



TELOS-USA WINTER SOLSTICE NEWSLETTER 2025

Greetings from Telos,

The wheel of the year has turned once more, and we have arrived at the sacred threshold of the Winter Solstice in the Northern hemisphere, and the Summer Solstice in the Southern hemisphere. Solstice blessings to you both!

As the longest night of the year gently enfolds us, we enter the sacred portal of the Winter Solstice- a time of deep stillness, reflection, and rebirth. In the heart of Mount Shasta, the Lemurian city of Telos glows with crystalline light, offering guidance and love from the Inner Earth realms. Through the channeled teachings of Aurelia Louise Jones and the High Priest Adama, we are reminded that this season is not one of darkness, but of gestation, where the seeds of divine purpose are nurtured in silence.

Through the teachings of Aurelia Louise Jones and the gentle guidance of Adama, we are reminded that this is not a descent into darkness, but a sacred pause- a cosmic breath between cycles. It is here, in the hush of winter, that our souls are invited to listen, to dream, and to realign with the divine blueprint of love.

The people of Telos live in harmony with Earth's rhythms. They honor the Solstice as a time to deepen their connection to the Sacred Flames, to transmute old energies, and to anchor peace into the planetary grid. They remind us that each of us carries the light of Lemuria within- a spark of unity, compassion, and divine remembrance.

This year, as the world continues to shift and stir, we are called to be anchors of calm. The chaos we witness is not the end- it is the unraveling of what no longer serves. The Lemurian wisdom teaches that healing begins within. When we cultivate peace in our own hearts, we radiate it outward, touching the collective with grace.

Our friends and family in Telos invite us to:

- **Enter the Great Silence:** In the quiet of winter, we are called to listen deeply to our soul's whispers. The Telosians teach that silence is the gateway to higher consciousness and communion with the Divine.
- **Anchor the Light:** Though the sun rests, our inner flame burns bright. Our Telos family reminds us that we are keepers of the Lemurian flame, and our light helps uplift humanity during this planetary transition.
- **Embrace the Sacred Feminine:** The Solstice honors the womb of creation. Let us invoke the Divine Mother's presence to heal, nurture, and restore balance within and around us.

If you are inspired by the SEVEN SACRED FLAMES and the teachings of Aurelia Louise Jones, consider these practices:

- **Crystal Illumination Ceremony:** Place a clear quartz or Lemurian seed crystal on your altar. Light a white candle and visualize the Flame of Illumination awakening your inner wisdom.
- **Invocation of the Violet Flame:** Read the chapter on the VIOLET FLAME and invite it into your heart to lift your own spiritual transformation.
- **Solstice Gratitude Scroll:** Write down all you are grateful for this year. Roll the scroll and place it in your sacred space to anchor the vibration of abundance.

If Adama were to speak to us today, perhaps he would say, *"Beloved ones, the Solstice is a cosmic breath- a pause between the in-breath and out-breath of creation. In this stillness, you are held in the arms of the Divine. Trust the unfolding. You are never alone. The light you carry is eternal."*

As we prepare to release the old and welcome the new, we remember our Lemurian heritage: unity, compassion, and radiant love. Let this Solstice be a turning point- a return to the sacred, a renewal of purpose, and a celebration of

the light within. May you be blessed with deep peace, radiant clarity, and the courage to walk forward in love, and may the teachings of Telos guide your steps. “I cannot do all the good the world needs, but the world needs all the good that I can do.” Jana Stanfield.

KEEP SHINING YOUR LIGHT!

With crystalline blessings from Telos and the heart of Mount Shasta,

Rev. Jennifer H. Lutz

Board Member, TELOS-USA

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“Work with your emotions and become very aware of your thought patterns and your actions...invoke the Flame of Resurrection to assist you in restoring harmony in your Life and healing all your issues.”

Adama, The Seven Sacred Flames, Chapter Six

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***Don't forget you can buy [The Telos books](#) and [The Seven Sacred Flames](#) book from

[Mount Shasta Light Publishing](#)

Reminders:

Telos Weekly Conference Call: Facilitators: Marie Phillips and Sue Parry. New topics weekly. The Teleconference Number is: 1-712-775-8972; Code: 445613 For more information: www.telos-usa.com

Global Ascension Ceremony Every 3rd Thursday of the month. Next ceremony March 21st.. Please contact Marie Philips mariep@comcast.net or Sue Parry suemparry@uwclub.net for instructions and more information. A lovely experience!

2nd Saturday Prayer Call

Join Marie and Sue every 2nd Saturday for a Prayer Call. Facilitators: Marie Phillips and Sue Parry. New topics weekly. The Teleconference Number is: 1-712-7758972.

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Study Groups and Ascension Ceremonies Check Telos-USA for groups and ceremonies that may be in your area. If you are interested in forming a group or creating a ceremony, please contact us and we will be happy to assist you.

Wishing you all a Magical Winter Solstice~

The Telos-USA team