

**ADAMA DISCUSSES INNER EARTH LIFE**  
***One hundred wisdoms that can change the world***

***Part One***

1. Peace is a necessary factor for the human evolution/ascension and evolution/ascension is a necessary factor for the continuation of the human species.
2. Lower and higher realms are here so we may together find our way back home into higher dimensions of Light.
3. It is the destiny of humanity to have the freedom and protective environment necessary to allow us to evolve into the Light Being we are. This is what ascension is all about.
4. Humanity is receiving Light from Above and Below: Galactic Command and Inner Earth. We are between two great forces of Light.
5. Earth is a lover-versity; we are being schooled in life evolutionary processes.
6. Inner Earth Civilizations are connected to all solar systems in our galaxy. There are amino acid computers connected to the Akashic Records that convert teachings into readable data.
7. When we are truly ready, Inner Earth Beings will surface and merge with Lightworkers for the final stage leading to ascension.
8. Waves of ascension energy are being generated from the Creative Force of the Universe; these are in unison with God's Plan for Earth. There is a Divine Timing at play.
9. We Lemurians are hefty and strong having been on a vegetarian diet for the past 12,000 years. We are able to prolong our life for as long as we desire; knowing emotions and thoughts create reality. The fountain of youth is located in your emotions and thoughts.
10. Grow older in age with grace and dignity and maintain your physical prowess, agility and strength through conscious diet and exercise. Don't allow age to limit you or what people say. You are unlimited.
11. Ascension is about determining how long to remain in physical body before moving on.
12. Are you ready to adjust to your Immortality, knowing you can live forever?
13. When your vibratory rate reaches a certain frequency it triggers the light particles or photons in your body and turns on the Light in your body.
14. Lemurians work with the etheric body to restore lost limbs and body parts. All physical parts remain in their etheric blueprint.
15. Lemurians thoughts take us wherever we project them by being fully conscious of our thoughts; we project them out wherever we wish to be= Astral Projection.
16. You are never alone. We are working with you always, our thoughts and meditations join us= Telepathic Message.
17. Your planet is under siege right now. But the dark forces are being turned back and the Light is rapidly spreading around the globe.
18. You are all Light; As we are all Light; And soon our two Lights; Will merge into; One great Light; Of planetary Ascension.

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19. We Lemurians evolve consciously, this is the difference between our civilizations, as more become conscious, merging will take place.
20. It is spiritual evolvment that is causing the confusion and chaos on the earth, as those entities who are not prepared to evolve resist the energies that are pouring in. When Light is resisted, pain and confusion exists in the hearts rather than love, equality, harmony and balance.
21. You are made of pure white, golden Light from the Inner Heart of God. Most of you forgot this.
22. Your hundreds of thousands of lifetimes are merging and you are remembering you are waking up remembering who you are and why you are here. You came from higher dimensions.
23. To remember: focus on yourself; see yourself enveloped in white, golden Light of perfection and beauty. Know this is you. Know you are beautiful beyond words and perfect beyond sight. Bring this beauty and perfection into your vision and see yourself standing as the magnificent being you are!
24. Knowing that we are all truly one, in Lemuria we are one extended family, borrowing and sharing all we have.
25. In Lemuria, we practice unconditional love, knowing it will be returned many fold.
26. Living long lives allows us to apply knowledge into wisdom.
27. It is important to achieve immortality; you then have the advantage of putting all your accomplishments to use so you can experience a life of creativity and joy.
28. The purpose of life is to dream and in the dream to create all you've dreamed. All we dream, we create and all we create we honor.
29. The key to our success is the purity of our emotions and thoughts and our love for life.
30. In Lemuria, all food and commodities' are free. We do not think about money or taxes; our thoughts are free to roam the multiverse.
31. You have become slaves to a corrupt system of usury. You have given your power away and work long days to pay debt you really don't owe.
32. We believe in democracy and the right of all human beings to live in peace, with abundance in a system supported by justice for all.
33. Our positive emoting and thoughts project a protective layer around us that tempers the elements and brings us perfect weather.

Excerpts from: ***COMING HOME TO LEMURIA: An Ascension Adventure Story*** by Phillip Elton Collins, Co-Founder, The Angel News Network  
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