

## **ANCIENT AWAKENINGS – PREPARE FOR CHANGE**

January 13, 2019 Sunday Conf. Call  
James and JoAnna McConnell

### **SANANDA** (Channeled by James McConnell)

I am Sananda, and I release this one now to another who would join you.

All of my peace and love be with all of you for all time.

### **KARA** Channeled by James McConnell)

I am Kara. I have not spoken through this one or to this group before. I have asked permission to be able to do so, that I would come as a representative of the Pleiadian fleets,

I say pleural in fleets, because there are many of us circling the planet now. We have been here for some time. We are indeed coming closer and closer to your reality here on the planet. We have been watching and waiting for the opportunity to be more fully involved with all of you. Because in many respects, we are you, and you are us.

And I say I am a representative of the Pleiadian fleets of the councils, Pleiadian council. I come at this time to prepare you for what is to come, for what this group is being prepared for, and many who would listen or read these words after. You are being prepared for those times where we make the connection with you. For it must come before the event. It must come before the many changes. That we would become more associated with you, more closely with you. And yes, indeed, even some of you will be invited upon our ships.

Those times are coming, and you have been being prepared for this. This is why I come and speak at this time, to inform this group, many of you within this group, as well again as many who would hear and read these words after.

You are being prepared for those times where we can be together in a more physical fashion. Not in your current vibration, but in a vibration that you are moving toward. Because as you continue to raise your vibrations, then we are able to lower ours somewhat to meet you, what you call “meeting half way.” We are in the process of doing that.

There are many functions, you might say, that are happening at this time, many programs that are being run. Each time one of the programs that we are working on, one of the part of the plan, when that is finished, then we move to the next stage.

That is where we are now. We have just moved to the next stage. That stage is the preparation. The preparation for welcoming those of you who would be called to come and be with us more fully.

It is a choice on your part, yes. But it also requires a matching, a matching of vibration. If you can match our vibration, and we can match yours, then we can have this more full connection--not at the 3D level, but at the 4D level.

That is where many of you are residing now: in the fourth dimension. Many of you are finding those things that you wish for, that you ask for are coming true much, much quicker. Even those things that you *don't* want are also coming through quicker. So it is important now for all of you, as you continue to raise your vibration, to continue to control your thoughts, learn to still the mind, so that the connection between you and your higher self can become stronger and stronger. When that occurs, when you have more fully connected with your higher God self, that is when your vibrations will be high enough to match ours.

It is not only we, the Pleadians. There are many of the fleets of the many different civilizations: Serians, the Arcturians, the Andromedans, and so on. Many are preparing in various stages themselves for this ascension process that is underway now. Yes, you are going through a transition and will continue to do so. But as you are going through this transition, you are also moving through your ascension closer and closer to that moment, and you will realize fully who you really are. In that moment, you will fully connect with your higher God self. The integration will be complete. You will move through the ascension in those moments.

Prior to this, leading up to this, is all that I speak of now. Many changes that are happening here on the planet, some yet still behind the scenes, but all of it, is coming forward. All truth is coming forward to be revealed. Nothing, no rock, will be left unturned. All will be revealed. Trust in that. Trust in yourselves. Trust in the great plan that is forever working on behalf of the consciousness of man.

I am Kara. I leave you now in peace and love, and a sharing between us that holds no bounds.

**ONE WHO SERVES** (Channeled by John McConnell)

Om, mani, padme, hum; om, mani, padme, hum, hum, hum. Greet to you. One Who Serves here to follow through on that.

But before we do, we have something we wish to share with you. It has come about as a result of something that is occurring with certain members here within the group, we will not say who at this time. But there are ones who are experiencing a loss of different types. And this is part of the transition that you are moving through. Yes, there have been always those losses that happen.

But they are going to increase, we can say here. Not to create fear, here, but to prepare you for what is coming. Because the changes that are coming upon you and the vibrations as they continue to raise, and these waves of energy, are going to cause a schism, you might say, between those who are ready to move on through this transition, and those who are

not. And that can include not only your human friends, but also your animal friends as well. For they are sensing—these animal friends--are sensing the changeover that is coming. Some will want to be here through it and others do not, and that is their choice as well. So do not think it is anything that you are doing or not doing or whatever. It is simply a process of evolution that is happening.

Now, when those ones pass on and go to wherever they would go, whether it be animal or human, wherever it might be, you will be reunited with them at another time. If it is the Animal Kingdom, they are absorbed, you might say, into an animal soul. But that individuality within them continues on. It continues on within you, within your heart, within your memory. But it also continues on as a spark of the whole. And that spark will be reunited with you at another time. It may bring all of the ones that you have had, all of those loved ones that you have had before into one, and you will understand that at that time when it comes.

So do not despair. Everything is a part of the greater whole, the greater plan, here. A part of the greater transition that you are moving through. So allow for the process, be in the now as much as you can, and realize that everything is indeed being orchestrated.

Do you have questions here for One Who Serves?

**JoAnna:** We have a question from the email audience. It is a two-part question. The first question is: "The alternate media on YouTube is reporting that military tribunals have already started in various secret places across the country. Can you comment further—true or false?"

**OWS:** That is certainly accurate. They have begun in various respects and will continue on. Much of it is, as we say always, is behind the scenes at this time, but as Kara said, and others have said previously, all will be revealed, all is coming forward to come back to the consciousness of man. The truth will be told. The truth will come forward. As the saying goes, the truth is out there, and you will receive the truth as it comes along more fully. As vibrations continue to rise, as consciousness continues to rise, then those who are ready for it will be able to handle the truth. Okay?

**JoAnna:** Yes. And then the second (actual there are two more questions on this page): "Is martial law highly probable to occur in the U.S. in 2019 and, if yes, what is the rationale?"

**OWS:** Martial law, as you are knowing it, is not necessarily to happen in the sense that you would expect it to. You see, everything happens for a reason. But everything is not always as it seems. So know that even though this could occur, of course it is all based on probability and possibility at this point. And looking at this in the exact moment now, it is not very probable. But it could change based on circumstances, based on consciousness of man both here in this country as well as worldwide could bring about the change here as it is necessary to curtail those efforts of the forces of the darkness that still exist but have been largely curtailed at this point. Largely their power has been taken from them.

**JoAnna:** Okay, and the last part of this is: “That said, it is fair to say that the RV will happen when everything is safe?”

**OWS:** The RV, your revaluation, will happen when it needs to happen, when it is time for it. We cannot give certainly any date here, but it will come as a result of man’s consciousness rising across the planet, and this is moving in that direction toward it. We cannot say it is tomorrow or next week, or even next month, but it is coming, and is a part of the transition as you continue to move through this entire process.

**JoAnna:** Okay, one more question. This person came across a video that showed something huge hitting the earth on the 3<sup>rd</sup> or 4<sup>th</sup> of this month. He said just watching the video of our magnetosphere, even I can see that something huge happened. Can you comment on that?

**OWS:** Something huge happened, and something even “huger,” if that is a word, is happening even now and coming even more so. The waves that will happen are here, and they are more fully on the way as well. So you will notice these spikes in energy. If they can be measured by physical instruments, they are going to be recorded as energy spikes that are coming into the planet because of these waves of energy.

You must understand that the entire solar system, and even the galaxy, is moving through parts of the universe that it has not been in for a very, very long, long time. And this part of the universe that the galaxy is moving into is bringing all of these new energies to the planet. And it is all part of the great plan and the orchestration that is in the works here.

**JoAnna:** Okay. Thank you so much. That’s it for the email.

**Guest:** I have a question.

**OWS:** Yes.

**Guest:** I have been noticing something unusual in the sky that I haven’t seen much before. It started on the way to the crater. Now I have moved to a different area, different city in Arizona, and I have noticed it in the sky here. I don’t think it’s chem-trails, but it kind of looks like that. But they are all circles in the sky, like donuts, and I don’t see how that is or what that is.

**OWS:** What you are seeing Dear One, is what we have spoken of with you before, and your tendency to be able to see energies, as others cannot see. But up to this point, you have not believed in your ability to do so. You have not fully allowed for this process to take affect here for you. But you are seeing those glimpses that we have been speaking of for some time now, and you will continue to see them, because you see energies that many others do not see. And the more that you trust it and believe in it, the more it will increase for you. And as these energies that are being shown to you, or that you are able to have revealed to you now because you are beginning to trust, these energies will take on a meaning to you, specifically to you, as they continue to show themselves for you.

**Guest:** Okay, thank you so much.

**OWS:** Yes.

**Guest:** I have a question. First of all, I want to acknowledge that I am receiving more guidance and information in the dream state from my guide, and so I really appreciate that.

My question is two tiny questions that are related together, and I think they are related to a purging process I am going through a purging of perceived pain that my soul still remembers from the perceived or what we think is some separation from the soul family or the Galactics. There is no separation, but we perceive it, and we feel the pain out of it.

So on Friday morning I woke up with a memory of a dream. Among other things and other people in the room, there was One Who Serves represented in one very, very old being, and he called me to go walk closer to him in a way that made me feel that I am special, but not special from the ego 3D side. This has no relevance to our experience.

Saturday morning, yesterday morning, I realized...

**OWS:** Hold please. Is there a question there for this?

**Guest:** Yes. So the question is, did this really happen? This connection is getting closer to One Who Serves, or what is it exactly?

**OWS:** What we can tell you is your connection is becoming stronger as you become stronger in terms of your ability to believe in yourself and believe in those things which are coming to you, your connection to your higher God self, as well as connection to various guides that are attempting to reach you and be more fully with you, whether it be through us, The One Who Serves, or whoever it might be. These connections are becoming stronger for you as you continue to allow it, as you continue to believe it.

Believing is seeing, and this is what you need to come more and more to understand. Not only you who is asking this question, but to all of you. All of you: begin more and more to believe in those thoughts that are coming to you, those may even be in terms of sounds, or various types of indications that there are messages coming to you, and begin more and more to trust those messages—not the messenger, but the message that comes.

And if the message feels right, if it resonates within you, then take it within you and run with it, as the saying goes. Okay?

**Shoshanna:** (Channeled by JoAnna McConnell)  
Shoshanna wishes to share with this one.

**OWS:** Yes.

**Shoshanna:** My Dear Sister, we find that your vibration, and your energy, and your level of enlightenment at this time in your movement as the being that you are is drawing the energy of the ancient wisdom to you, and you must recognize this as a beautiful gift to you through your dream. It is your mind, the one that is the third-dimensional mind, that doubts the experience when your higher conscious-knowing mind is giving you this gift of enlightenment. Do you understand this?

**Guest:** Yes.

**Shoshanna:** You must be in gratitude for this dream.

**Guest:** Wow. Thank you so much, Shoshanna.

**Shoshanna:** Namaste, my lovely beautiful sister.

**Guest:** Thank you.

**Another Guest:** Hi One Who Serves, I have a question. I was so resonating with Kara. I just love that name, Kara. Kara mentioned that the light forces are going into this next level, this next system of events. The reason why I am asking this question is, I was told the other night in meditation by Ashtar Kari, that there was a very big meeting (he said grand conclave) that was taking place, I guess regarding the next level of everything that is taking place. Do you think because of this meeting that took place, this is why Kara came through? For me, it was not a coincidence, that this very, very big meeting—everyone of importance was there, many light beings were there, it was somewhere in the Andromeda system, somewhere that has a binary star system, there were 16 planets, and there is a Federation planet there, and this is where this meeting took place. Do you think that has something to do with it, this next level of sequence of events, because of this meeting?

**OWS:** First of all, in order to answer this question, you must first understand that there are *many* meetings that are occurring, many councils from many different civilizations that are meeting on a regular basis. But from time to time there is a greater meeting: one that calls for many more to come to the tables, and this is what has occurred here because of the changes that are developing very rapidly now, we might say, here on the planet, and even more than what you would call the outer influences here on the planet, but what is the inner influences, those changes that are happening within the collective consciousness of man at this time. And this brought about this greater meeting, as you are saying, to initiate the next phase, as is what is being said, here. And that next phase *has* been initiated and is in process of being implemented at this time.

**Guest:** Oh, this is wonderful. Yes, a great bit meeting. Yes, many meetings he said, but this one was very important. They are all important, but this was a *grand conclave*. So this is wonderful, thank you for validating that for me, and wonderful next level of awareness.

**OWS:** Part of this phase that was shared by Kara is that they are preparing for the contact, you might say, what you could call first contact with those of the Lightworkers, -

warriors. This is being discussed and worked toward as to how it can come about. You heard about this, many of you, through the one, Cobra, before who is also associated with the Pleiadian fleet, and it was given to him at that time that this was being prepared.

**Guest:** This is wonderful. I felt that it would be something to do with that next level of first contact with the Lightworkers. So that was validation for me, and that's wonderful. The next level of the way this is all going. So this is beautiful. Thank you. I love you so much for validating that, and it was truly wonderful to hear Kara come through today. Beautiful. Thank you much. And I love you, Shoshanna.

**Shoshanna:** Namaste, Dear Sister. May we share something with you?

**OWS:** Yes, please.

**Guest:** I love to hear you come through.

**Shoshanna:** We see for you the vast enlightenment that you have achieved is so apparent to all that you reach out to. We hope that it is apparent to you. And what we see for Kara, as we see her in our vision, this is a beautiful Pleiadian goddess who has so much light around her that some would be blinded by it, and we see her as part of your family, and that she is in your presence as well, and that is why you resonate so strongly to this name. Namaste.

**Guest:** Oh, thank you so much. The moment Kara came through, I thought, "Oh, I know you! I love you!"

**Shoshanna:** Yes, you do.

**Guest:** Wow. Thank you. I love you, Shoshanna, thank you so much. I love you One Who Serves, thank you so much.

**Shoshanna:** Well, we love you so much.

**OWS:** Kara is also telling us here that one thing she did not say is that she is very connected to many of you who are here on this call. Many of you do not know her directly by name at this point in your conscious knowing self, but you know by vibration, and she knows you by your vibration as well. And that connection will come about more fully as the transition continues on.

Would there be other questions, here?

**Guest:** Yes, One Who Serves. Yesterday in my meditation time and visualization time, I was taken to I think it was Inner Earth to this beautiful building, which I had seen before. It is kind of like a coliseum. I was with my twin flame and my guide. It is kind of like an open coliseum, and there is all this light that comes down in this one area that totally fills you up with the light. And it was almost like a celebration there. I was being reconnected with

people. I don't remember exactly who they were, but I could get a sense that we were having a big celebration, a big party, and it had something to do with when I went into that light, when there was just tons and tons of light emanating out of me almost like a sun, or something, and I felt like there was some kind of initiation or like one passes into another place. I was just curious whether this had to do with Kara or with me going down to the Inner Earth to be with my twin flame, or with the mercaba. I was also given the name "Leilani." Which I believe might be the name of my soul, my soul name—can you shed any light this?

**OWS:** We cannot give you confirmation on your soul name, as you are saying here, for that is only for you. But we can say that you are on the right track in terms of other things here that you are experiencing.

But this is only the beginning, Dear One. You are going to experience much, much more of this as you continue to allow for it. That is for *all*, here, as well again. We keep saying it is mostly like the same things over and over and over, but that is because it is important for you to come to understand that the more that you believe, the more that you will continue to see, the more that will continue to manifest for you in various ways. And this is what is occurring here at this time.

More and more of you will begin to see, hear, feel, and remember all of these things are coming to you. So this is part of the continue to fasten your seatbelts. This is what we keep saying. Not only for those things that are happening outside of yourself, but those things which are happening within as well. Okay?

**Guest:** Ok, thank you so much. Thank you, yes.

**Another Guest:** Hello One Who Serves. I would like to give gratitude to Kara. I felt just great kinship with her and a deep knowing. And I had spent time communicating with Sim Yas this past week and last week, and within dialog and also great meditation regarding those teachings that she gave years ago. In my dream state or during the nighttime I felt like I had been part of some councils over the past week that were Galactic councils and Pleiadian councils, and I was wondering if I am reading that correctly. I will just listen for the answer. Thank you.

**OWS:** You are most definitely reading that correctly, as you are saying. It is not so much at your conscious-knowing level, for there are many times when you are experiencing these councils in various ways and types, but it is happening in your dream state, in your meditative state, and even sometimes in your waking state. And this is indication of your coming back more fully to remember who you are. You have come to some memories of this, as we are finding it here, and this is going to continue. Again, as we speak to one, we speak to all. All are going to experience much, much more of these types of things, and it has to do in many respects with Sananda has given previously several times about the 12 and the 12, the councils, the various tables. That is what is coming. We cannot give you too much more information on this until that time or that vibration when it is ready for then. But you are coming closer and closer to that.

**Guest:** Okay, great. One other question: James had a hit about a week ago and mentioned that a possible life that I had was Akhenaton, the great rebel pharaoh. Is this true?

**OWS:** We are always reluctant to give indication here as to correctness of these types of things, but in your case you are coming to understand these things for yourself. Although we will not say yes or we will not say no, here, because that is something that you must more fully come into contact with.

We would suggest when you have the opportunity to do the multi-level awareness technique through the James here, and you can connect to this directly and understand not only this, but other ones as well.

**Guest:** Very Good. Well it definitely resonates with me, and I will do that with James. Thank you.

**OWS:** Shoshanna, do you have something to say?

**Shoshanna:** Yes, Shoshanna wishes to share.

**Guest:** Yes, Beloved.

**Shoshanna:** Shoshanna wishes to share something with you that you may be completely aware of and perhaps not. Your clarity of mind and your thought processes in this time in your situation has become very clear for you. There is much clarity in your life right now. There is much clear-headedness. And we find that you are following your journey and following your heart which creates for you this clarity of mind and thought processes. The only challenge that you will have, as all third-dimensional beings have, is to doubt themselves. You must find and complete each pathway and each step on your own and take your own council, My Beloved. That is all.

**OWS:** Yes.

**Guest:** Yes. Thank you very much. I'll take that to heart, Shoshanna. Thank you. One Who Serves, thank you. So much love. And Kara, thank you. I love you. Thank you for coming in for this group.

**OWS:** Very good. Would there be other questions, here?

Then we are ready to release channel.

We wish to say here, an indication as you have come to prepare for your next Advance, we are saying now since that has already been in preparation by those of you, this one James and JoAnna as they are beginning to prepare for this. We can tell you that we have been preparing for this for a long time, just as we do each one before this, we have been preparing for this next one as well. And there are things that are coming that we cannot

say yet at this point, but by the time you reach your next Advance, you will understand what we are saying in terms of things coming. And those things that are coming are very much going to relate to your next Advance, here. Okay? That is all we can say at this time. But more to come as we continue this process.

**Guest:** I had a question, I couldn't get my mute off.

**OWS:** Very good. We take one more question then, and then we release.

**Guest:** Okay. I sent everyone this morning a channeling by Archangel Ariel. He was speaking of the pole shift. He was saying that Wormwood is the twin of our sun, and that Nibiru revolves in an elliptical orbit around Wormwood, and that when it does come close to our planet that that is going to be part of the actual ascension. I am just wondering if you can confirm some of that.

**OWS:** Yes. What we can say here is what you are speaking of was in the bible. It has been predicted for a very long time. It was originally, though, predicted in terms of end times in terms of many earth changes that would come as a result of this planet, and the connection in the solar system, and the galaxy, and all of these things. The celestial connection, we will say.

This has been largely altered, here, as a result of man's consciousness. Man's consciousness is directing all of this, what is coming to the earth, what isn't coming to the earth, and all of these things. And as man's consciousness continues to direct this, those of the Galactics and those that can work with these forces, can then work to either bring about or to hold off various types of situations that can occur or were going to occur.

But you also understand now more and more about time lines. And you have been creating new time lines, here, which do not contain the earth changes that were spoken of that would be created by this one called Wormwood. But understand that it is an altered change, you might say, from what *was* going to be, to what is coming now. And you are correct in terms of this has led directly to your ascension process. But it is not just the ascension of a small portion of the planet any longer, it is now a full ascension of *most* of the planet's population as they are ready for this. Again, this will come in waves of ascension—not all at one time, but in three or four waves of ascension, as we find it here now. Okay?

As to the second part of this. You are correct in terms of the second sun. And the second sun is already there. It has been there, it is just not visible to the naked eye. But it is visible to your third eye. As your third eye continues to reintegrated, you might say, then this will bring about the shifting that will be created enough to begin to see this second sun. It is there. You can see it with your third eye now, but it will become more and more visible to all because as you move through into these higher vibrations and higher dimensional realities, it will then become completely visible to those who are in those higher dimensions. Okay?

**Guest:** Yes, thank you. I heard that was a blue sun.

**OWS:** That can be correct, yes.

**Guest:** Thank you very much.

**OWS:** Anything to add, Shoshanna?

**Shoshanna:** No, that is a wonderful explanation.

**OWS:** Very good. Then we *are* ready now to release channel.

Shanti. Peace be with you. Be the one.