



Dear Friends,

As the Spring Equinox arrives in the Northern Hemisphere, we pause at this sacred moment of balance- where day and night stand equal, and the Earth turns gently toward the light once more. At the same time, the Southern Hemisphere enters the Autumn Equinox, honoring the wisdom of release and the blessings of harvest. Across the globe, this shared equilibrium reminds us that every being, in every season, is held within Earth’s harmonious design.

This year has already brought movement and change, both in the world and in our personal lives. It’s natural to feel both beauty and uncertainty. Yet through it all, Mother Earth offers us a steady place to return to- her grounding presence, her quiet guidance, and the strength that rises when we choose love over fear.

Spring invites us to reconnect with what matters most: kindness in our daily interactions, gratitude for simple blessings, compassion for ourselves and others, and care for the Earth that sustains us. Each small act of love helps shape a more peaceful tomorrow.

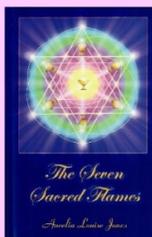
We are also supported by the wisdom of Adama, High Priest of Telos, whose messages, shared through the [Telos books](#) by [Aurelia Louise Jones](#), remind us that we are part of a vast family of light. His teachings encourage us to cultivate inner peace, honor the Earth as a living being, and walk gently with presence rather than perfection. Every act of kindness becomes part of the greater healing of humanity. Consider using one of these affirmations in your daily prayers:

- I root myself in the love of Mother Earth.**
- I welcome renewal with an open heart.**
- I breathe peace into this moment and into the world.**
- I choose compassion, clarity, and hope.**

May the returning light bring warmth to your spirit and peace to your home. May Mother Earth hold you gently and remind you of your place in her unfolding story. And may your days be touched with kindness, your heart with courage, and your path with clarity.

KEEP SHINING YOUR LIGHT!

Rev. Jennifer Lutz
TELOS-USA Board Member



*“The Power of Resurrection...
Be bold and start bringing forth all of your dreams;
it is time to make them come true!”*

Lord Sananda and Lady Nada
The Seven Sacred Flames



***Don’t forget you can buy [The Telos books](#) and [The Seven Sacred Flames](#) book from
[Mount Shasta Light Publishing](#)