

ABOUT LEMURIA AND TELOS :

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The Lemurian Age took place approximately between the years 4,500,000 BC to about 12,000 years ago. Until the sinking of the continents of Lemuria and later of Atlantis, there were seven major continents on this planet. The lands belonging to the gigantic continent of Lemuria included lands now under the Pacific Ocean as well as Hawaii, the Easter Islands, the Fiji Islands, Australia and New Zealand. Also lands in the Indian Ocean and Madagascar. The Eastern coast of Lemuria also extended to California and part of British Columbia in Canada. For a very long time before the fall in consciousness, the Lemurians lived in a fifth dimensional frequency or dimension, and were able to switch back and forth from fifth to third at will, without any problem. It could be done whenever it was desired, by intension and the energies of the heart.

The Lemurian race was a mixture of beings that came mainly from Sirius, Alpha Centauri and a smaller number of them from other planets as well. Eventually, as these races mixed together on Earth, they formed the Lemurian civilization. To say the least, it was quite an awesome mixture. Lemuria was really the cradle of civilization on this planet, the "Motherland" who assisted in the eventual birth of many other civilizations. Atlantis came about at a later time.

The continent of Lemuria thrived in a state of paradise and magic for a few millions years. Eventually, as a result of wars between the two major continents, great devastations took place on Lemuria and on Atlantis. Twenty five thousand years ago, Atlantis and Lemuria, the two highest civilizations of the time were battling each other over "ideologies". They had two very different ideas about how the direction of other civilizations on this planet should go. The Lemurians believed that the other less evolved cultures should be left alone to continue their own evolution at their own pace according to their own understandings and pathway.

The Atlanteans believed that all the less evolved cultures should be brought under sway and controlled by the two more evolved civilizations. This caused a series of thermonuclear wars between Atlantis and Lemuria. Later on, when the wars were over and the dust had settled, there were no winners.

During these devastating wars, people who were highly civilized stooped to quite low levels, until they eventually realized the futility of such behaviors. Ultimately, Atlantis and Lemuria became the victims of their own aggression, and the homelands of both continents became greatly weakened by those wars. The people, through the priesthood, were then informed that within less than 15,000 years their continents would sink completely. In those days, because people lived an average of 20,000 to 30,000 years commonly, they understood that many who have caused the havoc would live to experience the destruction.

In the time of Lemuria, California was part of the Lemurian land. When the Lemurians realized that their land was destined to perish, they petitioned the

Shamballa-the- Lesser, the head of the Agartha Network, for permission to build a city beneath Mount Shasta in order to preserve their culture and their records. In order for them to be granted the permission to build a city and becoming part of the subterranean Agartha Network, they had to prove that they had learned their lessons of war and aggression. They also had to prove this to many other agencies such as the Galactic Confederation of Planets. They also had to prove that they had learned their lessons of peace in order to be accepted again as members of the Confederation. When permission was granted to build their city, it was understood that this area would survive the cataclysms. There was already a very large dome cavern existing within Mount Shasta. The Lemurians constructed their city, which they called Telos, who was also the name of this whole area at the time, including California and a major part of the U.S. we now call the South West. Telos also included the lands North of Mount Shasta along the west coast, up to part of British Columbia. Telos means Communication with Spirit, oneness with Spirit, understanding with Spirit.

When Telos was constructed, it was meant to contain a maximum of 200,000 people. When the cataclysms started, only 25,000 people made it on time into the mountain and were saved. This number is approximately what was left of the Lemurian culture in the third dimension. Already the records had been moved from Lemuria to the underground city of Telos and the temples had been built. When the blast that destroyed the continent manifested, it came a bit earlier than anticipated, and this is why so many people did not make it "on time" inside the mountain. It is known that Lemuria, the beloved Motherland, went down overnight. The continent sank so quietly that nearly everybody was totally unaware of what was happening. Practically all were sleeping during the occurrence. There was no unusual weather condition that night. According to a transmission given by Lord Himalaya in 1959 through Geraldine Innocenti, El Morya's twin flame, he explained that a great part of those of the priesthood who had remained faithful to the Light and their sacred calling, like captains on a sinking ship, kept their posts, and fearless to the end, they sang and prayed as they went down beneath the waves.

"Before the Lemurian continent sank, the priest and priestesses of the Temples were warned of the coming cataclysmic changes, and various Focuses of the Sacred Fire were transported to Telos, and others were transported to other lands which would not be affected. Many of these Flames were taken to the continent of Atlantis to a specific location and were sustained there for quite a period of time by daily spiritual applications. Just before Lemuria sank, certain of these priests and priestesses returned to their homes on that continent and volunteered to go down with the land and Her people, giving the assistance of their radiation and extending comfort and fearlessness. They offered this help to counteract the fear, which always comes with cataclysmic action. These loving benefactors, by the radiation of their God controlled energies and their sacrifice, literally surrounded the auras of the people in a blanket of peace and assisted in creating a freedom from fear so that the etheric bodies of those lifestreams would

not be so severely scarred, thus saving those people in future embodiments, from having to experience greater tragic consequences” .

From Lord Himalaya to the “Bridge to Freedom” dispensation in 1959 said: “Many members of the priesthood placed themselves in small groups strategically in various areas and they prayed and sang as they went down beneath the water. The melody they sang was the same as is known today as “Auld Lang Syne”. The idea behind this action was that every horrifying experience leaves a very deep scar and trauma in the etheric body and cellular memory of the people, and it takes several embodiments to heal. Through the action and the sacrifice of those of the priesthood, choosing to stay together in groups and singing to the very end, much fear was mitigated, and a certain level of harmony was maintained. This way, the damage and trauma to the souls who perished was greatly diminished. It was said that those of the priesthood, along with the musicians, sang and prayed until the waves and the water had risen to level of their mouths. It is then that they also perished. During the night, while the masses slept, under a starry blue sky, it was all over; the beloved Motherland was submerged beneath the waves of the Pacific Ocean. None of the priesthood had left their post, and none had evidenced any fear. Lemuria went down with dignity!

“Auld Lang Syne” was the last song ever heard on the land of Lemuria.

The song they sang, some people on Earth have brought this song forth again through the Irish people, and very prophetic words have been put into it such as. “Should auld acquaintances be forgot”. Indeed, we are these old acquaintances reuniting again, those of us from the physical realm with those of our beloved ones, former friends and family members of Telos, “yet invisible” to our present sight, and hopefully, not for too much longer.

Hear this well in your heart my friends, these next couple sentences. Before our Beloved Lemuria sank completely, it was prophesized that one day, in some far distant future, many of us will gather again as a group and sing this song again, with the absolute knowingness that the “Earth’s Victory” is won. The time we are now living in brings the celebration of this long awaited day, and the fulfilling of that incredible prophecy. We are now initiating the beginning of the long awaited “Reunion”.

It is almost with tears in my eyes that I am letting you know from Adama that many of you reading those words were among those brave souls who sacrificed your life for the great benefit of the collective. Lets applaud your bravery then, and now lets rejoice for our return together, once again, to continue our great Lemurian mission of assisting the planet and humanity into her glorious ascension.

In Telos, one aspect of their mission has been to keep the balance and energies of ascension consciousness for the planet until such a time that surface dwellers can do this for themselves. Now the time has come for our two civilizations to do this together as “One Heart”.

Earth after the Sinking of the two Continents

At the same time Lemuria was going down, Atlantis started shaking and losing parts of its land, and it continued for 200 years, until the final stage, where the rest of the continent completely sank. For 2,000 years after the Lemurian and the Atlantean catastrophes, the planet was still shaking. For the Earth to lose two large land masses within 200 years, plus the planet was still witnessing the effects of the thermo-nuclear weapons, the Earth had suffered such a major setback and trauma, that it took several thousands years to balance out again and be hospitable. For hundreds of years after the destruction of both continents, so much debris had been thrown into the atmosphere that the Earth never became bright in daylight. The atmosphere became very cold because the sunlight was not able to penetrate properly through the thick toxic atmospheric debris and very little food could grow. A large percentage of the animals and plants perished.

Why is there so little evidence today of the remains of these two great civilizations?

The reason is that the cities on the planet that did not sink were shook to rubble, or were wiped out by earthquakes or by huge tidal waves that would often go as far as 1,000 miles inland and destroy most cities and habitations in their pathway. The human conditions in the civilizations that survived those cataclysms became so harsh and difficult by this constant earth activity and people became so frightened that the quality of life of those civilizations deteriorated very fast. For those who survived all those calamities, hunger, poverty and disease were their legacy.

The original height of mankind on this planet was approximately 12 feet tall. The Hyperboreans were and still are 12 feet tall and none of them live on the surface at this time. By the time Lemuria sank, the Lemurians were reduced to 7 feet tall and still are 7 to 8 feet tall to this day. And there has been still a further lowering of height on this planet, for most of us on the surface are 6 feet tall or less. As our civilization evolves, this will be restored. Even now, people on the surface of this planet are becoming much taller than they were only 100 years ago.

Government of Telos

In Telos, there are two forms of government. The king and queen of Telos, Ra and Rana Mu, ascended masters who are also twin flames, form one aspect of the government of Telos. They are the ultimate rulers of Telos.

The second form of government is the local Council, called the Lemurian Council of Light of Telos, consisting of 12 ascended masters, where 6 men and 6 women serve on the council to balance the divine masculine with the divine feminine. A thirteenth member, the head High Priest of Telos, at this time Adama, officiates

as the leader of the council to make the final decision when there is an even vote in the decisions made by the council.

Members of the council are selected according to the level of spiritual attainment they have reached, inner qualities, maturity and area of expertise. When a member of the council decides to move on to another level of service, the vacancy is made known to our people and those who desire to take a seat on the council may apply. All applications are carefully studied by the council, by the members of the priesthood and the king and queen of Telos. The king and the queen have the final word about who is chosen among the applicants to be on the council.

The City of Telos

Telos is a fairly large city, there are approximately one and one half millions of us living here. Also we are not divided in several villages and we all share the local government, many of us live in various areas. What we call the city of Telos is divided in 5 levels of several square miles beneath Mt. Shasta.

The first level: The large percentage of our people live beneath the dome on the first level. This is also where the administrative and public buildings and several temples are situated. In the center of this level stands our main temple, called the temple of MaRa, a pyramid shape sort of structure. It will seat 10,000 people at a time. This temple is dedicated to the priesthood of Melchizedek. The pyramid is white, with the capstone, called the “living stone” donated to us from Venus.

The second level: This is where all the production and manufacturing for the need of the people and the city takes place. It is also an area for several schools for the children and adult classes. Many more of our people live on that level as well.

The third level is consecrated totally for our hydroponic gardens where all of our food supply is grown on about 7 acres of land, producing a diet that is very interesting and fun, offering much variety. Our methods of gardening are so effective that seven acres of land is all that is needed to grow abundantly a very large variety of food to feed one and one half million people, creating strong, healthy bodies that do not age.

The hydroponic gardens are able to produce crops on a constant basis. We can grow food much faster, using advance hydroponic technology with very little soil and much water without the use of chemicals like you do on the surface. Our food is totally organic with the highest vibration. Our form of gardening does not need fertilizers and does not deplete the soil. We do place organic minerals into the water for the plants. Our crops are also enhanced and quickened by the great light, energy and love vibration of Telos. This is the magic of our 5th dimensional consciousness that you will soon discover, most likely in this decade or early on in the next.

The fourth level contains some hydroponic gardening, some manufacturing and a large area for nature, park like setting with small lakes and fountains.

The fifth level is totally consecrated to nature. There are tall trees, lakes, park types atmosphere and this is the place where we keep all our animals. In this nature level, many plants and animals have been preserved that you no longer see on the surface. Our animals are all vegetarians and do not eat each other. They live side by side in total harmony, without fear and without any aggression towards people and towards each other. Telos is really the place where the lion and the lamb lay side-by-side and sleep together in total confidence.

The New Lemuria

To all of you reading these words, let us say to you that Lemuria has never been totally destroyed as it has been perceived in your present timing. It still exists to this day in a fourth and fifth dimensional frequency, not yet visible to your third dimensional vision and perception. As the veil between those dimensions continues to become increasingly thinner, we want to assure you that in a not too distant future, your beloved Lemuria, in Her new Splendor and Glory, will reveal Herself to you in a very physical and tangible way.

As you open yourself up to a higher conscious way of living and purify yourself of all distorted and erroneous belief systems you have embraced in the last millennia, you will be able to perceive your beloved Motherland, once again, and eventually be allowed to step in to be received by Her with all the Love and Splendor She has now to offer. You will be invited to, once again, join us very tangibly in this place of paradise. At the time of the blast, Lemuria and what it represented to this planet was lifted into a 4th dimensional frequency. It continued to thrive and evolve to the level of perfection and beauty it has now reached with those who were able to come along at the time.

If this information brings tears to your eyes and opens your heart to heal those pains that have been buried within you for so very long, let it flow, let it flow. Allow the flow of your tears to bring healing to every part of your being. Allow yourself to really feel it, and embrace it in the heart through the breath. Allow all remembrances and pains to be felt fully without suppressing any. This is how you will bring forth your healing, increment by increment. As you inhale it through the breath, your GodSelf will dissolve and heal those imprints forever. Ask your Higher Self to assist you in uncovering those records that are holding you back from unfolding your new glorious reality.

In your daily meditation, we ask you to do this work faithfully until you feel a completion. Connect with us and with our Love heart to heart. You may ask for our assistance, and we will be there with you as you do this most important inner work. All of us in Telos are very eager to assist all those who will reach out to us in your heart. We are a civilization who has achieved great heart openings, and our vibration pulses with the Heart of the Divine Mother. Gradually, the deep-seated pains will be lifted and you will be much lighter. The clearing of this pain

will also assist you in perceiving much more of who you really are. It will allow you to make giant leaps into your full spiritual, emotional and physical resurrection.

The New Day, the New World is just about to be born. Many of us have learned our lessons of Love and the New Lemuria, the lost paradise, is just about to unfold again. Lemuria, the part that remained faithful to the Light and Her sacred calling was lifted up to the 4th dimension at the time of the cataclysm. It was never really totally destroyed, only the 3rd dimensional aspect of it was. Lemuria continued to thrive and evolve to a fifth dimensional awareness to this day, and exists fully in the higher dimension.

**And Telos, our beloved Telos and all the wondrous people
who live there, are our “Doorway” to this wondrous place.**