



**Honoring the Light in All Seasons**

Beloved Telos Family,

As the Northern Hemisphere enters the radiant embrace of the Summer Solstice, we celebrate the longest day of the year, a time when the sun blesses us with vitality, expansion, and illumination.

Meanwhile, our beloved brothers and sisters in the Southern Hemisphere step into the Winter Solstice, a sacred season of introspection, inner warmth, and deep spiritual listening.

In the Lemurian teachings shared by Aurelia Louise Jones, we are reminded that every season is a teacher. Summer invites us to shine outwardly; winter invites us to shine within. Both are expressions of the same divine rhythm.

**A World in Transformation**

Our planet continues to move through waves of change. Many feel the shifting energies, the uncertainty, and the rapid evolution of consciousness. The Masters of Telos remind us that these times are not signs of collapse, but signs of awakening. Humanity is learning- sometimes awkwardly, sometimes beautifully- to return to the heart.

At this Solstice, we are invited to:

- **See the sameness in all beings**, even when differences appear loud.
- **Choose compassion over reaction.**
- **Hold a steady field of love**, especially when the world feels unsettled.
- **Remember that unity is our natural state of being.**

As Aurelia often emphasized, love is not merely an emotion; it is a frequency, a choice, and a path of mastery.

*In TELOS, VOLUME 3: Protocols of the Fifth Dimension, (Foreword)- Adama said:*

*“We, the Masters of Light, are giving you, through the simple teachings of this book, all the keys you will ever need to make it all the way to your Ascension... It is now up to you to decide what you will do with this. Will you read it only once and say ‘this is interesting’.... Or will you take this information to your Heart, seriously studying profoundly and with full commitment, the simple magical keys that will evolve your consciousness to a fifth dimensional being? As you unlock those simple but precious Keys of Wisdom within the heart, we are waiting for you on the other side, to receive you in the arms of Love.”*

*Adama, Ahnahmar, and the Lemurian Goddess.*

*In TELOS, VOLUME 2: Messages for the Enlightenment of a Humanity in Transformation (CH.12), the children of Telos add: “We send our messages of peace and understanding through every flower that greets you, and every bird song along your path... When we sing, you hear words long forgotten that you once sang. You wander through what you think are bleak times and yet they are in fact, the brightest. For the song has started anew and once begun cannot be stopped.*

*The family and friends from Inner Earth and distant stars that you hunger to rejoin are already singing with you...”*

Whether you are celebrating the warmth of summer or the quiet glow of winter, may this Solstice bring you peace, clarity, and renewed purpose. May your heart expand with compassion, and may your light touch the world in both gentle and profound ways.

**KEEP SHINING YOUR LIGHT!**

Rev. Jennifer Lutz  
TELOS-USA Board Member



“You know that intention creates reality...It is important at this time that each one of you becomes an ambassador of love, peace and harmony for yourself, for humanity and for the planet... The time to be silent in your cocoon is over. You all need to shine your love, your light and your knowledge to all of those on your pathway. “ *Adama*

*Telos Vol. Revelations of the New Lemuria*



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

[Mount Shasta Light Publishing](#)

**Reminders:**

**The Telos Teleconference Calls have come to a close.** The last 3 May Calls are recorded and available through the month of June. Use the following phone number and code to listen to the lasts 3 recordings:

1-302-202-1115 Code: 21444560

With heartfelt gratitude to Marie Philips and Sue Parry for their dedication, commitment and service all these past years. Love and Blessings to you on your journeys!

**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 Telos-USA.

Wishing you all the magic of this season ~

The Telos-USA team