask your Being and it will answer you. Raise any question because it will be answered with much pleasure. You only have to learn how to listen, enjoy silence because it is there you are going to find us. If even so you still do not listen anything, you can go to someone who can do it for you, but keep trying because we are always here and always have been watching your evolution.

We must be sincere when saying that we have thought more than once that you would not succeed, but you did and we are really pleased about it, we want to congratulate you. We are waiting for you!

We already commented to you on how important it is to get rid of the past experiences and to recognize oneself as the Being of Light you are. First of all you must take this step, look for those who can help you. It seems a difficult task, but in fact it is not so. It will be enough to ask for help and you will get it without needing to look for it.

Things have been made much easier, you will not need riddles nor complicated texts, it is very easy, as we already mentioned, it will be enough by asking for help. Get rid of your experiences, get know yourselves, thus you will recognize each other, which is going to be very rewarding because you have shared much.

Dance, laugh, dream, ... everything is about to change, but do not be afraid because it is about the change you always have been waiting for, a better life.

Do not be surprised to see that we are so interested in helping you; think that we are your lost family. If you were to lose a relative or friend, would not you do the impossible to find him? Then it is what we have done, to draw a great plan to get you back. It has been very difficult, but we are about to succeed.

We looked for individuals to be our channels here on earth and we always have been informing you, at the beginning unconsciously, then gradually in a more open way. The day came where we explained to you who we were, where we came from, how we lived, what happened to us, so that we could know each other little by little.

Unconsciously, you are remembering us. Now we can gather again, it is no longer necessary to tell you about our lives because soon, you will come to visit us. Our mission now is to explain you how to get home.

There is a group we are preparing to help you understand what is happening and above all, to have hope, this is one thing which is not meant to be lost.

They are going to guide you; their mission is not to convince anyone, but only to help you to get to the starting point of ascension. They are going to help you get rid of your experiences, of the domination energies which have caught you in the third dimension, to feel pure love and inner peace, to learn to heal your body, and thus to be able to recognize the way to follow for the ascension. Once you got to this point, their mission will be over.

VI.- THE HEALING

We are very happy to be able to communicate with you again; today we are going to talk about physical healing.

There is no impossible healing. The body is going to learn how to regenerate it completely, no matter how much deteriorated it is.

Whatever the disease, the most important thing is that the person really wants the treatment, that she has decided to remain to ascend.

There will be some who will prefer to return to start again, this way the subject of death is not as tremendous as you live it in the third dimension. Think that you are Beings of Light that always have walked together, and when a person leaves the earth, then you meet her again; normally if you return to earth you will do it together.

Now it is no longer necessary to leave because, those who decided it are going to cross the portal. To die and to live constantly is over.

You create yourselves your physical diseases with your fear, insecurities, and also, of course, with your bad habits; but normally they come from this distress that you do not understand and from so many lifetimes you hold on your back, therefore, if there are no experiences, there is no root of the disease. It is important to recover the illusion to live; this is going to give you health.

Heal your bodies only by your thought, wish it from the heart and thus it will be, do not doubt it. There is no bad that resists the power of the heart. When you will be ill, wish your prompt recovery loudly, you can also ask for our help.

Our medicine, like yours, heals the disease step by step; thus, for example, in a wound, the internal tissues will have to be treated first to be able to close then. We do the same with our medicine and with the strength of our Being we accelerate the process.

The body will learn how to heal itself through the green ray, which is the healing ray. This ray is going to come to you through a channel here on the earth in the third dimension and the process will be the same as for the elimination of past experiences.

VII.- THE PROCESS

We are getting near to the goal, to “reunite” with you.

The support group is almost formed, they are receiving our directives and step by step they are making their way.

They are going to help you with the discovery of consciousness, of oneself; the consequence of it will be the healing of the body and the passing to another dimension. Everyone individually will succeed once the objectives hereafter detailed are reached:

1. Cleansing of all the last experiences and of the energies that coexist and oppress the Being.
2. To learn how to heal your bodies.
3. Recognition of the Being of Light you have inside.
4. To find the way.

Some of these points already have been commented previously, but now we are going to develop them more extensively.

1st. objective: Cleansing of all the past experiences and of all the energies that coexist and oppress the Being.

We already have talked about this and now it is sufficient to say that once they have disappeared, karma will also do it and along with it the ties that link humans to each other.

From this moment bad relationship will disappear, problems between individuals, misfortunes that come again and again,... Now, the sequences of unresolved things of other lifetimes will no longer be repeated in your current life. Simply, you are going to live the life you are living now. But do not worry; all the good things you learned from those experiences will not be lost, only the experience that has been a trauma in this life will fade away, even if it is in an unconscious way.

But previously, the energies stuck to you as if they were parasites must disappear. These energies make you lose your human personality and seize your Being. You are going to feel a great relief, you are used to live with this burden, but will notice you do not have it anymore, you will be free.

2nd. Objective: To learn how to heal your bodies.

Once you are free of any domination energy, and that your experiences no longer are a burden, your health can be recovered.

Be aware that those energies unbalance the bodies and make them get ill in the long run. Past experiences also cause diseases.

Although it has already been said in the chapter on healing, we must repeat that the fact that the main cause of the disease disappear, such as Karma and the domination energies, does not mean that an immediate healing will take place, although it can happen.

The Being must realize that there is no reason any longer to have this disease and will decide whether he wants the healing or not. Therefore, there will be cases where he will decide it immediately and in others cases it will take a bit longer. It can even happen that he decides not to heal, this will totally depend on the Being, whether he wants to continue or not.

3rd. Objective: Recognition of the Being of Light which is inside of you.

You will have to reunite with your Being, to be fully aware of it and of the power you have. You will have to take consciousness that you are an incarnated Being of Light and that you have a great mission and to be in charge of it.

4th. Objective: As we just said, you will have to find your path, your mission.

This process will be the same for all of you, with some nuances.

For some of you the process will be longer than for other, do not stagnate nor let the fear paralyse you because, all of you, if you decide it, will get ready for the ascension.

VIII.- THE LOST PARADISE

Life in the fifth dimension is going to give a turn. We are going to tell you a bit on how life is going to be, once the planet will have taken consciously the decision to ascend.

Life here will be peaceful, there will be no tragic deaths and, therefore, no accidents neither, disputes, wars, resentments nor envy.

The perception of things and individuals is going to be the same as the one you have now, as all will have the same vibration, just as it is now in the third dimension. Therefore, things will be as tangible as now.

As you start to ascend you will perceive another dimension, some individuals already have begun to see it. At first, you will have a blurred vision, as if it was coming out from the thought, but as the vibration of the human being is increasing and getting closer to the fifth dimension, she will be able to see it as clearly as now you see it in the third one.

The world in the fifth dimension is much more alive. What does it mean?

You are going to perceive and to see things that you never imagined could be real, because for already a long time, they have had a higher vibration than ours. Many of the legends that are told in your civilizations are real.

In the fifth dimension there is a perfect harmony between plants, animals and individuals. The earth is being respected and loved by us who are her guests.

She has a regular behaviour, it rains when water is needed and, therefore, droughts disappear. The so characteristic earthworks in the third dimension also disappear.

The earth becomes stabilized giving step to an adequate and wonderful place to live. The earth is going to give us all we need to live, and I have said we need, because as you already know, we are going to live together.

The used energies always will be renewable; you are already using many of them.

You are going to find the lost Paradise!

Make groups, the larger, the better, and try to communicate with us. We already said that the communication is very easy.

The willingness to communicate with us means that the predominant feeling of the human being is love, eradicating therefore hatred; because when it is rooted in you, it is difficult, not to say impossible, that we realize that it can be another form of life based on love.

The larger is the group, the more love and the least hatred it will be, love will devastate the earth, making her renew again without the need to destroy her. Only the vibration will change as so other many planets already have done it, and the earth will journey with us; so you will practically not notice the change, I am talking about physical change.

You are going to notice that you live in a higher dimension when your body becomes lighter, sorrow disappears with it resentments, and when you only think about the now, without living anchored in the past and in the future that worries you. Moreover, the feeling of love will be present in all and every of your actions and thoughts, giving as a result, a richer and more pleasant life because there will not be anything breaking the harmony.

With your meditations try to connect with nature because she has a lot to tell you.

As ascended beings, you will have at your reach the answers to the questions humanity always has addressed; you will be the masters of the wisdom of the creation. Do not worry; it is not going to be a boring life. In the third dimension the human being can never rest in absolute peace, he is always unsatisfied, whether “he has too much” or “not enough”, and it is that way for almost everything. In the fifth dimension this dissatisfaction disappears because it is a feeling of low vibration. The fault comes from the insecurity that you feel

when living in a so low vibration level, because in fact, the adequate vibration for you is of a higher level. When living in the appropriate place insecurity will disappear.

Life is going to be a constant party.

It is important to clarify this point, the fact that the decision is already taken in all your subconscious minds does not mean that you do not still have a lot to do.

In the first place, you must take the first conscious contact with the subject because unconsciously, you already have done it. In this first contact, it can happen that you reject it, but gradually you are going to be aware of the possibility of the existence of an alternative reality. When you begin to assume this other possible reality, you will meet someone who, without even knowing it, will direct you to meet individuals that can help you. Some of you will get to this point without even realizing it, although they will feel this feeling of search of emotional well-being.

These individuals who are going to help you to initiate the ascension process are going to give you the possibility (if you desire it from the deepest of your Being) to eliminate the domination energies that keep you trapped, to get rid of the overload from this life and from past experiences, and of course, to be aware of the Being of Light you are.

This process is going to be simple for almost everybody, although not exactly the same. That means that, for some of you it will be easier than for others. To have a more awaked consciousness, apparently, does not mean that you get quicker to the goal than another human being who, till now has been disconnected from this world.

The change has to be desired with all your heart. Think that things that now are very important to you, will not be relevant in the fifth dimension, for example, money and power that being rich implies. In the fifth dimension, a very rich human being with a great economical prestige will be equal, exactly just as a beggar; therefore, it may be possible that that this human being with economical power does not want the change takes place because it causes insecurity to him, but this is going to be part of the process.

In summary, the utopian society in the fifth dimension really exists.

New Age already has begun, it is important to realize it, it is the end of a stage and the beginning of another one, much better and that is the definitive one.

The suffering of man and everything related to him that forms the planet earth is going to disappear. Imminently wars between individuals are going to end, but you have to understand that time as you know it does not exist in our dimension. There will be a subtle intervention on our part in order to resolve your conflicts that have existed for centuries.

At some moments, doubts will assault, even when the human being is much closer to the goal, although there is no doubt, because the authentic reality is already here. When they appear, think of the future that is waiting for you, but before it, it is necessary to solve the pending issues left after living so many experiences in the third dimension. The pathway is short, but with some difficulties that with faith will disappear.

Man has very much suffered and he has not realized that, in most cases, he was creating suffering himself. In his soul is recorded the destruction of Lemuria and of Atlantis, and as he is about recovering the wisdom of both, fear appears even stronger, because, as a result of it, they disappeared under the water.

You have fear to enlightenment; fear is only a security mean that you do not need anymore because you learned very well the lesson. This time wisdom is going to be managed correctly and we are going to help you. Ignore this fear that paralyses you because problems will soon be solved. Live day by day and, very soon, one day will come where fear will have disappeared and you will be in the lost paradise that you deserve so much for having lived so many times to learn from your mistakes.

IX.- THE RAYS

1.- INTRODUCTION.

There are three rays that will heal the earth and her inhabitants in all direction: human beings, animals and plants.

The three rays are: the golden, the pink and the green one.

Each one has a specific function and will be conducted to the all humanity; all human beings are going to receive it.

The golden ray is the power, the past and future; the pink is the purification; and the green one is the renovation.

These rays will come to you and, when this occurs, your lifetimes are going to change forever.

With the forgetfulness of the traumas of the past and the unconcern of the future, along with the healing and renovation that will be equivalent to the rejuvenation of the body, and with the purification of the soul and through love and its consequent peace; will life be but from another level, with a very different notion of time, living in the Now in the fifth dimension.

The rays will be entering one by one, into each human being, doing their work.

The channels will only direct rays towards you and once you have received them, the process will start and will continue its course.

All those who manifest consciously or unconsciously the intention to receive the rays, will do it in a short period of time because they will travel all over the world.

The earth will also receive them.

2.- THE BEGINNING.

These three rays are going to be those that will open the path to the not so long journey that is waiting for all of you.

This does not mean that the other rays that are going to act are not important, there are no hierarchic ranks, none is dominating the other, but there are rays that are the ones in charge to initiate the process.

As we already said, the rays are:

1. the golden,
2. the pink,
3. and the green one.

Each one represents a different and necessary energy so that the work is carried out.

The golden one is the energy of the creation and at this moment its function is the renovation of what is already created.

The pink one represents the energy of love that Jesus Christ brought to us to the earth approximately 2000 years ago and at the same time is part of the creation. With love comes peace, which is closely linked to the energy of love. Both energies practically work together because one is the consequence of the other; when feeling the real love; without interferences, we will feel the peace.

Finally, the green ray is the energy of physical healing that also came to the earth 2000 years ago incarnated in Jesus Christ.

If you realize, these energies incarnated two thousand years ago in the same human being, initiating therefore the process that now is about finalizing. In Jesus Christ we found the energy of the creation since he was the son of God; the energy of love incarnated. This

was his only message; it represented the peace; and only by the imposition of his hands he was able to heal physically a human being provided that he based his life on love.

These energies arrived to the earth incarnated in an only man to leave the great message of love because it will be what gives you the eternal life, the ascension from the third to the fifth dimension, the promise eternal life.

These energies have to work since the moment of the ascension has already come. They were presented two thousand years ago and are totally active to finish the work.

The golden ray will create the pathway, the pink one will smooth it, facilitating the step towards peace and the green one will heal it.

The evolution of man from the third to the fifth dimension will be calm, even pleasant, since the way will be indicated without any possible mistake. It is going to fill you of love and peace taking away all sign of fear and indecision.

3.- THE PROCESS.

In all the cases, the ascension takes place from within. The human being feels a new restlessness, something that calls him but that he does not recognize. This always has happened this way, even in the old energy, and he is always going to meet someone or something that is going to indicate him the meaning of this restlessness and that will allow him to find whatever will help him to calm the feeling of quest.

When the human being goes in a wrong direction, one of us will always be there to guide him to find the correct one. This human being will feel a great peace once he has found what he was looking for and will not doubt, because he will know that this way is the one that is to lead his life. He is going to begin to meditate in order to find him, to take care of his body, unconsciously there will be something that will indicate that this is the way he has to follow, and that this is the process to follow.

One day he will receive the rays of the creation, the rays of love and healing and, at this moment, he will be conscious that the process towards the healing already started long time ago. In addition, he will receive a lot of information on the entire pathway still to be completed, although, in a first place she may not realize or may find difficult to assimilate all that has happened to him in a so short time; but always, later or sooner, he is going to be aware of what has occurred.

For some individuals it will be enough to receive these rays once, and by themselves or with help (especially of interpreting) they will be capable to ascend to the fifth dimension; that to say, they will have correctly integrated the transmitted information when receiving the rays. The human being will know how many times he will need it, and he will have the opportunity to receive them again.

Consider that in order the process is more pleasant; to put it in some way, the feeling that has to emerge is love. This is the key; there is no secret; to love oneself, others and everything is very important, because the fifth dimension is based on love.

You need the help of someone to receive these rays that are going to change your life; you just have to breathe them deeply and to feel them.

The golden ray is the one that is going to release you from the domination energies that keep you trapped, and that you have accumulated through all your past and also to erase the bad memories of them, never the good part of it.

The green ray can help to heal you from a disease and to rejuvenate your bodies.

In both cases it will be the Being inside of him that will decide whether he wants to release these experiences and the domination energies, and he will decide to heal his body or to rejuvenate it.

What you are always going to feel is the love and the peace, you are going to be taught how to feel both because they will be those that will make humanity live as enlightened beings, learn how to feel the Love and the Peace! Not all of you will feel it with the same intensity, at the beginning there will be some who will not even be aware that they have felt true love and the peace of the soul. It is necessary to learn how to identify the mentioned feelings because those will be responsible for the great shift humanity is going to experience.

Your feelings of love and peace will be those that gradually will change the vibration of everything that surrounds you. This means that both will expand through the planet producing worry on those around you, but, at the same time, they will want to change the same way you have done it.

The pink ray, that represents love, will not change anything physical in you, neither will you life change in a few minutes, although love will change the human being and therefore

his life. This ray will be introduced in your Being and it will be the one that will drive you to a new and expected life. I am not saying that it is more important than the others but it is crucial for the great change of humanity to take place, because, as we already have said, love will make hatred disappear and when this occurs, humanity will ascend and will live as an enlightened community.

The pink ray, like a cloud, is going to enter through all the pores of your body and unconsciously, you are going to feel this love we have for you and that you will have to learn to feel and to direct to everybody and everything, included yourselves. This ray will always act as there cannot be renovation without love. Moreover, along with the peace, it will have to fill the emptiness left once the domination energies and the past experiences have disappeared; otherwise, the domination energies would have the opportunity to live again inside of you and of your emotions.

You say that there is only one step from love to hatred and you may be right according to your order but your order should be: FROM HATRED TO LOVE THERE IS ONLY ONE STEP.

When receiving the pink ray of love, automatically you will feel the peace. Love and Peace are necessary to increase the vibration of humanity and of the earth.

4.- THE NECESSITY TO LOVE.

As we already said, the pink ray is fundamental because it is going to reach everyone; in fact it is already getting to you in order for you to feel love in everything.

In order to feel the peace, first you must feel the love because the peace is only possible with love and without it, it is impossible to feel peace. With the pink ray an absolute well being will invade you where the preoccupation does not exist.

Once you have received the love and the peace, the only thing you must do is to reaffirm and to remember how you feel it. You must never forget it, try to live it, feel the emotion that makes you feel love and the well-being that makes you feel the peace. Once you have succeeded, the work is almost done; the most difficult has already been overcome. If your attitude before life and towards those who share it with you is love, you will feel the peace and this will be what you will be receiving from others. Although that seems difficult, it is going to be this way, because the ray will teach you to feel love in a disinterested way and deeply, as never you felt it. By loving this way, conflicts will disappear from the earth.

Love is so important that, only by feeling it in this intense and correct way will it be sufficient to root out the bad things you have suffered in your lifetimes and to get rid of these energies that debilitate you. You could even heal and rejuvenate your bodies.

Then, if this is so, what is the function of the golden and the green ray?

With both rays the process gets quicker, helping love to flow easily. Along with them the wounds of the past heal, your bodies also heal (if the Being of the person wishes) because the cause of the disease has already disappeared (if the human being is ready), all this occurs very rapidly. Without the help of the golden and the green rays all the process would take thousands of years and some human beings would never succeed; however, the process is relatively quick and pleasant when receiving these rays.

The moment has come to receive our help, many of you already have asked for and we have taken part with all our love and all the peace of our Being to teach you how to feel it with the maximum intensity and in order for you to learn how to be fully happy from that moment.

We are going to teach you a small meditation so that, by yourselves or in company, you learn how to feel love and the consequent peace. You can repeat it as many times as you wish:

When closing your eyes, breathe deeply; feel that the oxygen that you inspire is of pink color, a smooth and delicate pink. As it is entering, your body is shaking by what you are feeling, you are moved, My friends, this is love, true love. Imagine how the ray reaches your hearts, as its beating becomes more intense, this is love, my friend.

Breathe deeply again, be aware of the peace you are feeling, this is like a cloud covering your bodies, well-being is absolute. You are feeling the peace, true peace without any obstacle, because when you recognize the true love you feel true peace.

Enjoy it, my friends, because you have won!

Our intervention was decided not long ago. That happens when human beings from their within, began to look for something similar to love. They yearned for that feeling to live in peace. Even those human beings that seem not to look for love; deeply in their heart they need it like anybody else. The all humanity has wished it and has asked to feel this love,

although in some cases in an unconscious way and, for this reason, we have taken the decision to take part and to help you to ascend to live as enlightened beings.

We have made us know gradually and you have responded. Now the moment has to come to uncover the plan we have drawn, so that you can ascend towards the fifth dimension and to live like brothers.

We are waiting for you with love!

Peace is very important for this plan. When feeling love, peace between brothers, sisters, friends, individuals, problems will disappear, peace is going to reign and it will be so in all the planet, it will happen in the entire planet until there is not a single particle of hatred, anxiety or discordia among you. Peace is going to happen in the most bloody and cruel wars, the feeling of solidarity is going to arise again from ashes, you will help each other. The earth is going to give you the best fruits from the very moment you start to respect and to love her as she deserves. If you need it, we are going to intervene in the peace and reconciliation process between inhabitants of the earth.

What is love? What does it mean? How do we feel it?

The word love is very much used in your language. It is repeated constantly in your books and films; you shape in them a full life of love and true feelings of love towards others. It seems that you know perfectly the theory but changes drastically in your everyday life. When watching those films, reading those books, you wish your life to be that way, you wish to live with love and to feel the peace that this makes you feel, in order to feel this emptiness that you do not understand; although at the same time you yearn for that love, you think that this is unreal, but you must know that it is not, because this disinterested love exists.

Now meditate on the issue I am going to raise:

You all, without exception, although you do not believe it, you wish a better life like the one you represents in your films, where love and honesty prevail; but you think that this is impossible because many individuals outside are not good. At the same time, you think that you are different, but as safety measure you have to be careful because there are many bad individuals. This way, you see with love those individuals that deserve it because from your point of view they can be trusted and are good individuals. When you do this reflection, you are no longer basing your lifetimes on love as it should be. Your way to love others is

selective and thus, you will not obtain the life you have been waiting for, because this way you will never feel the peace.

Love is the disinterested feeling of wish towards something or someone without difference, you feel it the same way as happiness and peace.

Love is your essence.

X. - BEGINNING THE PATH

Today is a special day. Probably by the time you read this, some time will have passed by, but it is important that you know what means 12:12. Therefore, today, when this information is channeled is 12 December 2006.

What does mean 12:12?

Alignment, correlation of adequate facts and actions for the ascension. It is the day when a new energy descends, a new breach of energy will come to those who will be ready to vibrate to a higher level in the minimum possible space of time.

This is a turning point in time; this is the date where all the process begins.

The group is already made and prepared to help you overcome your fears that prevent you from evolving. They already have managed to overcome them and can help you.

From 12:12 the process begins. Thousands of humans are going to change their vibration. The earth will ascend with you in the same proportion, which means that the more ascended

humans it will be, the higher the vibration of the earth will be. As we already have said, it is the beginning and therefore there is still all the way through which can be more or less short depending on you, but keep calm because the pathway has an end and this end is the portal that will bring you to the fifth dimension.

We are going to coexist with you; some of us do it already. We are going to be able to help you directly, we will be there with you, we will never let you on your own, and therefore, you can be relaxed.

You must raise your fears and doubts because they will be answered soon; the solution is at your reach.

Do this process with joy and a lot of tranquility because those who will begin and overcome their doubts will live in full harmony. There is no much left to do compare with what you already have come through.

From now on everything is going to trigger very fast and almost without noticing it.

Many of you are going to be surprised because, unthinkable facts and situations will take place in your daily life.

You address yourselves questions that you never considered. You are going to feel new restlessness and emotion that are going to make you get to the starting point of your process.

It is clear that all of you that are reading this book have already experienced this restlessness and in the quest, you have found this document, which is an help for you because we, the Lemurians are the one who are talking to you to help you.

I, Adama, I am very pleased to be in charge to announce you so good news and I am waiting for you. We always have been here with you and we will continue to be. We never made any valuation, and will neither do it now, on whether the human being is carrying well or badly his/her process. Everyone will have his/her own and for some it will be easier than for others, but you all will overcome your fears. Be calm, because we are waiting for you with open arms.

From now on, the passing of time is going to be different for those who have started the process; time will seem to be lighter. This does not mean that you have the sensation that time goes quicker but the opposite, it is as if the passing of time did not weigh so much.

Your preoccupation for the passing of time is going to be disappearing and that is going to be reflected in our bodies, you are going to feel the necessity to take more care of yourselves because inside of you, you will know that life is going to be longer and better. As we already said, take care of this wonderful body and heal it from disease, the body is designed to survive and regenerate itself.

XI.- THE CHANNELS

We are going to explain you how the process is going to be.

There is a group of people destined to help you individually, there are guided by us. One of their missions is to channel this book so you start getting familiarized with the subject.

There will be some of you who will evolve initiating the process of the ascension with the knowledge of what is happening and how their lifetimes are going to change from that moment; for others it is going to be in an unconscious way, without knowing how they got to this point.

We are going to communicate with you through all the channels we have here in the earth, and which are quite a few, in the same way we have been doing it till now.

You already know who are the channels distributed around the whole planet, but you also know that you can also contact with us directly, you just have to try it, it is much easier than it seems. Many of you have done it all their life but did not realize it. Consider the possibility

that we may be those who talk and answer your doubts, our advices will never harm you nor the other because they are advices of love, thus, there are easy to identify.

Shortly we will present you the channels that already are helping you in your personal ascension process and in the rising of consciousness.

The work has been for long activated, initiated. There are channels that transcribe the information that we have been given to you. We have explained you the reality of what is to happen and now we are explaining you that you must begin to live the way you wish, without interferences. You all know us, our contact is continuous, we never stop from talking to you and we communicate in thousand ways: written messages, oral message, and dreams... from all different ways that you can understand us.

The human consciousness is changing very quickly, this means that the earth and the beings living on her are changing their vibration. Very soon you will notice that you are changing.

The channels are going to start to communicate among them because we think that it is the way it must be, the pieces of the puzzle that you are holding are going to fit and all of you are going to work each one with your own mission. Each one is going to be aware of the existence of the other, some have not come yet to light and they will now, because their moment has come.

All together we are going to help you, but first they will work and unite their strengths, we are going to help you to get in touch with them and get ready for the great mission that is waiting for you.

XII. TAKE THE DECISION

It is necessary to take the first step for the ascension of the body and of the Being of Light, it is time!

The indecisions nor the fears are no longer worth, it is necessary to make consciously the decision, because, first of all, your decision is already taken and, secondly, because this is nothing but the answer to the seminal fear you have to enlightenment.

The process has already begun and in your Being only must fit the joy and the happiness because you have succeeded after a great effort.

The human brain till now has a blockade, a veil. Therefore, it was impossible to imagine the existence of a life beyond the one you know, the existence of other beings at another level, that always have accompanied you and, moreover that are your brothers and sisters, was unthinkable.

This blockade was done consciously since it was not yet the moment for you to be aware of all the truth. In addition, there is still a lot to know, this veil did not let you know each

other in depth, you only perceived a part of yourself since you were not aware that you are a Being of Light; and there are still many of you that must take consciousness of it.

What does means to be a Being of Light?

Very simple, a Being of Light is someone who bases his life on love, therefore, darkness does not exist, and thus that is a Being of Light. Everyone in its interior has one, the only thing you must do is to strive to take out this Being of Light you have inside of you.

We are going to do a practical practice so that, through meditation, you make revive this wonderful Being that is always with you; some of you already have expressed it, but this is for those who still have not:

First of all, relax and visualize a great and green meadow, of a very intense green colour and immense. In this meadow one can breathe a great peace that you never felt before; this peace fills each one of you until arriving inside, very deep within you. Breathe deeply this peace and refuge in her, feel it all the time you need without rush, without interferences; the meadow is full of this peace. When you manage to feel this peace, love will come, it is so intense that you feel chills in all your body; every time it gets stronger, breathe it also and above all, feel it because it is wonderful, again take the necessary time to enjoy it. Record it in your consciousness and repeat it each time you need it, breathe this intense love again and again and do not hurry. When this love and this peace invade you completely, without any other feeling inside of you, look at your surrounding and you will see that at the bottom there is a great and intense light that is calling you, get closer to her and ask her who she is. This Being of Light in front of you is yourselves; you will recognize yourselves, your High Self, the Being of Light you carry inside of you. Enjoy this moment and be aware that it is very important to become aware of who you really are in order to live from this moment as Beings of Light. This Being is capable to change your lifetimes, to give them another sense, listen to him when he talks to you.

You can repeat this meditation whenever you wish. Thus, little by little, you will recognize yourselves easily, until the day comes where the meditation will not be necessary.

At the moment thousands of human beings are engaged in the quest of their freedom, they need it, but:

What does mean the word “freedom”? When is a human being free?

All of you think that you know what means this word, but when achieving the freedom you long for so, you realize that it was not what you were looking for, that something is missing.

What is it that thing which is missing?

Freedom is the memory of your enlightened life. You pass your life in the third dimension looking for something that really you do not know what it is and I can assure you that it is a memory.

Now the moment has come to meet again the freedom and to live as it should be, without any ties.

Your present life is marked by the memories of that other wonderful life that disappeared. With that loss other many lifetimes came making your life conditioned to the past experiences, therefore, you live without freedom.

The moment has come to go ahead, to live with freedom without the ties of the past and that all the good memories fill your lifetimes.

You already have found the way to erase the loads of the past and to go ahead, you have to wish it and better if you say it aloud; that is to say, loudly repeat again and again to get rid of the Karma in order to continue with your lifetimes with freedom. From this moment life will be easier.

Look into your heart and we will realize that you have received a gift, it is the possibility to live your life in the wished and longed for way, but without making mistakes.

Our mission is to journey you back home and at the same time to bring you the fortune to your life, the authentic fortune.

The channels are already grouping themselves and they will guide and inform you, they will disclose to you many hidden information that you cannot even imagine yet. Listen to them.

Soon there will be full of evidences of the evolution of your bodies and souls.

Time has come to help you because you deserve it. Our armies of light and peace are going to live together with yours, teaching them another type of fight, where destructive

weapons are not necessary, where pure love modifies the behaviours. Therefore, the weapons will disappear gradually to give step to the power of the mind as the unique and most powerful weapon, since she will destroy the dark past of humanity to give place to a new reality of peace and love.

During the year 2007 communications will be more fluid and the number of individuals able to communicate directly with us will increase.

The starting time towards transformation has come. As we already said, we are here because you are our brothers and sisters and we want to gather with you.

Channels, we remind you to communicate among you to finish this great puzzle, to compare your information and interpret it all together, to unify your strength; the others trust your great inner force because your are about going towards the promise earth. But, even so, you still have the journey to do.

Very soon we will be making ourselves visible to all of you in a way or another, in due time you will understand it.

Now be calm, the moment, the beginning of the process has came, you just have to trust. You already know that those who are going to help you will come to you, your will meet them in your way.

WORK PRESENTATION

A few words from *Adama*:

Probably you will be wondering what means to cross the portal.

Beloveds, to cross the portal means to return definitively to the reality you come from; to experience again your true essence of the purest love; to experience in your present lifetimes the great magic of life, the enormous pleasure to live knowing that everything is in its divine order, experiencing peace and harmony in all you do, peace and harmony in your lifetimes my beloveds.

To cross the portal, at this evolutionary moment in which we are engaged, means to free yourselves finally and definitively of everything that has bound you to an eternal suffering; to free yourselves from all bad, from all those energies that have manipulated you for eons taking you to experience a reality which does not belong to you, to free yourselves from a reality that does not exist.

To cross the portal means to finally become aware that another reality exists full of peace and love to which you can access in only an instant if you decide it.

My beloveds, to cross the portal means, to finally become aware that we are at the other side waiting for you in a reality where only the energy of Love can fit.

When finally you have crossed the portal, my dear brothers and sisters, it will happen that your lifetimes will have changed forever, simply because your vision of things will be totally different as nothing will condition you nor stick you to a reality of suffering; drama will disappear instantaneously of your lifetimes, nothing will torment you although apparently, nothing will have changed in your physical reality.

In that moment, my beloveds, when you will experience the joy of the reality that surrounds you without anything nor anybody to disturb your absolute inner peace, you could be sure that you have crossed the portal; and from there, your life will start to take a new direction that is going to take you definitively back home.

My beloveds, with Love we are waiting for you!

Adama

“The Golden Spiral Activation”

Beloveds, the new earth is already here!

Finally we can return to the lost paradise. That is our right!

We are channels of the energies that humanity needs to make the journey back home.

You just have to set your intention and the change will come to you, simply because now it is already the moment to do it.

During this wonderful work, first of all, we facilitate the liberation of those energies that we called domination energies, that have lived with humanity for millions of years and that prevented us from expressing ourselves as the wonderful Beings of Light we really are.

Secondly, we facilitate the liberation of the information of all the past experiences and, especially, the experiences of all our past lifetimes.

These experiences (along with the coexistence with the domination energies) have limited the freedom of the human being on earth, who always has lived conditioned to them.

Thirdly, and once made this deep cleansing, we facilitate the reception of the powerful energies that come directly from the center of the Universe:

- the energy of the Creative Cosmic Mother who is going to produce a deep activation at a cellular level in your bodies, which is going to impulse your evolution as human beings here in the earth;
- the energy of LOVE that allows us to remember our true essence, pure Love, and to feel the Peace;
- and the powerful Ray of Healing, that is going to inform all and every cells of your body.

During the work, we are going to be assisted by masters of light who are taking part at present in the process of planetary evolution.

The doors of the city of Telos and its Temples are going to be opened for us and, especially, we will go to the Healing Temple, where the physical body is going to be worked at several levels and our DNA is going to release all the restriction, transforming it into and DNA of light as part of our evolutionary process.

Finally, our Lemurian brothers and sisters are going to approach us to wake up in our heart “the memory of Lemuria”.

LIGHT AND LOVE

