

ANCIENT AWAKENINGS – PREPARE FOR CHANGE

January 6th, 2019 Sunday Conf. Call -- Blog Talk Radio Show

Zoe: Well, here we are again together again at the start of a brand new year, welcoming you to Ancient Awakenings—Prepare for Change.

We are here on Blog Talk Radio, as we are every first Sunday of every month, with the added bonus of this being the first Sunday of the year, January 6, 2019.

My name is Zoe, I am your Call Facilitator, and I am joined by our Co-host, Pallas Athena Rita.

Zoe: Hi Athena, are you on? Are you open?

Rita: Yes, I'm here. Hi, Zoe.

Zoe: We assume you came onto this call because you had heard about this special work James McConnell has been doing under the guidance of One Who Serves, Sananda, and The Company of Heaven to bring together we of the 144,000 to prepare to usher in the New Golden Age.

As a group, we are training, experiencing, sharing, and experimenting with the ancient wisdom that we all so familiar with so, so long ago. It is the wisdom that we brought with us when we first answered the clarion call, and it *is* that which we have carried within us for millennia. We are remembering, re-membering, the ancient sciences, the true sciences, the uses of light and sound, astrology, and numerology, the indisputable importance of frequencies and vibrations, the treasures of our Earth herself, and the limitless love of the Animal Kingdom, Plant Kingdoms, and the Elemental Kingdoms to look after them. We are remembering how to use sacred geometries and the boundless uses of crystals, alternative communications like telepathy, and of course, naturopathic medicines, and we are *believing* to make it so. In other words, we are accepting that all of this *does* come from within, and we are allowing it to come forth manifesting. We are listening to ourselves recognizing our inner knowing, and we are re-discovering that that is where our expert opinions originate.

And we imagine you are here because you have been yearning to remember it as well. Or, you are here because somebody told you to listen in because somebody thought you would appreciate it, enjoy it, or you would benefit from knowing you are not alone in your beliefs, and you would benefit from being a part of a group, a family, who are on the same mission as you to awaken and to move into the higher frequency, and to be the beacon, that shining example, for our fellow man to follow.

So it is time now to return to that ancient wisdom and awaken to who we truly are.

And if you are drawn to join with us, we welcome you with open arms. We welcome you home.

Well, let's jump right in and find out what Athena has for us today.

Besides being our resident numerologist, Athena Rita is also an artist, a musician, an astrologist, a really, really good Taro reader, spiritual counselor, and a teacher of the tenants of the Republic. So, Athena Rita, how are you?

Rita: Greetings everyone. Thank you, Zoe, thank you so much. Today, being the 6th, and being also you take a 6 and a 1 which is January, month 1, then you take 2019 makes a 3. So you add those up: 6,7,8,9,10 makes a 1. All right. Now the 6, as you all know, represents love.

I have a lot of love in my heart. I have a lot of love to share with you today. Love is an expression of treating others with kindness, fairness, honesty, compassion, helpful, caring. And today I have a great surprise for you all, which I know is going to make you happy.

The other night just before I turned in, my lights were out, and I had a smell, a scent, of roses. Right away I knew—I said, “Anne, Anne, that’s you!”

Anne DeHart said, “Yes, I am here, and I want to greet you all. And I want you to tell the group all about what is happening and I am very happy, and I am with my Beloved. I don’t stay with him all the time because I am busy. I am going all around the Galaxy and helping, as you know.”

Rita: I said to her, “Oh, yes, I know, Anne, you’re always helping everyone.”

She said, “I want you to tell them that I love them, and I don’t miss them in the 3D, but I do miss their souls and their sweet spirits. I don’t want to be in 3D anymore, and you won’t either once you make the transition. I’ll tell you, it is the greatest thing and experience that you can ever, ever experience. ‘

‘I want you to know that I am connected with James, yes. James does not have any idea, but he knows we are connected, because he is connected to Sananda also. ‘

‘I want to greet you all, and wish you the happiest new year possible. And it won’t be long now and we will see one another. So I say in my heart and in my soul, it’s wonderful up here. And keep your lights bright. And keep that smile smiling. I can see you all.’

‘And, I was at the Advance. I was there, and I got to hear and I got to see all your faces, your little tears all coming down your eyes. I know how happy you were.’

‘And so I say, Bye for now, and blessings to all.’”

Rita: That’s it. Thank you, Anne, thank you.

Zoe: Oh my gosh, what a lovely story. I’m sorry for interrupting, Rita. Were you done?

Rita: Yes I was done, Sweetie, oh, yes, Honey, you didn't interrupt.

Zoe: Well, those of you have been around for a while know why that visit was so poignant. Hearing from Anne, Lady Nada, or about her, always makes me tear up, and knowing that she was such a very close, close friend with Rita makes this absolutely wonderful.

Rita: And you too, Zoe. She was friends with you too, Sweetheart, as you know.

Zoe: She was that special to so many of us, and it is lovely to hear that she still comes and visits on a somewhat regular basis, or at least is keeping an eye over all of us. So all of you who remember her, she was there, she paid attention, she saw us.

So thank you, Rita, for sharing something that was so personal there, really appreciate that.

Rita: You're quite welcome. I love you all. I love you all.

Zoe: We love you.

Well, moving on. For any newbies, this is how this call usually works. And let me stress "usually," because things are changing rapidly, and our call is no different.

We start with a guided meditation which James will lead us into. Then Sananda will step in and take over. Occasionally he will defer to another, but don't worry if you don't recognize the energy. They will introduce themselves afterward.

After the meditation we move right in to channeled messages, usually starting with Sananda's own message, and then he will bring forth any other guests who might want to visit.

After our speakers, we turn the show over to our hosts, The One Who Serves, who will follow up on the messages and then continue providing needed guidance while they MC the Q & A portion.

Sananda, The One Who Serves, and the Masters always speak through James McConnell, who is the founder of the Prepare for Change—Ancient Awakenings group, while Shoshanna comes to us through JoAnna McConnell.

So again, welcome everyone. Let's appreciate and enjoy one another's love and energy while we become peaceful, and move into meditation with James and Sananda. James:

(Meditation)

-

-

LORD SANANDA (Channeled by James McConnell)

I am Sananda.

As always, it is wonderful to be with you in this way to be able to share and be a part of your expression--not here in the 3D world, though, but in the higher dimensions which you are all now moving into, even though many of you do not yet realize it. But yes, indeed, you are spanning two or more dimensions at once, truly one foot in one, and the other in the higher vibrations.

But it is time now for all of you to move more fully into those higher vibrations and higher dimensions, so that you are not spanning between the two as much. True, it is very difficult to leave the third dimension completely behind, as most of you are not yet ready to do this. But those times are coming as you continue to move through this transition with much help from those from above, those from below, all of the energies that are coming into the planet now.

And yes, those waves of energy that are truly entering the atmosphere here in the earth. Even your instruments are beginning to pick up these energies now, beginning to become aware of these waves of energy; not sure what they are, because this has never happened before here on this planet. But it is happening now.

You are going to feel the effects more and more of these energies. Right now, these energies are creating somewhat of a scattering within yourself of the energies, feeling a sense of being in both places at once, so therefore, not being focused, not being centered as you have been previously. This is purposeful that this would occur. Because as these energies continue to come in, you will continue to acclimate to them just as you have been to the previous energies from the years past.

But I tell you now, these energies are going to become stronger and stronger and stronger. And they are going to create some sense of chaos throughout the planet. It is already doing so. You are seeing the uprising of the many across the planet that have had enough. They have had enough of the old ways. They have had enough of the old paradigm. And they are ready for something new. They know they want something new, but they are unsure what that could be, or if that even could be.

But you yourself know that as these energies continue to rise as the chaos continues to increase, and increase it likely will, but also know that as the chaos increases, there is a sense of, call it *structure* that is right there to replace it. Call it *peace*, call it *calm*. For everything has been foreseen. *Everything*. Nothing is being left to chance, as truly all is being orchestrated in these moments, and will continue to be orchestrated throughout the many changes that are ready to befall this world, this planet.

And those of you, all of you, the Lightworkers, the -warriors, the -sharers, and – bearers: you are not only the ones who are bringing all of these changes in, and calling for these energies to come, but you are also the ones who will work with these energies and help to spread them in the knowledge and the knowing of what these are to your brethren, your brothers, your sisters, everywhere so that they can begin to awaken as well.

Of course, not all will awaken. Not all are ready to awaken. But that is not for you to be concerned about.

Your only concern is your continued awakening and to assist those that are ready to awaken as they become ready. This is your mission at this time.

You all will have various parts of this: have parts of this now, but even if you feel like you have not yet come to your mission, it is coming. You will be notified in many different ways and in many different means through your dreams, through synchronicities, directly from your higher selves, or other guidance. You will be shown the way, shown what you're mission, your purpose at the time will be. So do not be concerned that you are being left out of the party, for you are not.

All are here to attend. All have their parts to play. Just be patient and allow everything to come forward within you. You will be guided as to the necessary steps to continue to take, as you continue to move through this transition and through your individual ascension processes.

I am Sananda, and I step aside now for my Beloved to come forward and speak to you briefly.

LADY NADA (Channeled by James McConnell)

I am Lady Nada. I come at this time to also share the consciousness, the love that is coming upon this planet, that is coming upon all of you now.

Many of you are feeling it in so many different ways, and you will continue to do so Just as Dear Sananda has been saying, as many have been saying. For these are the times, my friends, brothers, and sisters, these are the times that you have all been waiting for, that *we* have all been waiting for. Because we are all in this together.

The times that are upon you now are the times that you are going to remember for a long time to come. You will be looking back in these moments now. And I speak now of this year that you have entered. You will be looking back at these times and remembering both what it was like before the changeover and what came after the changeover. You are right now in the midst of the beginning of that changeover. So just be patient a little while longer, continue to go about your daily activities. But know that as you do so more and more that you are operating in the moment, you are living your lives in the moment, in the now, and realizing more and more that *that* is what it is all about, not living in the past, not only focusing on the future, but living in the present NOW and creating that perfect future that you have all been visualizing for quite some time now.

I, as Lady Nada, and all of my sisters, and all of those who are working with the feminine energy that is coming back into this planet to bring about the balance, the balance of the masculine and the feminine, never again to have one dominate over the other. Because

there must be balance. There must be only love, and love is pure balance between the masculine and the feminine.

So trust, my dear ones. Trust in yourselves to continue to bring about these energies and the love that accompanies these energies. For everything is in place, and it only takes those of you to be in the places that you are intended for as these energies continue to come in. You will know and you will understand exactly where you need to be.

All of my peace and love be with all of you. I leave you now.

ONE WHO SERVES (Channeled by James McConnell)

Om, mani padme, hum; om, mani padme, hum, hum, hum. Greetings to you. One Who Serves here with you to continue on.

We are ready to take questions here. We do not necessarily have message, but we will take questions, and often messages can come from the questions, but we will see. Do you have questions here for One Who Serves?

Zoe: Yes, thank you, One Who Serves. And thank you, Sananda. We always love to hear pointed and supportive messages, and we are so grateful for them. And, you know how I feel about hearing from Lady Nada. It doesn't matter what she says, it always resonates deeply. So, thank you again.

But before we start, let me tell you about our question process. These first Sunday calls are your chance to ask a question of One Who Serves.

To get into the queue, press 1 to raise your hand. When I open your line, I will announce your area code, but you will also notice a change in the sounds you hear over the phone line because I am noticing there are quite a few duplicate area codes. So if we can't catch you real quick, we will just announce a little bit more of your phone number.

As I said, when I open your line, I will announce your area code, and then you start by telling us your name and location. Ask your question briefly and concisely. Hopefully you have had time to formulate it so you know how to pose it succinctly. And understand this: the more specific the question is, the better the answer is going to be. And just like One Who Serves was saying, it usually leads to much more information. So formulate a tight question in order to get the best answer. And if you need to give background info for whatever you are asking, keep that to a minimum too, otherwise it just convolutes your question.

Once your question is answered, please press 1 to remove yourself from the queue.

If you have a second question, you are welcome to get back into the queue, so press 1 to get out, wait a minute, and press 1 to raise your hand again.

So come on in, and let's see what kind of topics we can stir up.

JoAnna: We have some questions on site.

Zoe: Let's give that a moment to populate. While we do, let me explain that One Who Serves is there are several ascended beings who choose not to divulge the identities they had while embodied on earth, so we won't focus on them and treat them as the rock stars they are, but rather focus within ourselves and our relationships with our own higher consciousnesses.

Let's start with the questions that were emailed, and if you have any inhouse, we can go to those right afterward.

Guest: Yes. The first is from Austin, Texas. Is there any truth to reports that Paradise, California was targeted by those fires in order to prevent an ET race, Centaurians, from the beginning stages of disclosure?

OWS: We can tell you that there is connection here, not quite what you are saying, but there is connection in terms of it was man-made. It was not a happenstance of nature. It was created purposefully. We cannot give you the direct purpose, because there are several purposes that were perpetrated on that area, and reasons why they would do that. And know though, that those that were responsible for this will find their comeuppance. That is the only word we can come up with here. Having some difficulty through this one because he is having some issues in terms of recovering from a cold here, we call it, and we are attempting to provide more energy to move through this more fully. But yes, in terms of the question here, there was indeed a purposeful effort to conceal something that was occurring or was going to occur at that time. We cannot go into that more fully at this point, but the truth will come forward as we find it.

Guest: What is your view of breatharianism?

OWS: What we can tell you is this is ancient. Ancient in knowing—not technology, but ancient knowing that has been known by the ancients for a very long time. They practice this. It continues to become practiced. It is in terms of a fasting of energy, or taking in energy, and not needing the use of food or even water at times. It is the fasting, the taking in of the energy, the pranic energy, here. And it is certainly something that is coming back to the knowings here on the planet and will continue to do so.

And as you move through the transition and through your ascension, you will find that your need for food and even water and all of this will become less and less and less. And at times, you may only require food for social purposes only.

Guest: Can you shed more light on what happens to the souls on earth that decide to take their own lives.

OWS: That is a very difficult question to answer, because there is so much involved in it. It depends on the person that is doing this at the time and the reason for doing it. If they are taking their own life because they are ready to end it fully and they are ready to move on, that is one thing.

But if they are doing it to escape, if they are doing it to move out of a difficult situation and they are just ending it for that reason, then that is also a difference here.

But know either way, they do not go to what you call “hell.” That is not the case. They may have a sense of being out of place when they pass over, unlike when someone moves through the dying process more normally, and they move into the light, and they move into the love and acceptance and all of this, and do it fully in a conscious knowing. But then there is also as this question comes up when they take their own life and they can move into a sense of becoming unaware of where they are, what is going on, confusion, we will say, here. There is a sense of confusion that can come over them, here.

So, but not concern here in terms of do they go to hell forever and damnation and all of these—there is nothing of this nature. They can *always* come back to the light when they are ready.

Helper: Thank you, One Who Serves.

OWS: But is there something from Shoshanna, here?

Shoshanna: (Channeled by JoAnna McConnell) Not at this time.

Zoe: Any other questions inhouse?

Helper: No.

Zoe: Our first caller question.

Guest: Hi Zoe. Thank you very much. Thank you Rita for the message about Anne. We all love her so very much, and that was very wonderful.

I have a question about a dream I had about a month ago. I was in the dream state and I was preparing for a wedding. I remember putting on some kind of glitter nail polish, and then suddenly I was brought back into the current space of my bedroom, and I heard a frequency. It was loud. It seemed to be an unknown frequency, but I thought this was communicating that was starting, it was galactic. I was going to wake up, look out my window, and see everything uncloak.

Then I saw my dog standing over me.

Then I thought, as I was coming more and more into the present moment, that maybe this frequency was coming from her. Is that possible? Was someone trying to communicate

with me? And is this something that is going to happen to not only me but to others as these new ascension energies are coming in?

OWS: This is another of the many examples that we have been saying are coming for all of you over a period of time: individual, as it goes, and then becoming more and more frequent. These are those glimpses, those understandings, those rememberings that are coming forward, but mostly those glimpses into the other dimensions and the higher frequencies from time to time based on where you are in the moment. If you are in a higher state of vibration in the moment, your third eye center is more open and you can see into those other dimensional frequencies. And this what is happening. Also, your guides in many respects, your mentors, are becoming more and more active with you, and will be giving you more and more information in terms of your rememberences coming back to you and those higher levels of guidance that are coming to you and will continue to come to you. Okay?

Shoshanna: Shoshanna wishes to share on this one.

OWS: Yes, please.

Guest: Yes, please.

Shoshanna: My dear sister, you have been asking, we find, for some time now for signs. You have been asking to be shown a sign that what you believe is happening is happening. You have been asking for this for a long time within yourself, have you not?

Guest: Yes I have.

Shoshanna: Yes. So, what has happened is you have manifested this beautiful sound that is helping you to retool and reorganize the neurons within your brain to accept more light. This is a sign for you to accept the sound, the accept this frequency into yourself, as it is the manifestation of your request. That is what I have for you, my dear sister. Namaste.

Guest: Wow. Namaste. Yes, that resonates for me. Is there a certain galactic group that I should be in particular communicating with or asking for more tuning?

Shoshanna: As you ask within yourself, open your heart and your mind to that which wishes to communicate with you. It shall be revealed in the now moment to you. To ask if there is a certain group or a particular thing that you should seek, that is revealed in the now moment. Just simply ask and, as you ask, have faith in your own knowing and your own light that that which will be revealed to you is what is for you specifically. That is what I have for you, my dear beloved sister.

Guest: Okay. I love you. Thank you, thank you both very much. I love you all. God bless.

Shoshanna: Yes.

OWS: Very good. Are there other questions, now?

Zoe: Thank you. Yes, this is the next question.

Guest: Hello, can you hear me? Hello dear brother, One Who Serves.

I would like to know a little more about that some of us, it seems have memories of things that are not necessarily our own memories. That puts a little confusion in the space. As you are speaking about you will remember. So I know I went through some tunnels where I thought I was this one, or I thought I was that one, and I believe, as I am understanding now, that some of those memories were not my specific memories, they were coming from elsewhere. Can you say more about that, and more about how we can know what are our memories and what is coming from elsewhere?

OWS: Yes. You will have an inner knowing as these things come forward. You will receive some sort of sign within yourself that this is real. You call them chills, you call them goose bumps, different types of palpitations within your body that can show you that these things are real. But do not be concerned about where these come from, only that the messages that are conveyed from this. If you find that these memories come back and they seem like they are part of you, then most likely they are. But if they come from somewhere else, then they would not be.

But also know that what you are describing does not happen very often, or at least it will not happen very much longer in terms of receiving others' memories. This was coming at the time before from those of the dark forces. But they have been curtailed so greatly that they can no longer bring this forward if you have the light within you. So no, do not be concerned about that, as long as you have the light.

Guest: Can I just double-check on something? Because the message or the feeling I got was that these memories were actually given to me when I came here to incarnate in my first incarnation because it was important for me to know something from them or something like that. Am I on track with that?

OWS: Again, if it feels within you that it is correct, if you have a sense of knowing within you. *That* is the difference. You have to come to understand that knowing within you. And then, when you *do* understand it, begin more and more to trust in it.

Guest: Okay, thank you so much.

OWS: Yes.

Zoe: Okay, thanks. The next question is this one.

Guest: Hello everyone. On January 2, it was the first day I could actually leave the house, because Colorado was in a deep freeze for a few days. I was driving down into the small town here. Just before I did, I saw this humungous bird flying kind of on the right side of

my car. It had a huge wing span, going up on the sides like a Southwest airplane. I had the feeling it was a Golden Eagle. Then I saw him swooping up just on the nearest tree, not very far at all, sat on the branch, turned sideways, and it felt like our eyes connected. I would have loved to stop and to tune in what the message was or so, but I had cars behind me and I had to clear the scene. But it felt a very deep and beautiful experience, and this is only the third one I have seen in my life in the wild. I wanted to know was there a message that I was supposed to get.

Shoshanna: Shoshanna wishes to share with you. This was a magnificent message for you, and you know this in your heart. You know that this being that flew beside you expanded its wings and showed its tremendous strength to you and its peace. It is a message to you that you are that being. That those characteristics that it showed is within your heart, and that you can fly free, my love, and you have the strength, and the wherewithal, and the beauty, and the magnificence of this being to take off and find your own perch.

Guest: Thank you, thank you thank you. And I feel that.

Shoshanna: Yes. And what a special and beautiful manifestation of your heart to find this being to give this message to you. Namaste, Dear Sister.

Guest: Thank you, thank you. Namaste, Dearest.

OWS: Very good. Aare there other questions here, now?

Zoe: Actually, no. It appears we have a short one this time.

OWS: Very good. Then we are finished for the time.

We only wish to say that as Sananda and Lady Nada has said, and others previously, these waves that are coming into the planet are going to increase and increase, and they are going to create many different types of energies within you. There will be many different effects within each and every one of you as these come. So do not be concerned, because it is all very positive and leading to a great momentum, we will say, of changes coming. That is all we have.

Shoshanna, anything to close with, here?

Shoshanna: Shoshanna wishes to say to all beloved beings: *Fasten your seatbelts!*

OWS: Yes, we would recommend that as well.

Shanti. Peace be with you. Be the one.

Zoe: Shanti. Well, thank you.

As always, thank you Sananda, thank you One Who Serves, and thank all of you for joining us today for everything that you've shared, and for adding your magnificent energy to this group. We hope to see you back here regularly.

This has been our once-a-month first Sunday call on Blog Talk Radio where you are invited to listen in or participate for free to find out what we are all about. You can find these call recordings archived on BlogTalkRadio.com/AncientAwakenings-PrepareForChange, and also on our website which is AncientAwakenings.org. Don't forget, you can participate in the Blog Talk calls via Skype or listen on-line at the Blog Talk website as well as by phone, so it is a great choice for the extreme long-distance audience.

To join our group and have access to the regular Sunday calls where the interaction is more robust because we are more familiar with one another, go to www.MeetUp.com/Ancient-Awakenings to RSVP. And as a member, you can converse with the other members on that site.

Our website, www.AncientAwakenings.org is where you will find all of the recordings of weekly channelings, the transcriptions, and translations of the channelings, the Q and A sessions, several languages, interesting blog posts on various topics we have discussed, upon many, many other tabs.

And if we are not offering your language, and you would like to help, please contact Moses to volunteer as a translator.

Please visit our Facebook page which is AncientAwakenings.org, and thank you to all who 'like' us on Facebook (we like you too!).

Sorry again about that dry spell we went through recently--we were having access issues.

Our YouTube channel can be found by searching "Ancient Awakenings."

So it's pretty easy, no excuse not to find us.

So we will see you next month. Or if you decide to join our family, we will see you next week!

Rita: As a Co-host, I wish you all the love and blessings for the New Year. Namaste.

James: Thank you, Rita, thank you Zoe for doing a wonderful job. We really appreciate everything that you did, it was beautiful.

Zoe: My pleasure.

James: Okay. That's it for our show today. I want everybody to have a good week and expect a lot coming up. As Shoshanna said, fasten your seatbelts. We have been saying that

for quite a while. But I have a sense that things are really going to pick up at some point here very quickly.

I know the energies are really weird right now. I know it is causing some people to feel scattered. It is creating all kinds of things within, myself included. I have been going through various things. Two or three weeks ago I had fever and all that. Then this week I have been dealing with a cold, and I don't get sick—I haven't been sick for years. Johanna, same thing. Even Gary felt it a little bit for just a brief period.

So things are really picking up, and we can tell even just by the energies as they are coming in. And the galactic waves they have been talking about are not only coming, I think they are already here. I don't think it is going to be one massive wave. Okay, I just heard it is going to be a series of waves that is going to lead to a more massive wave, which is not the event yet. But there is going to be a series of waves, and then following that will be the one big tidal wave, you might look at it that way. So they are all coming, and probably (I'm getting) within these next two months or so. So get ready!

Zoe: So it's right on with that March date?

James: Yep, it could very well be.

Okay, so anyway, that's it. We appreciate everybody, and we will see you on our regular Sunday calls. Take care. Love you all. Bye-Bye.

Audience: Love you all. Bye-bye.