

## **"Speak Up Now Whenever You Have The Opportunity" - Sananda, One Who Serves and Ashira**

"Sananda" and "One Who Serves" channeled by James McConnell  
"Ashira" channeled by Dr. Susan Sammarco

(Note: these messages were given during our ( 3rd Wed of the month) Ancient Awakenings joint call with Hollow Earth Network over Blog Talk Radio in Glendale, AZ on May 18,2016)

"Sananda"

This is "Sananda". Always wonderful to be here with you in this way where we can reach out to so many people at once over these telephone lines, radio frequencies. All of these technologies that are available at once. What if they were available 2,000 years ago when I, as "Yeshua" walked the Earth? Perhaps reaching out to the many millions or maybe at that time thousands that I could have reached.

But please understand that it is important that you reach out at this time, to as many as you can. You the Light Workers, the Light Bearers, the Light Sharers, you are the ones reaching out to help your fellow man, your brother and your sister. Yes, all on the planet are your brothers and your sisters. You are all one with everything. Not only the people but the plants, the animals, the rock. Everything you are one with.

Now, I know we are speaking to the choir on this but it is important for those of you who are open and aware and understand these concepts it is important that you go out and speak to more. Whenever you have the opportunity.

There are many councils meeting across the planet now. Above, below and on the planet, there are council tables. We have spoken many times of the "12 and 12". Many of you do not understand this or have not heard of it yet but you will be hearing more and more about this and more sources will be bringing this out as well not just myself through this one "James". There are councils everywhere and there are places being set for you at these tables. It is not going to be business as usual. It is not going to be those in government now sitting at those tables. It will be you at those tables and those who are working to bring this new wonderful age on the planet. It is you who are going to be doing this not those who are in leadership roles. It is you who will be stepping on the platform and onto the tables taking your seats. It is you who will be doing this and we are preparing the tables for you. We are preparing your council seats.

Now we understand that not all of you will want to do this. Some of you will want to step aside and take a long "r and r" break because you have earned it. But there are those of you who will turn around and say, "I am ready to jump back into the fray". Not into any battles for there are no more, but into the fray, into helping all that you can for that is what you are all about. That is what you are here for, to help your brothers and your sisters. This is your mission. You have heard that this is about to begin or has already begun. Many things are coming to a conclusion very shortly. Many things are coming to their crescendo, as I have been speaking of.

This evening it was going to be the "Guardians" speaking to you but that has been postponed until the first Sunday in June when we are on with "Hollow Earth" again. We will be able to reach out to many million doing this. Thousands on the call and many more later that listen to the recording and read the transcript. The "Guardians" have been here before a long, long time ago. They have returned. They are here to bring in the New Age, especially the "Guardian of the New 'Dispensation.'" That is what he is here for, to bring in this New Age, this "New Dispensation". To bring in this New Dawn, as he speaks of many times. That time will be the next time we come together in this way.

For now, please continue in your daily activities to work toward your Ascension. Do whatever you can to raise your vibrations. Whenever you have the thought, raise your vibrations. 'See the beauty all around you. See all the beauty in your planet and see that which has been destroyed in some ways is going to be renewed in other ways. You are a part of bringing that about.

I am "Sananda". All of my peace and love be with all of you. I will return soon and will probably bring exciting news for you. Love and peace to all.

"OWS"

"One Who Serves" here. You know by this funny accent who this is! Those of us in "OWS" and "Ashira" are standing by to assist with any questions you have. We always love to answer your questions because it gives us a chance to speak out, to reach out, to assist you in all of those things that you have been wondering about for maybe years. Maybe even lifetimes and have not asked the question. Maybe now after receiving the answers to your questions you are ready to move on to the next level of understanding.

This is how the Ascension Process goes. Please do not be afraid to ask your questions. We promise you, we do not bite. So, ask your questions and we will do all we can to assist you. "OWS" does not have any information for you at this time. Fire away with your questions!

Question: I have had many dreams of being on ships over the years and I have had a couple of experiences of seeing psychedelic colors and a round seat in a room. Is that a seat for some kind of advancement?

"Ashira"

It sounds like you are having many experiences that are leading you along the path of your Ascension. For you the colors that are unlike others normally seen on this plane are 5th dimensional colors. You can be in all confidence that these are experiences that you are having. Even though you do not believe you are very comfortable in talking with others about this you can talk to us because we are eager to share and give you the opportunity to move forward.

Embrace it. Accept it. Know that it is real and that you can replicate these whenever you want out of your existence. All right?

"OWS"

Not only this only this one who is speaking but all of you are going to be having these types of experiences as well. And when you are on the ships they will not be what you expect here on this planet. More of the type of your Star Trek situation but even more. There is literally consciousness on this ship and within the ship itself. As you interact with the ship, it interacts with you as well.

It is going to be an amazing experience when you first find yourselves on these ships whether it is in your astral or etheric forms or even your physical forms as times move forward and you are to be in the physical form on these ships. In your physical form that you have rarified with a lack of density we would say. Higher vibration, certainly.

"Anne" (Hollow Earth moderator)

I was thinking of the "acceleration" chair that is on, "Voltran's" ship. He is a cosmic psychotherapist and we can ask to be taken to that chair to help build us up for our direction in Ascension.

"OWS"

For those who are reading this or listening to it, the idea of an accelerator has been around a long time. Back in the '60's of your time there was work done on an accelerator called the "Hilleron Accelerator". The plans were drawn out, everything was channeled but those of the group that received it were not yet ready for this. If they were to begin with the working model most likely the cabal would have come in and put a quash on it as well.

The reason we are saying this is that it is not new. Accelerator devices have been in the works for a very long time now. When you speak of

moving into an accelerator or crystal chambers or any of these kinds of things they are scientifically advanced. Scientifically understood at certain levels. It is not magical and you will come into working with these devices more and more where you will walk into or lay into these devices. It has been here a long time now and has not been brought out directly.

Question: My son is having vivid dreams with bright colors. He is dreaming of interacting with Giants. He is aware that the light on the planet is very bright. How can I explain these experiences to him?

"Ashira"

How old is your son? 18 years And is he open a lot or a little? A lot. So what is your decision about not speaking to him about these dreams? Not giving information he could utilize? These are dreams that are opening him more and more. They are helping him to understand and experience the higher dimension, the higher frequency. These will help both of you on this path.

We would say to you to not worry about whether or not to have this conversation, answer his questions. Give him information in small amounts and then when he asks a bigger question give him more. We would definitely say that this is a path both of you have set to walk together. OK?

"OWS"

And this is for all of you. You are moving in this direction in your missions to assist those who are ready to be assisted. To be of service to those who are wanting service. This is what you are here to do so open up to those who are ready. To those who are open to a deeper understanding, some awareness, some awakening. You are here for all those. You can do this! The more you do this the more acclimated you will become to the energies that are involved and you will want to this more and more and more. Eventually you may be like us or "Ashira". OK?

Question: I have a question about "Elan Musk". How is he involved with all that is going on?

"OWS"

It is part of the great orchestration that is going on. All is a part of this. It is coming from many different levels. You have your part that you are receiving from various intel, from your alternative media and websites. Then there are those who are moving along a scientific path. Those are doing it from a 3D understanding. It is helping them as well to move into the new golden age. At some point it all will come together for it is all being orchestrated to come together at some point. This is a part of bringing all together here.

Question: I was wondering if I am from Atlantis?

"Ashira"

Are you from Atlantis? You are from so many places that if you knew all your head would spin! Everything that you bring with you from all your past lives as well as the lives you are leading in other places all blends perfectly to who you are in this moment, in this time and in this place. Everything is to be revered, everything is to be respected. Everything is a part of you.

So yes, you have Atlantean lives but you have so many lives that are important to what you are accomplishing in your world. All right?

"OWS"

And we would add here that not only have you lived in Atlantis and Lemuria and so many lives here and also from other systems, other galaxies even. So do not be concerned about where you have been. You are a multidimensional being. This is what all of you have to come to understand more and more, the idea of multidimensionality. More than just the you. You are not a small you, you are a large you. Think more and more of being the larger you, the Higher Self of you. OK?

Question: Can you tell us more about the "Guardians" who have returned?

"OWS"

Yes. We can share a little bit but we are kept from telling too much here because they are very private, very secretive in many respects. Not in the same terms of the Cabal but they are secretive and private because they must be. They may not interfere and they know this.

But they have come back from long time ago. They are also known as the "Builder Race". The ancient builder race and they have come back to assist in this new understanding, this transition, this Ascension Process. They are very close to Earth here, to Gaia.

They are here to assist in any way they can. This is major for all of us on the earth here because they do not come around very often. More like hundreds of thousands of years in some cases of times when they will appear. So if you look at your "Corey Goode" who speaks of these "Guardians" and those in Hollow Earth who have been waiting for "Guardians" to return, well, they're back!

Question: Can you tell us where they are from?

"OWS"

They are from everywhere. Literally, everywhere. We are not joking here.

Question: Are they cosmic beings or a level of gods?

"OWS"

You can look at them as cosmic beings, yes. They are everywhere. They are not forms. They can take form but they are not forms. They cannot do anything that is interference. They can do just enough to be of assistance in the ascension Process of the Earth and the Solar System and the galaxy itself.

So when you hear of these great spheres that are here to assist in the process of reducing the energy that is coming from the great Galactic Sun. Without them helping dissipate some of the energies, we would not be talking as we are here now. OK?

Question: A few years ago I had an experience where I was awakened from sleep by a burst of light from the center of my head and then very loudly I heard something that I could not understand. What was the light and the saying?

"Ashira"

This experience opened you at a very deep level. It helped you to understand the truth of your being at that level. Light. And the feminine voice was actually your Higher Self speaking to you. This was a call, a first awakening call, to move you onto your path. This gave you power to draw from and put you onto the path you are on today, in the immediate now.

"OWS"

Were you doing any yoga prior to this?

Comment: I had about a year of experience with light prior to this.

We would ask if you are familiar with a Kundalini experience? This is what you are having. It can be somewhat sudden at times and not something you are working toward. There are those who try to raise the Kundalini, that serpent at the base of the spine, that energy, that light force.

For many they are not ready for it but for you it was a sudden experience and when you have this experience just go with it, enjoy it. It is part of and where you come from. You bring with you much more than this experience. You bring this to you and as "Ashira" has said, it is an awakening process that is going on here. It is an alarm clock that has been tripped and is bringing the awareness to you. And as we relate from the microcosm to the macrocosm, from the individual to the many we would say that many of you are going to have similar experiences to this. You might not have an exact experience but something more and more similar as you come to understand fully, and I can fully, who you are. OK?

Question: Can you tell me what language she was saying?

"OWS"

It was more of a telepathic communication in the language of light.

Question: What is the difference between compassionate giving and enabling?

"Ashira"

So, enabling is when one gives with an expectation. One gives because they are going to get something in exchange. Maybe it is something they want. Maybe it is something they do not want but they expect something in exchange.

Compassionate giving is given with an open heart. An open hand. With no expectation of a return. No expectation of what shall come. Compassionate giving is what each of you is here for and each of us is here for. Does that help?

"OWS"

We would add that the "Guardians" here that we spoke of earlier are compassionate givers.

Question: What can you say that you get from us I reference to what you spoke of earlier how you receive from us as well.

"OWS"

Entertainment. (laughter) No, we joke here certainly.

We chuckle often over the things you have come up and things you are dealing with. But please, know that we were once where you are. Not in this time period but we have been there and done that and as we have said many times, we are not going to do it again! We commend you for all you do and are here to assist in any way we can.

"Ashira"

What we "get" from you is your love of life, your persistence. Every day you come back and do what you do over and over and over. We watch this and we are so pleased when we can give a word here to assist you and you decide to change your opinion a little bit. We want you to experience your life fully and completely and continue to raise your vibrations. Sometimes that is very difficult to do when you are in the mindset of this world. So we are very pleased when you make the changes necessary to move into the higher vibrations. OK?

Question: Can you share light on Billy Meier's visit with the Pleidians to year 32 when he met Jesus. They said his name was Jemanuel and I was wondering what you can say to this?

"Ashira"

What we would say about this is that there are so many experiences that people are hearing about, seeing about, sharing about throughout the Internet. We are not going to give this validity or not. We would say that you would know in your own heart, in your own judgment if this feels correct for you. I maybe correct in another time and place that which is not correct or you now.

We would say give it a time of rest. Allow this to bubble up within you and sense if this is a road to travel or if it may not be for you in this time. OK?

"OWS"

There are so many sources at this time bringing information in. Whether it is channeling or direct intel or whatever it might be it is up to you to use your discernment. It is what you are here to do at this time, use your discernment to work through all of this. The most important thing is your Ascension Process. Your own personal Ascension Process. Yes, you are helping others go through it but first you must go through it before you can really help someone else.

So don't be concerned about what one says or another or what timeline or past lives as Cleopatra a time ago, whatever it might be. Let it be, go with the flow and everything will be as it needs to be. OK?

Question: Can you tell me the difference between dragons and reptilians?

"OWS"

You are looking at archetype here. The dragon archetype and the reptilian archetype is ancient. The dragon is here in your history. It was real and is real. They still exist. They have not disappeared. They are still here. When you move into Hollow Earth you will likely experience them there. They are very much real.

Again, the reptilian is a particular class of being you might say. They are loved as anyone else by Prime Creator. There is no difference. You are one with them and they are one with you. They look a little different but you will come into contact with many beings that look different than you.

Be ready, be prepared and do not be concerned if they are different or not. There are many loving reptilian beings. They are not all of the cabal or evil. They are from many different systems that are loving and benevolent beings. OK?

Question: When is NESARA and all that is happening going to happen?

"OWS"

Very good question. When is it going to get done? Aren't you all asking that question? When is it going to happen. You say we keep talking and talking and sharing these wonderful things and you say, OK, when?

You are tired of the word soon, are you not? All of these things are in the process. They are happening now as we say. They have happened at the higher levels but how does it manifest? You see, you are the ones who bring this about. It is not the Galactics or those of us who will bring this about. It is you. This is your Ascension Process. We are speaking of you.

You have heard many times that you are the ones you have been waiting for so get busy! Get it done! Get 'er done. Do whatever you have to do in whatever respect you can do it. Visualize if you can visualize. If you can give then do it. If you can bring in the homeless, do it.

Whatever it is. If you are going to sit and wait for all to happen then you are going to sit and wait.

There are many across the planet who are feeling the way you are, the one who is asking this. There are so many working on plans and projects that have not been brought out yet. When the money is announced everything will go into motion. All of these programs and projects will be released and monies will be there. People's ideas and concepts and plans and programs will be put into action. Action is what is needed. OK?

"Ashira"

Stay on your soap box. Stay on your soap box for by yelling out and talking to people you are serving. Know that there are thousands upon thousands of you around the world. You may not realize how many are working with you. It is good to see that there are those by the river in need. That there are those in the community in need. There are those everywhere who are in need.

You have such a part with the words that you say and the meditations of your heart in making this new world come about. By bringing it about in the way you choose. We have said we are not going to tell you the order of things because it changes moment to moment. We do know that it has occurred at the higher frequency and is coming to your world now. All right?

Question: I also come from the knowledge that we need to have our blessings now for all of mankind. This is the day to see our good! (this question has not been transcribed in it's entirety)

"OWS"

My goodness! Want to run for president? That was quite passionate, we would say and certainly yes, passion is wonderful. We feel that we have passion as well. It is important to have passion and to use it. Use it with brothers and sisters who would be open to these things. Share with them if they are ready and do everything you can to make it happen. As far as it going to happen, we will say 100% that you will have the re-val, NESARA and all the other financial gifts. It is going to happen and has already happened at the higher vibrations. Just be patient a little while longer and do all you can to make it happen and it will happen! As Divine Timing calls for it as well.

Question: My parents left early on my path. When my mother left I sat in the middle of the floor and said I would not move until questions were answered. Someone carried me up the stairs and filled me with information. Who was that?

"OWS"

We would say to you and we would say this to all who ask these types of questions, it matters not who the messenger is but the message that is important. It could be your Higher Self, it could be Archangel Gabriel or Archangel Michael or it could be any number of more mundane guides. The importance is the message here.

Question: When I first met my husband I had an electrical response to him that lasted a year. We were separated by his death five years later. What can you say about this relationship?

"Ashira"

What a wonderful experience you had! This was one that you planned to be in relationship with in this lifetime. He made sure you would know him and then continue in this wonderful experience. This gave you an opportunity to know this kind of love and to know this person deeply. And in this time now you can have contact with him, have conversations with him.

The ending was not the ending. It was his opportunity to continue life in his own way. It was absolutely for you to know that this was what you came to do at this point in time. All right?

"OWS"

Here is what we will say about "Twin Flames". This is what we say. 'why would you want to spoil the surprise? When the time comes for you to share with this one again, you will have your answer.

Thank you for sharing. People will be having some amazing experiences. As the veil continues to drop and it is close to dropping fully now, people will have amazing experiences beyond their dreams.

"OWS #2"

Cannot end here that easily. Another "OWS" to say we are all excited about so many things that are happening. Find the joy within you. We can reach in and pull it out of you if you would like.

We are doing all we can to help you help yourself. Please continue to go with the flow and we promise you it is all going to work out. What would it be like if we work with you and led you astray? You are having these experiences now. It is going to get more and more and one day you will get up and things will be different.

Shanti. Peace be with you. Be the One.

"Ashira"

We are so pleased to be with you. We are glad to be here this evening with you for your questions and answers and so much more. Hopefully this brought in more information to assist you on your path.

This world is filled with such love. There is love from within. There is love from above and there is love on the planet. There is Mother Gaia's love for all of us. All of us. Love is the answer and love is seen in the beauty of nature. Love is seen in the interaction with animals. Love is seen in interactions with humans.

If you turn your eye away from those things that still try to pull you into fear, still pull you into concern. Turn your eye away from this and look instead on the beauty of the planet. The beauty of relationships with humans. The beauty you see in all, with all. Sananda spoke earlier that you are one with the planet. You are one with rocks and trees and animals and people and water and and, and and, and and. You are one with everything. You are one with everything.

There are those of you who look for changes in the monetary system which takes you from a third dimensional being higher. But there are so many changes that we are excited about. There are changes in your technology. There are changes in your medicine and science. There are changes in every aspect of your lives! It is not only the wait for money for money alone will not take you through this Ascension Process. It is spiritual work, my friends. It is capturing that love, knowing that love, sharing that love. You may think that love is an easy word to use but it is not and we know that.

Please keep your eyes away from that which keeps you entranced in fear. Allow yourself to be kept in those higher vibrations. Relax and allow it to be so.

We give you our love and blessings. Namaste.

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### **"The New Song Is Where You Are Going" - Guardian, One Who Serves and Ashira**

"Guardian of New Music of the Realms" & "Ashira" channeled by Dr. Susan Sammarco

"One Who Serves" channeled by James McConnell

(Note: these messages were given during our weekly Sunday Prepare For Change group in Glendale, AZ on May 22, 2016)

"The Guardian of New Music"

It has been a while since I visited you. We are not ones to visit frequently. We are not ones who drop in for a message here and there. We are ones who bring great messages.

As "Guardian of the New Song" I am the One who creates the rhythm for all the worlds. The One who brings a song to every stage of development. To the Galaxy or the Solar System as it is felt with the New Song. Have you heard the New Song? You can hear it in the sound of your forests. You can hear it in your oceans.

You can hear it in the sound of angels as they visit the planet and sing their songs to you. They are connected. They know the New Song. The New Song is not connected to your past. It is where you are going. It carries a tune for you to walk. Yes. A tune for you to walk. You will be able to see the notes to this song. Follow it forward. All of those things that you expect to see changed, they are happening. All is following the New Song.

We, of the Guardians, have been close to you in this group. We have been assisting in ways we have been asked. And we have also been elsewhere. It has been my job, in particular, to share with you today. When you see the New Golden Age, know that it's rhythm has been delivered by me. This is the path you are walking now.

Move into your hearts to hear this New Song and respond. Tune into the wave that is soon to be full of love for that is where you are going. The frequency you seek is within the New Song. All of these things are glorious and wonderful. I am especially glad to bring you this message today. It is time for the New Song.

Thank you for this time. You are all doing brilliantly. As you share along your path you are sharing what you are. You are glorious.

"OWS"

Greetings to you. We are here to help with your questions in any way we can but before we do we wish to share something briefly. We would like to address your earlier discussion of raising your vibrations.

All that you said was very accurate. Doing things to help another. To brighten another's day. To assist one another in any way you can. Yes, that definitely increases your vibration but you can also walk in nature, find yourself in nature and find the beauty all around you. Not only in nature but see the beauty, feel the beauty and know that everything is wonderful.

Know that you are in the highest level you can be in at any given moment. When you are in that space, you are in the higher vibrations. When you are in the higher vibrations, as James said, nothing can harm you, nothing can take you out of those vibrations unless you allow it to.

We speak in terms of those chemtrails. All of these things are not even there unless you believe they are there. If you see them there, do whatever you can to make them go away. They are not even real. Please note this. There are those who will not even see them because they are unaware. They believe they are contrails and all of this.

And then there are those who will look at the skies and become all upset. They feed the energies that are a part of this. They continue to feed the Cabal their energy. Then there are those who look beyond them and see the sunlight shining through see the beautiful, puffy clouds, and those not made by the chemtrails and so on.

But please understand, and Zorra has made this very clear as well, do not have any fear about these chemtrails because when you are at the higher vibrations they cannot harm you at all. They can only harm those that believe they can be harmed by them.

Understand that the goal here is to reach neutrality. Be, whenever you can, Be in a neutral state. Know that everything is happening for a reason and that you are in the NOW moment. Just simply be in that Now moment and as you are in a neutral state, that is certainly where you want to be. OK?

We move to questions now. Do you have questions for "OWS" and "Ashira"?

Question: I am excited because I just got a new piano and I sat down and played something amazing. St. Germain told me the other day that I would be bringing in the new music. Is this what I was playing? I heard this New Song as I allowed the music to play through me.

"Ashira"

We are so happy that you are allowing yourself to pick up on the music of the spheres. To pick up on the new songs that are waiting for those to hear. To pick up and play on the piano. You do not need lessons to learn how to play because you are tuned to the word. You are tuned to the vastness of the spheres of music that are available to you. All of these will be coming to you over the next months. Get ready! You have a lot of wonderful music to make.

Question: I had an experience of a diamond forming during the group meditation and the diamond encouraging me to follow. Now I know I don't really go anywhere but I saw many, many others too. Can you explain my meditation to me?

"OWS"

First, you said you know that you don't go anywhere but we would say that is not accurate. You are certainly going places. Not within your 3D world but places within your consciousness. You are always moving within your consciousness so whenever you do these experiences, these guided meditations and meditative experiences, you are truly having these experiences. They are real. They are not a figment of your imagination. They are image-in and we wish you to understand this.

As to your particular experience with the diamond, you are having at a different level of the Merkaba experience. You are experiencing movement within it. This is your moving within your Light Body to experience your multidimensional self. You can move through dimensions

here. You are having experience in working with this type of vehicle, you might say. Does this make sense to you?

Question: I have 2 questions. First question: I bless animals that are killed by the side of the road and I am transported to a place where we greet one another. Will I see these animals again?

"Ashira"

All of these plus new creatures that you have never seen are all part of the greater one-ness that is of this world. These are your sisters and brothers and you will see them as you move down your road. You will not only see those you choose to see in the future but so much more.

Question: Many times I look at the clouds I see faces and people in the clouds. Beautiful men, women and children. Have they passed on?

"OWS"

This is the moving into the higher vibrations that we speak about. You are experiencing the glimpses through the veil as we say many times. As you look at the clouds and see the beauty in the clouds. When you do this you will be aware of things you were not aware of before. It is whatever it is to you in that moment. Do not be concerned about what it means because it is sent to you as a whole understanding here. Not the exact shape but as a whole here. Do you understand?

Question: If we make a choice to love or accept, does that mean that all of ourselves are affected by that choice?

"OWS"

Yes. This is what you speak of when you talk about the quantum theories. It is that one is accepted by all the others. So when you do something you not only affect the multidimensional YOU but all selves around you. Eventually you affect the entire solar system, the entire galaxy, the entire universe.

This is an idea that is spreading now, more and more, into an awareness of consciousness and how all consciousness is one. When we say over and over, Be the One, this is what we are speaking of. Being the ONE source. Being the ONE consciousness and knowing that you are in action with all the other ONE consciousnesses. See?

Question: I have two questions. First, how can I protect myself and handle reactionary people at work who can shut me down? And second, is the Third Wave going to be able to open the rest of the people who are still in their reactionary states?

"Ashira"

Many people who are working outside of their home in a work environment such as yourself deal daily with all of those things you have described. They wonder how can they plan to deal with others who have such rampant emotions. What can you do?

First, is to be strong. Gird yourself with your own protection. Spread that golden white light around yourself. Take that sword of Archangel Michael and cut off those who might move into your space. Use the ultraviolet light on others. All of these are tools that we have given you. You may not thin that they are valid because you cannot see them but they are so strong. They can make such a difference. Gird yourself as you go into your day. Know that you are in control of those around you. In neutrality you do not care how they act. It is not going to affect you. You look forward every day until one day you will see that your workplace has been transformed. Your workplace has now been filled with light and love. Take it easy.

Your other question. We know that you have heard about those who do not make the changes are going elsewhere. As we say, week in and week out, do not worry about that. The human family made a stand. You are going together. It is only in extreme circumstances where other changes have had to be made. The family is going together whether they are on the first bump, the second bump or the third one. Everyone is moving forward. It is not for you to be concerned about. Say to yourself, everyone is moving forward.

"OWS"

Yes. And the Third Wave, as you have spoken of, is coming. You have gone through the First and the Second and have moved up in vibration through each one. Higher in frequency throughout the entire planet. It may not look like that but "believing is seeing" here. Know that frequencies are rising across the planet. You say that you are coming in touch with others who are awakened in very different circumstances than you might think. They are having experiences. They are coming aware. It is because of the waves of energies coming through.

Assisting entire mankind here. And the Third Wave will have a major effect on those who have not yet come into awareness. You will see more become awakened. Not so much to the degree you might want but that is a judgment on your part. Certainly you want to remain neutral as much as possible and unattached. Everything will take care of itself.

You will move into this new golden age and have the experiences you have created for yourself. They will be wonderful experiences. OK?

Question: Are the new chakras we have coming on line, portals?

"OWS"

They are portals but they are also connections to your physical bodies. They have connections to your glands and the energetic connections that are available there. They are much more than this. They also hold you memory programming there. And all of this.

But as we move you through the guided meditations here we are moving you up through your lower chakras into your higher centers here. You also receive the downloads for your DNA. This is all helping to raise your vibrations into your higher chakras so you will be ready for the next changes that are coming here.

We are ready to release channel here. Before we do though we would ask that if you are interested in participating this weekend in the Advance, let James know. It is important that if you can do this, you do it.

Shanti. Peace be with you. Be the One.

"Ashira"

I am "Ashira". Thank you for your time today. Yes, you can tell that much, much planning as gone into this weekend for the Advance. "OWS" does not miss a beat. He wants you to be involved if you can. We appreciate the technology nowadays that allows this to happen.

Speaking about technology today. About technology that seems to be at a drop of a hat to be in your lap. Part of that is that it needs to function in the 4th and 5th dimension. We know that there is so much going on to work in the 3rd dimension. We know that there are thousands, no millions across the planet that are no longer there.

So, as you accept the new technology as it becomes available, it will come to you without expense. It will come to you to place in areas that will benefit all. Think about this when you are considering investment's time and place. Consider that this may not be the right moment for you. Waiting another moment will give you time that will mean very much.

We are glad to share with you today that love is blooming across this planet. The frequency is raising. The "Guardian" shared her New Song with you. Everything is new. Can you feel it? Can you sense it? Can you smell it? Do not try to feel these things. Simply walk outside in the

morning and feel it in the air, see it in the air. See it in the people you come in contact with.

Love is breaking out across the world. Anything that would distract you from that act is not valid for you at this time. Do not be turned by things that will frighten you. Do not be turned by questions that can take you down a dark path. Stay in the light that you are in this room at this moment. Stay in the light that you are, as a being.

We give you our blessings and our love today. Namaste.

Channeled by James McConnell and Dr. Susan Sammarco  
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