



Greetings Everyone,

As the wheel of the year turns once more, we arrive at the sacred threshold of the **Fall Equinox**- a moment of perfect balance, where day and night stand as equals. In the **Northern Hemisphere**, we step gently into autumn, the season of release, reflection, and harvest. Meanwhile, our beloved brothers and sisters in the **Southern Hemisphere** open their hearts to **Spring**, the season of renewal, blossoming, and new beginnings.

In Telosian teachings, the Equinoxes are portals of harmony- times when the veils thin and the energies of Earth align more closely with the frequencies of the higher realms. These moments invite us to pause, breathe, and consciously choose the vibration we wish to carry forward.

Northern Hemisphere: The Autumn Harvest of the Heart

For those entering fall, this is the season of **gathering**; not only the fruits of the physical world, but the subtle harvest of the soul.

This is the time to ask: What love have I cultivated this year? What compassion has grown quietly within me? What wisdom has ripened through my experiences?

The Lemurian way teaches that every thought, every kindness, every moment of forgiveness becomes a seed of light planted in the collective consciousness. As we harvest these inner gifts, we are invited to share them generously, knowing that what we offer in love becomes nourishment for the entire planet.

Southern Hemisphere: The Blossoming of New Light

For our Southern Hemisphere family, Spring arrives as a joyful reminder that life renews itself endlessly. Buds open, colors return, and the Earth sings her song of rebirth.

This is the season to ask: What new expressions of love wish to bloom through me? What fresh intentions can I plant in the garden of my heart? How can I embody more gentleness, more hope, more unity?

The Lemurian teachings remind us that every new beginning is an opportunity to anchor higher frequencies into the physical world. As you step into Spring, your blossoming becomes a blessing for all humanity.

A Planet Ascending Together

Though our hemispheres move through different seasons, we are united in purpose. Whether harvesting or blossoming, we are participating in the same sacred work: the elevation of Earth into a more loving, compassionate, and awakened planet.

The Masters of Telos often remind us that ascension is not a distant event; it is a collective unfolding, shaped by the choices we make each day: choosing kindness when judgment arises, choosing understanding when differences appear, choosing peace when chaos tempts us, choosing love as our first language

Every act of compassion becomes a beam of light that strengthens the planetary grid. Every moment of forgiveness dissolves a layer of density. Every expression of gratitude lifts the vibration of humanity.

We are not waiting for the New Earth. We are building it- through our hearts, our thoughts, and our willingness to embody the Divine within us.

A Unified Blessing for Both Hemispheres

To those in the North: May your harvest be abundant, filled with clarity, healing, and the gentle release of what no longer serves your highest path.

To those in the South: May your Spring be radiant, filled with new dreams, new courage, and the blossoming of your soul's deepest truth.

To all of us, everywhere: May we remember that we are One family- Lemurian at heart, Divine in essence, and united in our shared intention to uplift this world into a realm of peace, harmony, and unconditional love.

KEEP SHINING YOUR LIGHT!

Rev. Jennifer Lutz
Telos USA Board Member

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The heart that beats in your body is the same as the Heart of Lemuria.

Listen to it and treasure it.

You are not incomplete and you are not incapable  
of becoming this Heart with your entire being,  
and of vibrating this frequency

throughout your entire beingness ~ Adama

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

[Mount Shasta Light Publishing](#)

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 everyone the Blessings of the Season!

The Telos-USA team