

WHAT ARE YOU WEIGHTING YOUR PHYSICAL BODY? Message from
ADAM TYLOS Glory I Am

We are very happy to connect with you today and send you our great Love from the heart of TELOS.

Beloved, tune into your physical body for a moment. Your physical body is a temple that houses a part of your self-presence. Your Ascension is the full embodiment of your I am presence. The more you focus on placing your Self in presence, the more you can decide what you want to give to your physical body. You always have free will to choose how you want to experience your physical embodiment. Your thoughts, words, feelings, and actions are under the control of your experience. Sometimes there is a delay in your created experience, so it can feel like you are not in control of your experience. But you created it at some point.

If you want to take charge of your experience, start by asking what your physical body is being exposed to: are you giving it harmonious information, movies, and sounds? Are you providing nutritious, light-filled food? Do you like your thoughts? Do your words reflect what you want more of? Are you consciously bringing in energies from the Higher Realms of your Self's presence, Ascended Masters, Angels, Galactic World Families, and Telosians?

These energies of Light can greatly assist you in clearing old third dimensional energies and attracting higher dimensional energies for your Ascension. Here is an easy way to attract these energies:

Whenever you can seize the moment, simply bring your attention to your I AM divine presence by placing your hand in the center of your heart. Take a few slow breaths. Now give the command: "I call forth the energies of Light from my Beloved Self's Presence, Ascended Masters, Angels, Galactic World Families, and Telosians." Imagine a bright white Light coming from above, entering your head and filling your entire body and aura. From there, let it expand into your world. Stay with these energies for a moment. Then go about your day.

Do this as often as possible and watch your life change.

We protect your victory in the Light! Welcome home! We send you so much love... We walk with you on this journey and you are loved beyond measure.

I am your brother Adam of Telos

