

"WE Are Now In What Is Called Ascension Timeline. This Is A Timeline That Is Controlled By Source".

Source, Djwal Khul (DK), as channeled by Charles Osburn and One Who Serves as channeled by James McConnell

These messages were given during our weekly Sunday Prepare For Change group in Phoenix, AZ on September 3, 2017

SOURCE

[Note: Source Merge Meditation precedes this channeling. The meditation has the entire group merging with Source and inviting Source to stay within as well as anchoring Source energy into Mother Earth with every breath.]

As you sit there breathing out visualize Source energy flowing into the Mother Earth and Mother Earth radiating out that energy to the surface. This is the anchoring of Source into Earth. This is the mission that you came here for - we're here to spread that energy to all.

And I come here today to tell you that during this ascension process we are now in what is called ascension timeline. This is a timeline that is controlled by Source. There is very little movement away from this timeline that can happen now. At the beginning of this eclipse and at the end with the next eclipse which will happen in 2024. During this timeline the ascension will occur. And I can tell you now that there can be no deviation, there can be no activities of those who are self-serving that can attempt to stall or make this not happen as this will happen. And for you it is especially important to keep yourself focused on your own internal journey because *As Within So Without*.

As you clear the energies that do not serve from within you, you will see this manifest in the outer world. As you clear out the storms and hurricanes within your own body and mind and energy, you will see this planet have weather that is like paradise. It is the miss-qualified energies within all of humanity that is causing these disruptions and there is only one way for Mother Earth to clear this out. If we don't clear it out, if you and we within do not clear this energy out, Earth has to clear it out through these major catastrophic activities. Though we control this, you control this within. So seek within and seek to surrender any energies that feel like hate, any energies that feel like I must be correct, any energies that speak of ego. These are the energies that must be taken out of you. Purified.

Ask for me to help you with this cleansing. I AM here with an offer and an invitation for you. The offer and invitation is please call upon Me if you find yourself in a state of mind or an emotional state that is chaotic and I will help you take this energy out of you. And this is how you can contribute to the ascension process, is clear yourself within of all those things that you have hidden away out of shame. Open those doors. Take a look inside that closet inside you where you are hiding these energies, these emotional traumas, these old memories. Bring them out of the closet and ask Me to take it away and so it shall be. Thank you.

You may now open your eyes and look around with the eyes of Source. Look around. If you are in a room with someone look at them and see the Source within them.

I leave you with the invitation to every day ask for me, Source, to come into your body, to anchor into your body, and then anchor into Mother Earth.

I bid you goodbye.

DJWAL KHUL

This is DK, as my friends in the Theosophical Society would like to call me. And as those who have read the Alice Bailey books I AM also known as The Tibetan. And I greet you today.

My good friend the One Who Serves knows me well. As so do many of the Brotherhood because I Am part of the Brotherhood ... and Sisterhood for that matter also in incarnations and I am here today to give you some practical advice on how exactly can you help release these energies that you might have. The first thing that I have to offer you in terms of advice is to keep monitoring yourself throughout the day. If you ever feel resistance toward something, this is a key. This is something that is pointing you to an energy that you are holding within you that can be released. So look for resistance with ...

[Call drops]

[8:30]

(Channeler: So coming back to this, the conversation was regarding monitoring of self.)

As you go about your day just do a check. Check on yourself every hour. Check to see how you're feeling. Are you feeling anxiety? Are you feeling upset? Are you feeling sad? Are you feeling impatient? Are you feeling angry? Are you having hard feelings about somebody?

Just check, every hour, 12 times a day and this will give you the habit of checking to see if you have any energies that must go. Because these types of emotions that I have just described are the things that you won't find in an Ascended Master because those things have been purged.

And this is what this next 7 - 8 years is about. It's about purging these types of energies so that you are in a state of peace; so that you are in a state of centeredness. Because when you are in peace and when you are in a centered place it matters not what happens in the outside world. And I must also mention that it is very, very easy for us to be distracted by these outside activities that are happening.

If you find yourself thinking and talking more about things that are happening outside of you that is a clue for you to think again on where your focus should be. Should your focus on the outside or the inside? And as Source has mentioned it is the inner work that is necessary at this time and that will then manifest itself. As you become more and more clear of these mis-qualified energies what happens is that your energy field effects thousands then hundreds of thousands and then millions of others. It helps them also to easily clear these energies from themselves.

So this is the purpose of monitoring yourself so that you can now begin to look at these feelings that you're having. Let's say for example that you are waiting in line at a grocery store and you're feeling impatient. Well that impatient energy is something that can be taken out. You could ask Source to take it away from you. And Source will do this. Why ask Source to do this? You might be asking yourself isn't Source busy enough already? Aren't there trillions of other galaxies and systems that are going through ascension? Why the focus here on earth?

Well the focus here is because we are a part of Source and this planet is getting healed. So when this planet heals Source heals. For we are part of the body of Source so everything that you heal, everything that you ask to be taken away is contributing to the healing of this planet, of this humanity, of this galaxy, of this universe, and of Source.

So this is a very simple message. And I ask for you to consider simply monitor yourself and then surrender anything that you monitor and see that is miss-qualified to Source and it will be taken away.

I thank you very much for this opportunity to talk to you. I am humbled by the persistence that all of you have. You live in a time much different than the times that I lived as I ascended myself. You live in a complicated environment full of distraction, much more than what I had to deal with. And I can tell you that you are doing a phenomenal job. Keep up the great work!

As we look at you from these other realms I can tell you that we are filled with admiration and respect and we are humbly at your service.

Thank you. And I bid you my leave.

ONE WHO SERVES

Om Mani Padme Hum. Om Mani Padme Hum. Om, Om. Greetings to you!

For those of you who do not know, this is One Who Serves. And we are here to share more about some of these things you are speaking of in terms of how everything is as we keep saying many many times over and over in many different ways: everything is being orchestrated. Everything is coming together.

There is no need for you to worry about storms and all of these things because they are all part of the plan here. They are all part of what you would call the bigger picture. And everything is exactly as it needs to be.

Now that is not to say that there is not suffering and sadness and all of these things. And some people go through this and they are going through it for a reason. Whether it is for themselves or for people around them and lessons that they are learning and what they are needing to go through.

But even more important is the bigger picture here, is what is at stake here in terms of in your various storms. As this is happening many things are happening in this process here, in the process to bring about change in a greater manner. In terms of: look at all the love that is being shared around these catastrophe's here. We speak of the one in Texas. Look at all of the money that is being generated in many different ways to help those in need. Look at how neighbor is reaching out to assist another around them whereas before they would have not even given them the time of day but now they are reaching out. And this happens in many cases in times of these catastrophes.

Many come forward and spread the light. And this can do that. This can bring this about. This various times of travail -- seeming travail but they are not necessarily that in the bigger picture as we are speaking.

And in terms of the storm, think in terms of everything is going on around you. Not only these particular storms but all of the storm of the three-dimensional illusion that you still find yourselves in, and see this as the storm raging around you and you being in the center. You being in the eye of the hurricane and how gentle and calm it is inside there. This is going within. This is being within your Source, within your Being. This is what you need to do as all of the storm is raging around you.

Q & A

Q: I am wondering if anyone has been having high blood pressure issues. I'd gone vegan two months ago and have been taking herbs that lowered my blood pressure. Since the eclipse my blood pressure has gone back up. Some of it could be anxiety or it could be that the body is undergoing summary changes and because the cellular spin has increased which would affect the blood pressure but I do not want to go on medicine as you know for many reasons.

OWS: We speak here in terms of the collective here not the one individual and certainly blood pressure and rising of blood pressure is something that goes along with these what you are calling ascension symptoms and the rising of the vibrations around you. So this is certainly can bring these type of symptoms to you in terms of high blood pressure also in terms of low blood pressure. And many other different types of symptoms that you are going through. Many of you know what we are speaking of here you have your own symptoms that you are experiencing. Headaches can be this at times. Pressure in the head. Pressure in the ears many different things joint issues, all of these things are a part of the expression of moving on into these higher vibrations and how it is foreign to the body. Is not foreign to the consciousness that you are but it is foreign to the body and the body can not handle it as easily if the consciousness is not coming along with it, you see. If the heart and mind are not working together it is much more difficult to deal with these various symptoms that come up here. And as the vibrations continue to increase, this may for a temporary time period be something that you will have to continue to deal with but it will get easier. We promise you it will get much easier as you are moving through this transition process. Okay?

Q: I live in Houston, Texas and the channeling that we just had was very helpful. We were completely flooded on the ground floor and I'm counting my blessings that we had a second-floor. Needless to say it's been quite an ordeal but I'm wondering what more I could do to help the inner emotions that need clearing that would help Mother Earth. I kind of feel sad that I'm not able to be of more service to others when we are trying to pick up the pieces here in our own home, so I was just wondering what more I could do to help from the other personal level as well?

OWS: As you are asking that question you are already receiving the answer. It is not something for us to tell you what to do but as you ask within yourself you will receive and are receiving right now in this moment you are receiving the answer. You only need to but listen to it. It is there and for whatever you can do to help yourself first -- you must always help yourself first before you can go out and help others -- make sure everyone is safe where you are and then reach out to your neighbors. And that is what we were speaking of. So many people in that area are reaching out to their neighbors and helping in terms of assisting ones that are caught within the waters and even the animals the dogs and all of this. All of this is a part of the expression of the human collective coming together and spreading the light and the love. And this is the bigger picture we speak of here. So everything that you are doing personally yourself, continue to do and that is all you can do. Just ask within yourself, you will receive the answer, and then go and do whatever it is. And it may only be that you are just to sit there and meditate and ask for help in that respect for all those around you. Okay?

Q: Regarding the 2024 timeline. In my wildest imagination ... I have been really working the issue of transforming people's ways of thinking, their beliefs, their mind bombs (that's what I call them) and false beliefs and everything, and you know there are lots of really, really powerful individuals and entities that are doing that in major ways. And yet when I hear seven years I go 'Okay then! That's going to come from

some other directions so it's not going to happen in that way but we could do it in the human way. It's probably a lot slower than that. So first of all, are we needing to still move forward in all that? I mean I question that because there's going to have to be some earthshaking thing that's going to shift people's mindset but are we still wanting to move forward in all of that and what is the major earthshaking thing you think that's going to do that?

OWS: Let us clarify here. When you hear the term of 2024 and a time period here -- and you know how we have tended to stay away from time periods as much as possible -- but this was a *time frame* here that was being spoken of that by that time period, give or take a little bit here, that you will have gone through this transition and be into if not fully the ascension process. In terms of all of these things that are going to be happening and are in the process of happening now are happening around you, within you, and all of this at this time. And there will be many as we have said mini events that will lead to The Event as it comes. And all of these things will be going on for the next several years here.

That is not to say though that you have to wait and wait and wait and wait and wait some more, and that the idea of soon -- and soon is like not even in your understanding at all here -- because these things are coming. These things are in the process now. And as it begins it will be as if an avalanche.

An avalanche begins very slowly at the top of a mountain and then begins to gain more and more momentum and begins to pick up trees and it takes more and more and more of the surrounding land as it continues down, and gains more and more force. This is what we are talking about. It will begin as just a small avalanche but then it will gain in power. It will gain in many more parts of the process occurring here and this will take you into the next decade here as we are saying.

But that is not to say that in the next year, two years here that there will not be many different things happening at one time. You see? You understand this?

Q: Okay I mean so what we are doing to make to help assist people you know with getting out of their false beliefs and their negative mindset is still something we need to keep working at, powerfully I mean, or is it going to be just like something comes from out there and just the whole thing shifts?

OWS: Hold please. Hold please. You are not needing to get everybody's belief system changed. That is not for you to do. When they are ready to change their belief system, when they are ready to awaken they will do so. You can be there to be a catalyst, yes, and to be there when they are in that awakening process and reach out to you. But you are not there to change their minds. Okay? That is a difference here. That is not what you are here to do. You cannot change anyone's mind.

Q: Well is that true for those of us who have been in transformational processes and have been training in how to do that for decades. And I mean that's what I'm talking about those of us who have been training and have done it and have learned how to do it. Is there still a need for that? Is there going to be?

OWS: You are speaking in terms of those who are already awakened. And yes you continue to help within the awakening process and continue to spread the light. And as you continue to spread the light it will reach out to those other ones that have not yet awakened.

Q: September 22nd is coming up which is the autumn equinox. Will there be a need for a mass guided meditation on that date? I was just wondering your collective thoughts on that.

OWS: There is always a need for meditation in terms of whenever you can come together as a collective it can be very important to do these what you call mass meditations here. And this can be very helpful. That is not to say that you need to do it though. There is nothing you *need* to do here. You only do what you can to spread the light wherever you feel the momentum within you to do. And this is all you need to be concerned about. Much will occur as to forces at work here to bring these things about. Just as your past meditation at the time of the solar eclipse was a grand undertaking and it was spread wide across your Internet and so many participated in this, (close to a quarter of a million people participated in this,) and that was very successful. As to whether you need to do it again, no you don't *need* to. But if it can be helpful then it will be brought about by the various forces that are working in this manner here. Okay?

Q: Yes thank you. There is just a gentleman that goes by the name of Cobra he mentioned it. I just thought I would bring it to this group. He also mentioned something to do with these failsafe toplet bombs that are needed to be removed until The Event could happen. Could you shed some light on these?

OWS: This is what we are speaking of when we talk about being in the eye of the hurricane here. Let all of these things go around about you, but you stay centered within yourself. Do not worry ... and that is a what you would call put quotes around that word -- do not "worry" about these things. Do not feel like you need to become emotionally involved because that is something that when you become emotionally involved you put that particular intent and thought process and feelings out there and others pick that up and it turns into fear and all of these other kinds of things. So do not do that. Stay within the eye of the hurricane. Stay centered within yourself, within Source Being within you and everything will work out exactly as it needs to. Okay?

Q: Yes, I know. I understand this fear mongering behind it so maybe this gentleman should not put it out there for the collective. Maybe he should listen to you.

OWS: No, he is doing exactly what he feels and believes he needs to do. Just as others do the same. What we are saying is for you and all of those that resonate with these words, stay within yourself. Do not become emotionally involved. If one particular one such as Cobra or Cory Goode or any of these ones decide to bring about a mass meditation then that is wonderful and then go with it at that time. You see?

Q: I just wanted to touch base on the young lady who brought up her uneasiness with the channeling regarding Prime Creator. [Note: from the group's private discussion session prior to channeling] We cleared some of that out but she brought up the Sacred Geometry and that was articulated from different

viewpoints as well. But I wanted to hear your take on the Sacred Geometry because it wasn't resonating with me personally.

OWS: What we can tell you about this is Sacred Geometry is exactly that. It is sacred. It is something that has been around for a very very very long time in much more than we can even begin to go into here. But it is something that is at the crux or the base of everything. It is at the base of creation itself so it is not something that can be ignored. Because as you continue to evolve and move along in your technological process in a more spiritual-minded fashion, you will find that the idea of Sacred Geometry and numbers and all of these things become more and more and more important in your continuing evolutionary process here. So it is not something that you forgot about. Certainly not. It will be something that will become more and more important. But what is being said here or what was being said there is the same thing that we are saying here. Do not become involved in the minutia around you. Be in the now. Be in the perfect moment within yourself, centered within yourself at the eye of the hurricane and let everything go on around you but do not become involved emotionally in it. Okay?

Q: Can you tell us about Mother Akasha? Is she an Ascended Master and also Ascended Master Asun.

OWS: What you need to know about this is that is not really that important at this point to know who various ascended masters are, is something that is just there. You do not necessarily need to know all of the ones that call themselves that. And there are so many, many more throughout the solar system, the galaxy, even the universe that would not even begin to resonate with you. But we will add this as you move through your own ascension process you will come to understand and know so much more of this question that you are asking in terms of who is important for **you** to know. Not for everyone else to know but for you to know because you have a particular connection with these ones that you're asking about. You see? But it is not something for the collective here to be concerned about as to who all of the ascended masters are. There are many. Many in the Brotherhood, many in the Sisterhood, and on and on, within all of the councils. It is beyond imaginings to begin to share who all of them are here and even to begin to specifically speak about any one particular one. Except that it is particular to you. Okay?

Q: We spoke last week of Robin Williams and how we all enjoyed him and had reached out to you to see if you could get him to come through for us. I wanted to let you know I recently had personal contact with him and I mentioned our group. He said he'd be more than glad and willing to visit with us. So I just wanted to put that out there to you because we brought that up in our last session.

OWS: Now that you have brought that up, we would not have shared anything until closer to the time, but since you have brought that up, this one you are speaking of, Robin Williams, is planning to make an appearance you might say along with the other One Who Serves as you know as these standup comedian here. And the two of them will be sharing with you at your next Advance. We're not sure how that will go yet but we are willing to give it a try here. We do not know what they might say. They might just open up all kinds of cans of worms here as you say. (laughter) And as we are saying that, the James here is going, "Oh my God! What are you doing now here? What are you doing here?!?" So anyway yes, we will see how that goes. But that is planned here.

We are needing to release channel now. Please as you continue on in this continuing process here, this transition that you are all moving through, and you are all moving through this we might say here. You are all moving into higher vibrations and sustaining those higher vibrations for longer and longer periods of time. And that is what is important here as you move closer and closer to your own ascension process and being in, as we have said before to you, this group, in that first wave of ascension. That is not to say that you necessarily will be, but that is the plan here that you are being groomed you might say, trained to be in the first wave so that you can then turn around and come back if you wish to and assist others in coming in the later waves.

Shanti. Peace be with you. Be the one.

Channeled by James McConnell

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"Believing is seeing!"