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Sananda and One Who Serves as channeled by James McConnell

These messages were given during our first Sunday of the month Blog Talk Radio edition of the Prepare For Change group based in Phoenix, AZ on January 7, 2018

[Music Out 3:22]

Zoe: Hello everyone and welcome – welcome to Ancient Awakenings – Prepare for Change, weekly gathering. It's January 7, 2018 -- the first Sunday of the month so that means it's BlogTalk Day! Not only that, it's the first Sunday of the New Year ... which, as far as I'm concerned, just makes it pretty cool but I believe Rita will have something to say about that in a few minutes.

If you were on the New Year's eve call you heard it too: we're being told this is going to be an incredibly fabulous year -- indeed one to look forward to it. The intel is all extremely positive, the Republic is peaking through the Storm clouds, (and I'm putting that in air quotes,) GESARA is pushing to the forefront, and *we* (and by that I mean every awake and aware person in this world) are raising the vibrations that are making this happen.

I don't know astrology – but I can't get that song out of my head so this is probably true: Jupiter & Mars aligned in the 7th House last night. Sing it with me: This is the dawning of the Age of Aquarius!

I believe it's also orthodox Christmas, so if you're orthodox, merry Christmas to you guys.

But you know I just want to bask in the brilliant energy everybody is adding to this very special group that James has been bringing together. And *we are* a pretty amazing group! Considering all that's transpired ... at least since I've been participating, it's been truly inspiring. And exhilarating, and exciting, just to be able to learn from the likes of all of you and from your journeys and to learn from the One Who Serves and to learn from Sananda himself and all of the wonderful voices and messages that have come through over the years. It's all been 'such a rush' as we used to say.

But *it is* the first Sunday of the month, and *it is* BlogTalk day. And *it is* that because a few years ago Anne DeHart invited James McConnell to share his call on her Blog Talk channel. That introduced him to her extensive and diverse Hollow Earth Network audience, which included me, and thus introduced us to the inimitable One Who Serves.

(I always enjoy connecting the dots and going further and further back in time to see how it *really has* all been orchestrated – just like One Who Serves keeps saying.) But I'm reiterating this because I am here thanks to Anne DeHart. And I, by the way, am Zoe, the call facilitator.

So I would like to open this call just a little bit differently:

For those who might not be aware, our beloved sister, Anne DeHart, my mentor, and Rita's *very* close friend for eons (literally eons!) moved on before us -- as was her style to always lead the way. She made her ascension right about this time last month, I think it was, almost immediately after our Advance. (Right now it just seems like so long ago.)

And possibly, like me, many of you became regular followers of Ancient Awakenings while she was on the air.

And I want to express my gratitude to my dear friend, our dear friend, Anne/Lady Nada for having introduced me to you. For plucking me out of her Hollow Earth Network and giving me a place to land ... and learn ... and grow. And for all of that I want to thank you guys as well.

I know I'm repeating myself from our inaugural BlogTalk show but I wish to recognize her for all she did ... for me, personally, and I would imagine judging by everyone's response to whenever she would pipe in, it was the same for many of us in this group. She truly was the Light Warrior we are all aspiring to become.

So I'm asking you to indulge me (not that you have a choice because I control the mute button) but join me in remembering her, in honoring her for insisting that we forget about the material events and focus on preparing ourselves for ascension. I'd like to open this session with her favorite prayers and decrees that she always opened her HEN calls with.

She'd lead with a St Germain Violet Flame decree for clearing ... (that's sort of short-form surrendering protocol). So if you remember it say it with me please. Oh, and I heard somewhere that St Germain is asking us to start using the pink light -- to transmute negativity into pink light. So visualize that as we say:

I Am the Mighty Violet Consuming Flame which now and forever consumes and transmutes all past and present mistakes, their cause, core, effect and Akashic record. (Repeated 3 times) So be it.

Then she would move into a prayer for protection, which, by the way, came from Ashtar. She would often tell the story of how Ashtar dictated it to his TF, Pallas Athena, who we only knew, or I should say I only knew at the time as Anne's close friend. Turns out it is our little West Virginia Darling' Mz. Rita. Mz Rita, now being called Athena.

So let's go to Ashtar's prayer for Protection ... if you don't remember it at the moment you'll remember as we pick it up so please say it with me:

Beloved I Am Presence,
Intensify your protective pillar of pure white cosmic light substance
In, through, and around me.

Charge it with your invincible protection, all powerful and impenetrable, that keeps me insulated from all that is not of the light and keep it sustained.
Make and keep me ever sensitive to you and your direction and immune to all imperfect vibratory rates.
So be it.

I AM that I AM. I AM that I AM. I AM that I AM. I AM *that* I AM.

Well thank you for indulging me. We're all, Anned up by now. Anne, I love you, we all love you, Godspeed. Stay in touch. (And Lady Nada, I'll see *you* at the Solar Tribunal.) Oh and Sananda, I'm sorry for cutting into your time but ... you know ... well ... thank you.

So, on that note, let's throw it to Rita or Athena to see what she has to say about the numerology of the day. Athena ...

Rita: Yes. Greetings. Greetings to you all and I'd like to say a little something about our host myself. She's very modest. She never says anything about herself but I want to. She is a very ... she's been around the block I would say many times ...

Zoe: Alright! That's enough! [Laughter]

Rita: She's a good business woman and she's a very good communicator and so much more. Very spiritual and we love her very much, and I would like to add that. Thank you.

Zoe: Oh thank you sweetie. But we're mucking up the schedule now so let's ...

Rita: No 'buts', remember? Okay. So I want to say Happy New Year to everyone here today.

You know last year was a number 1. And we all said "enough is enough." Yes, enough has been enough but now we're going into 2018 and that's going to add on that yes. So now we're going to go forward, away from enough and do something about it. 2018 is a number that is/has a master number which is 11. And 11 in master numbers -- let me give a definition: A master number is a higher spiritual level or plane and very intense. And numerology, as you know, is energy of numbers.

Everything is energy as we know. But everyone let's think about that for a moment, on December 21st, that's where it started, come in to now, and someone was asking what happened on December 21st. Well it was a watery Cancer, this sign Cancer that came in. It was a cosmic energy of abundance and manifestation which will happen this year. Another thing that will happen this year is also when we've been talking of 11-11, every time you see 11-11, 11:11 PM and 11:11 AM, that's when the energy comes in and it will happen for 365 days this year. And November is an 11th month.

So, now, when we are thinking about this year and there is so much going to happen that all the hard work and all of what we've been doing will happen this year. It will come in to sight and will happen. There are some drawbacks. A lot of us will feel like we have a blanket around our head that's pulling us back.

But we go forward because this year it is the year for the Divine Feminine to come in and there will be a lot of honor and respect. There will be men who will be taking the lead as leaders and they will be a lot more respectful and honorable and they will be a lot more soft with their orders. Well we've been waiting a long time, haven't we ladies, these for the feminine age.

But don't get me wrong. We all have the masculine and the feminine within us but this is the year that it will be balanced; that the male and female will be balanced in each one of us. And that is meaning that we'll have wholeness, softness, lightness, kindness, and love. And I will tell you that I'm really looking forward to the rest of this year. We are in the beginning now and we all have the love in our hearts that we have to lift ourselves up and to serve. So I send love, compassion, forgiveness, and gratitude to all ... and to all good night! ... No! [Said jokingly] Thank you very much.

Zoe: That was great. You know Rita has been a teacher of numerology for the past 40 years or so. I guess you could say forever actually since Pallas Athena developed numerology and taught it to the Greeks. So here she is teaching it to us.

So that wraps it up for us. James, we can move on to you now.

James: Okay so were going to do a fairly quick meditation here and then Sananda will be with us and the One Who Serves and then question-and-answer period after that.

SANANDA GUIDED MEDITATION

James: So we'll just get into a good relaxed state. Begin to get into your breathing. Breathing rhythmically gently... [Leading into Sananda's guided meditation which is best experienced directly and can be heard on the recording beginning at 17:15 minute marker]

SANANDA

I AM Sananda.

And it is always my pleasure to be with you, to be a part of this group and this group to be a part of me and all that I work with, for we are all in this together. We have been in this together for thousands of years and we have now come to the culmination and approaching that which I have spoken of as the crescendo and the finish line.

And so many of you wonder, well when are we going to cross this finish line? And I tell you now you are already doing it. You are already in that moment. And the anticipation is growing within all of you as you approach that finish line because you know once that you cross it, you have arrived.

But I tell you now you have arrived already. You arrived the moment that you came into this evolutionary process, for you have never *not* been a part of this. You have always been a part of Source. Source has always been within you. Never has there been a disconnection. It has only been within your mind that you have lost that connection and felt separated from the Source within you.

But you are all learning now, just as you have many times before, you are all learning now that that Source is within you and you within Source. And this knowing will take you through this entire transition and through your ascension process and finally to the full ascension and what is now being called the Transfiguration. Because you are all destined for this. You have all put in your time, put in the work. Even those of you that feel like you are doing nothing, you are all doing something, because you are part of the greater whole here.

You are part of the greater expression of love throughout this planet and the consciousness that is raising. And you, as the ones that came here to raise the evolutionary consciousness on this planet, you are all doing exactly that. It only takes a small percentage to raise the consciousness of the world and you are part of that small percentage. But it is time now for you to look at the part of the whole that you are. You are part of the greater expression, beyond this planet, beyond the collective humanity. You are part of the solar system, part of the galaxy, part of the universe itself. And all is right there in front of you now. All you need to do is step across the finish line and all of this will come to fruition for you.

It is time now for each and every one of you to go about your Father's mission, your higher self. Just as I said long ago when it was my time to do exactly that and I said, "I must now go about my Father's mission." It is now time for you to do that as well. Take up the mantle of all that you came here to do. If you are unsure, ask. As it always is, ask and you shall receive. Seek and you shall find. Knock and it shall be opened unto you.

Reach out, my dear beloved friends. Reach out and find yourself once again.

I AM Sananda. All of my peace and love be with all of you.

ONE WHO SERVES

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

One Who Serves here with you to take you through the continuance of the program that you have been on for so long here now.

And we are so enjoying this program but we also certainly enjoyed the dream that was spoken of here earlier in terms of the Trump and the train. That was a wonderful dream. And you do not yet understand just how predictive, in a sense, that was that dream was because you are, in many senses, all of you are traveling on a train. You are moving through the valleys and the hillsides and the cities and all of this. And as you are doing so you are looking out the windows and taking in the beauty or you are looking out the windows and taking in the ugliness. That is up to you.

But you are all going on this journey. You are on this journey and it is the journey that matters. But certainly as you come to a certain point, as was depicted in this dream, that was the time where you, those of you that are on this train, leave the ones that are not on the train. In other words you will be in a separation mode, you might say, where the timelines will shift, the timelines will split apart. They are

already doing so. And you, those of you are moving on a certain timeline to find yourself into the higher vibrations.

In this train in this dream, those of you that passed through the wall, that was moving into the higher vibrations, moving through the veil out of the third dimensional paradigm in the illusion. And those that are left behind continue to be a part of the illusion and eventually move to another level of consciousness somewhere else where they will continue on with their illusion that they have created. You see? You can either create an illusion for yourself or you can create an illusion of reality for yourself. That is up to you. But all of you are moving in that direction. You are all on this train. And if you decide to get off, that is your choice. But if you decide to ride it till the end, cross the finish line as Sananda is saying, what glorious celebration is waiting for you. And that was the other part of the ending part of this dream was the celebration that was on the other side. And how many times have we been telling you that we have prepared a wonderful celebration, nothing like you have ever had before?

And this is what is coming for you. We cannot say directly it is in this year but it is preparing you, moving you, fulfilling and completing all that you have been working toward in this particular year. Much is going to happen as we shared on your New Year's Eve. Much is going to occur, many shifts, many changes. The dominoes are already beginning to fall and they will continue to fall dramatically as you move along here.

One of the things you spoke of in your earlier discussion was your news media your mainstream media. They are coming along quickly here now. You're going to see a major shift in what they are bringing out in terms of they are going to bring out the truth more and more here. And those of you that do not even look at what they are saying now will begin to turn to them again. And it will be a continue ... or a combination, you might say, of the mainstream media and the alternative media. But all of this will come together and it will be just the media. That is also going to be coming here.

So you are going to experience many shifts and changes as we have spoken of. Your arrests, those mass arrests that you have been hearing about for years, well, they are in process now. They are happening. And you are beginning even to see the beginnings of the what is occurring there where those things in the background are coming out now, coming out into the forefront, coming out to where you can begin to see them because they are real. These arrests, these indictments, all of this is perfectly real. It is happening. It is not part of the illusion anymore, rather, it is still part of the three-dimensional illusion but it is part of all that is coming down here. Part of the ending of this paradigm and the moving into the new paradigm; into the new Age of Aquarius.

And this *is* the Age of Aquarius. You are entering it here. You have been for some time and now it is fully coming into being here. And you are all going to be a part of this. And we wish for you just for a moment to think back to long time ago. Any particular past life you can think of or anything that comes to you where you may have been standing on a beach somewhere or near a stream, usually out in nature. And you are standing there and you are wondering: When is this all going to end? When am I going to find out who I really am? When am I going to find out why I am here? What is this? You have all asked these questions for lifetimes previous to this and now you are coming to the answer. You asked it many times previously and now the answers are coming to you.

So what we would say now is what we have been saying and what we have been encouraging James to put in his e-mails and that is keep those seatbelts fastened because things are going to get rough and

rocky. And everything though is changing and is going to continue to change as you move through these shifts that are happening now. And it is *all* in the now.

Do you have questions here for One Who Serves?

Zoe: I was just going to suggest that we start with the in-house but for anyone on the phone, just press one to raise your hand and we'll populate the queue that way. When we call on you just give us your name and your location. And the only favor I ask is if, once your conversation is done, press one afterwards to complete and remove yourself from the queue.

You know that no question is off the table but One Who Serves may choose not to answer it at least in the way that you would like it to be answered because it wouldn't be in your highest good for them to tell you. So come on in with whatever you've got.

Oh and I probably should also say for those of you who are new to the call, One Who Serves is actually a collective. They are group of Ascended Beings who choose not to be identified individually at this time but honestly, after you get to know them, they're pretty easy to tell apart. So is there anybody in-house that wanted to speak otherwise we've got some questions on the phone here.

OWS: Any questions in the room here first? No then we move on yes to you.

Zoe: All right. Very good.

Q & A

Q: I had an experience this week that I wanted to share with everybody. In meditation I went to my secret garden space that I have. I walked down a little path to an opening in the woods and a little fairy came up to me and asked if I wanted to play. She said her name was Arina and as I started to tell her my name, she said she knew it. I walked down the path to my garden looking at all flowers and things and I started to walk around a little pond. And as I was doing so I kind of sped up like a little kid would start running and I could hear myself giggling. I went to the rocks by the waterfall and cleansed myself and as I did that I opened my eyes and the little fairy was there in front of me again.

She said do you want to fly? I didn't doubt that I could fly so I just said I can fly and so off I went. We flew around for a little bit chasing each other and then I landed myself onto a chaise lounge. I kind of plopped myself back, exhausted but exhilarated and totally content in the moment and sat there for a moment. Then a little bee came up to me. I stuck my finger out and he landed and gave me a drop of honey so I thanked him for that. And then a little bird came over and asked me if it could have a piece of my skirt. When I looked down I noticed that my skirt tore while I was flying so I ripped a piece off and gave it to the bird.

I kind of brought my feet and planted them on the ground still sitting and looked up and there was like a clearing in the trees and I could see a mountain behind me. I stood up and looked at it as I rubbed my hands together and said "54321, in the goddess of my being," and I clapped them and placed them on the ground. When I placed them on the ground this energy went out from my hands in a wave. And I noticed that along the way it went, flowers and everything started growing. As I looked up at the top of the mountain and I could see the energy reach the top, and everywhere on the mountain was just full of plants and flowers and trees and everything. So I then my attention turned to seeing an eye, like the eye of some kind of being which was an elephant's eye. (I love, love elephants!) And I tried to see the whole elephant but I couldn't because it was hugging me.

Then I went on to see other nature places but when I opened my eyes I realized that I had been crying. And so I was just, you know, amazed and blissful and beyond any words I can possibly say that I had had this experience. I told my husband who, God bless him, is always open to everything I tell him. After I talked to him I just felt like I had to be outside. I had my face to the sun with my eyes closed and I had a picture in my mind of golden lace wings and I thought this is so beautiful I have to go in and draw this. So I did so. I drew the wings, began drawing the fairy, and my daughter happened to come in and she said mom that's beautiful. That looks like you. And at that moment I realized that I was drawing myself as a fairy. And at that same moment I understood that Aria wasn't the fairy's name, it was my fairy name. So it's just been a magnificent experience. Like I said I don't really have a question I just wanted to share that with you that I had that vision and all that came from it.

OWS: Wonderful. We are so happy that you have shared this type of vision and experience because this is what we have been talking about when we talk about moving into the higher vibrations and moving past that veil that has been there for so long and being able to see the fairy world and all of the elemental kingdom and all of this. This is what we have been speaking of. So you are experiencing this. Also we would say that this is, in some ways, how the one who came up with the Alice in Wonderland came from. The same type of things. This imagination, this visualization ability and the fact that you can draw and this type of thing also adds to your experience here because your imagination is wonderful. Your imagination is everything. We are speaking to all here now, not only to this one that had this experience. Your imagination is everything in the higher realms and the higher vibrations the higher dimensions. Imagination, visualization, so important here.

Now for someone who would have begun to have this experience and then put it off as not real, doesn't mean anything, I'm making this up, it would have ended. You would not have this incredible experience. You see? Now one of these times, and again we are speaking to all here, you are going to have these types of experiences where you are your eyes are closed, you are in a meditative state, or you are just simply daydreaming or visualizing, and then you will open your eyes -- your physical eyes -- and you will be seeing through your third eye and everything will come alive. You will begin to see those fairies and elves and all of these things that are real. They are there, they are real. Every time you look out in your garden and your, into nature of any kind, in trees. If you can but see the life that is there beyond the leaves beyond the limbs and the part of the tree.

As you look you will see the fairies that are flying all around, the sprites, everything, the life that is abundant in these areas, these nature areas. Go someplace where there is water as you spoke of with the waterfall and you will see so many things a secret garden in there for all of you. So this is the promise. This is where you are moving toward. Every one of you are. And you will begin to see more of these things. And as you say, well why can't I see that, why do they have that ability and I don't? You see all of you are coming into those abilities. You are going to have what is called the X-Men powers and all

of these things. Not so much the ones that were in the movies but parts of them, some of them you will have. This is what is coming for you, each and every one. Okay?

Q: I hadn't been planning on talking about this experience One Who Serves but if you say it's okay I will.

OWS: Please, before you go on with your experience, though, please make it a little bit shorter, a little bit quicker to the point. And if there is a question in there then ask the question succinctly to this. Okay? We need to move along here.

Q: I went to Cesar Chavez Park (it was a mystical place) and on my drive back home that night (it's about a three-hour drive) I noted where I was and the next second I looked up and I thought, wait a minute, something is out of place here. I realized that I was about 10 miles further down the road than I should have been. And all of these various things that would've stood out like the oil refinery with all these lights all over it, this tunnel you go through that's all lit up, I had skipped all of that. I had come to a point that was about 10 miles further down the road in the blink of an eye. So the only thing that I could figure out is it somehow I teleported. Is that what happened to me then?

OWS: There is this that is going to also happen to more of you where the sense of time and difference here in time frame is going to become what we would just say strange to you where it will feel like your time is speeding up and there will be times where you will have a sense of where did that time go? Where it is say for instance it is eight o'clock in the morning and all of a sudden it is now 10 o'clock in the morning and you wonder where did all of that time go. This is going to happen to more of you. You're going to have more and more of a sense of time coming together. Maybe even saying time standing still here. That is what is coming here. So yes you can experience this and will experience this more and more often here. We will expect as times come here, as you ask these questions through these sessions, you will be having more and more of these experiences to share. And at first they are going to be in terms of visualization, in dreams, and this, but they are going to come more and more into more what you would call reality where you are seeing it with your physical eyes. Your physical eyes though working through your third eye center. You see?

Q: I saw a YouTube posting that in part was talking about how Yeshua by his suffering on the cross was transmuting darkness by his suffering. And then they also said that light workers who come into this life into say explicitly sexual abuse situations, maybe they were abused as a child, those light workers by not becoming abusers themselves they are also being a messiah, that they were transforming darkness. And not just their own personal darkness that they went through, but that it was exponential and they were healing the darkness exponentially just by undergoing that suffering themselves. Can you talk about that?

OWS: So your question directly is what here? Please ask your question.

Q: My question is, I guess, is that true? Do light workers exponentially transmute darkness by suffering?

OWS: No. Not by suffering. That is the old way of thinking, the old paradigm; that which the dark forces want you to fall into, into that pit, that quagmire that has held you, again the collective you, for a long

time here. You are not transmuting the darkness by suffering. You are transmuting the darkness by light, by love, by joy, by consciousness. That is how you are doing it. Not through suffering. What would the Creator be if it wanted you to suffer? To suffer to eliminate darkness that makes literally no sense here whatsoever. You see? So either the one that was saying this you maybe were misunderstanding here or maybe that one is just not quite on the right wavelength here at this point. We cannot say directly. But please understand, please understand here that as you, as light workers and light warriors, you are transmuting this darkness. You have been working with this. Each and every time we do this meditation with you on these Sunday times you are working on this exact thing. You are changing the darkness into light, transmuting it, eliminating the darkness. Illuminating rather. Let's say you are illuminating the darkness. You see? That is what you are doing.

Q: And suffering comes from fear.

OWS: Yes. That is correct. What we hear here in the background is suffering comes from fear and certainly there would never be any need for fear. Fear is something ... well fear is the exact opposite of love. So how can there be fear and love in the same Source, you see?

Q: Yeah you know I had quit listening to that particular source on YouTube but for whatever reason the other day I did listen to it and obviously had a concern about it. That's why I asked.

OWS: Yes. That is using your discernment. Certainly Yeshua when he was on the cross he did not die for everyone's sins. That is a misnomer, a fable that has been created here by the various churches to bring about this idea of fear and bring about this idea of He was the only One. He is not the only one. You are all the One. You see?

Q: To speak to that last question I wanted little clarification because it came up for me because I think that in some of my past lives I actually decided to take on some lives of suffering so that I could understand better how to transmute that and to bring that to the world. Is that one thing that we do?

OWS: That is correct. You have all been a part of the darkness so that you can understand the light.

Q: Okay. Thank you. So the other question I have is when I do my meditations it's very, very powerful for me. I open up all of my chakras and then call in the archangels of each particular chakra to help me open them. And then I'll be able to squeeze my eyes shut and I can literally see all of the geometric codes and the lights and colors of all the different archangels. And it's just amazing. They're so clear in the flashes of light and different symbols and codes are just coming out. So I'm loving this and it feels great and I always feel wonderful afterwards but recently I came across this website which someone in this particular group has put up called energetic synthesis which occurred to me to be a reputable source, but they talk about something called the Metatronic Reversal, Metatron Code which is a bad thing. They said Archangel Metatron was not an Archangel, in fact, but some kind of a false implant into the hologram. They also said that there is something happening with the family of Michael. Again that there was damage to that matrix. So now I begin to question should I be not calling on Archangel Michael? Is there such a thing as Archangel Metatron? It feels so light to me that I don't feel like there's been anything dark around me. So I'd like a little clarification on that.

OWS: That is your answer right there. How you feel. How it makes you feel. If you feel good from it then it is good. But if you feel a sense of dread or a sense of fear or anything of this nature then it is not. Archangel Metatron is certainly yes an Archangel and Michael is the Warrior. Michael is the Warrior of Peace and he is real and he is of the light certainly; has always been of the light.

Yes and somebody say over here and we need to repeat this because it is very apropos: he is a badass! Yes. We like that. He is. That is for good. He is a good one.

Q: So all right but is there something around Metatron or around Archangel Michael that we need to look out for out there in the world that isn't such a light like that people are creating out there?

OWS: There are ones that you would call him postures and these imposters can at times mimic the light and they will do so. But you with your training up at this point, and your vibrations that you carry, you are able to see through this and know that they are not of the light.

And if you ever wonder if they are, ask them. They must tell you the truth. So if one comes to you in your dream or in your visualization, your meditation and it does not feel right to you, ask. And if it is of the darkness it will then show itself of being of the dark. It cannot fool you. Only unless you allow it to. It is the same thing as your myth in terms of your vampires and things, and if you don't open the door or open the window they cannot come in. You see? This is very similar here in this sense. If you invite the darkness it can come in. But if you keep it out and want to keep it out and only surround yourself with the light, it cannot come in and do anything with you. And this is where all of you are at this point. You hear these things here and there about implants; dark forms coming in and playing havoc within you. And this can happen in certain circumstances, yes, but for the most part you are all free of this. You have all moved beyond this. Every once in a while though someone can open the door without even knowing it and when they open that door that dark form can come in and try to take its' will. But if you do not allow it it cannot. Okay?

Q: A lot of light workers and light warriors are receiving information from their higher selves that they will be picked up onto a ship this year; as a practice run, as you would put it, just to test the waters to see how they are. And a lot of people are saying they've been given their location where they're going to be picked up. And it will happen this year. That's not to say that they're going to go off for miles, just a practice run to see how their vibration is when they go on to the ship. How they are within their frequency of vibration. So as a collective, as a generic question a lot of people are asking am I hearing this, is this right? Is this real?

OWS: What we can tell you on this is it is real in some respects yes. There are preparations being made at this time for certain ones to have this experience just as they have been having this experience since your 40s and your 50s back then when this was in the beginning process here. This has been happening for some time but it has been covered up. It has been kept very covert you might say except for certain ones that have come forward and written books and things of this nature. But now at this time, as you are moving into this year, the preparations have picked up greatly here for exactly what you are speaking of, about select individuals here and there that are going to be taken into ship here and this type of thing. Now, with this understanding, we are going to say here that those of you in this group -- and we are specifically speaking about this group, those of you that have been working in this process -- you are, those of you, or some of you are being prepared for this as well if it is something that you want.

Now to say it is going to be in this year we cannot say directly that that is the case, but we can say that the probability, the possibility of this is picking up very much here. So if you want to be in a ship at your next new years and have celebration on ship, that is a possibility!

Q: Yes. This is wonderful because I myself, I've had confirmation of this. And I was told -- because I doubted it, stupidly -- I was told surrender that doubt. And I did surrender that doubt and now I feel very confident. But then there were other people coming to me, going I'm just not sure if I'm hearing the right things, so in terms of them I'm glad that you said that. That's wonderful and they'll be hearing this and listening to this recording.

OWS: If you had surrendered the doubt you would not have asked this question. [Knowing laughter]

Q: Oh well then I never surrendered it properly even though I did surrender it. And it was Ashtar that told me to surrender that doubt. Surrender it. And I did, I surrendered it. But maybe I have to surrender it again. My ear is burning! Is that you telling me it to surrender it again? Then I probably need to surrender it again. Thank you for telling me this.

OWS: Very good. Remember always believing is seeing. That is your key here. Believe it and you will see it. Believe that you will be taken up on a ship when you are ready and it will happen. It is all part of the process here and all part of the celebrations that we have been speaking of.

Q: I went out for a walk a few weeks ago in a park and I took a break and I looked at some clouds that were interesting and I started seeing all these faces. One was a lady and the next one was I thought was St. Germain and then super clear was JFK. And it wasn't my imagination I could just see it. So one question is just why. Why was that shown to me? And then I walked a little further and I looked up and there was a bunch of clouds in the sky but there was a rainbow in one of the clouds. A beautiful little rainbow in just one. So I took some pictures of it and a few days later I looked at those pictures and inside the cloud with the rainbow was very clear, a ship. I was wondering whose light ship was that. You could see the whole left side to the middle of the ship. And there was also in the photos a little blue orb that was near me in the first photo, and by about the fifth frame it was a lot closer to that cloud, that ship.

OWS: Often times when you take your pictures you do not see it with your naked eye but when you look at the picture there is something that appears there, whether it is an orb or a ship or whatever it might be. So you are seeing through the veil, you might say, and seeing the glimpses that have been spoken of for some time here. It is for those that have eyes to see. And you yourself and those of you that are on this call and resonating with these type of words, you are the ones that have the eyes to see and the ears to hear. As long as you are open to it. And as you look at the sky -- we have told you this many times: look at the sky, look through the clouds, see what is there beyond your physical vision here -- and you will begin to see then with your third eye center. And the two of them coming together or rather the three in this case your two eyes and your third eye coming together and being able to see into the higher dimensions. You're getting the glimpses. All of this, the fairies, all of this. This is the glimpses here. Okay?

Q: I feel like I have a very deep connection with Archangel Michael. For quite some time now, since 2015 actually and I feel that he came to me at that time his presence or his energies and ever since then I've had him with me every day. Anyway and I'm very grateful. I adore Archangel Michael. I prefer him to everybody I send him to help others that are in need in emergency situations, but my question is what is the connection that you see between Archangel Michael and I?

OWS: The connection that you have with Archangel Michael is very similar to connection that many of you have with Archangel Michael and Sananda and Sanat Kumara and St. Germain and so on and so on and Ashtar of course and so on here. It is that all of you have these various connections because of who you are at the higher levels of your being. You are not, and I repeat, you are not the individual being that you think you are here in this lifetime. Especially those of you that do not feel good about yourself that you do not think you are anything in the scheme of things and you are. This is what we try to tell you over and over here to remember who you are. And if you feel a resonance to a certain ones of these higher beings then it is there it is real. You would not feel it -- and we say *feel* it (not think it but feel it) -- if it was not. You see?

Just as there are ones here in this room that have strong connection with Sananda -- very strong with Sananda -- and Lady Nada. And there are others of you on the phone that have connections with Ashtar and Archangel Michael and St. Germain and Sanat Kumara and all those that we've already said; some even with Adama in Telos. You all have these connections because of who you are. Many of you are up in ships right now. Those higher aspects of yourself are in those ships looking down on yourself. Think about that for just a moment. [Laughter] What that would be like for you. You are looking down on yourself you see? And there are ones above them that are looking down on them. Understand? Think about this visualization. Utilize this visualization that we are giving you here because it will help you to connect with those higher aspects of yourself to the Source. All the way to the Source. But you see when we say all the way to the Source there is no all the way to the Source because the Source is right here. Right in you. He said, "the Father is within Me." God is within me.

Q: I do a daily grounding for Gaia and to all that is and to Mother/Father/God. And I invoke and I invite everybody ... and I mean everybody who's ever anybody is invited; all of the collective, all of the Angels, archangels, all of the Company of Heaven, Mother/Father/God, Sanat Kumara, all of the Ascended Masters. I invoke for all of their attributes and energies to be sent down into Gaia for all of humanity, and all of Gaia's Elemental Kingdom's, and all of creation. We expand it out to all so everybody receives this. And then it goes back to Mother/Father/God in a full circle. I've been doing this for a couple years now. This is my daily grounding. Beautiful beautiful time with Gaia. And I invoke for the Threefold Flame every time I get to my heart because I do these Celestial White Beings of Light to come and descend down the waterfall of light to cleanse and activate all of my chakras before I go into the rest of it. Anyway so, yes, I do know Father/Mother/God are right here within me. I feel them as soon as I wake up in the morning.

OWS: We have one suggestion for you. We have one suggestion for you. Don't leave anyone out. [Laughter]

Q: I also invoke for all ...

OWS: We are joking here. We are joking. We are joking not to be taken serious here. [Laughter] Just next time say, "Hey all you guys. *Everybody*. Everybody come to the party!"

Q: On December 31st [a member] sent out a video of Pleiadians and in the first 30-45 min. there was a picture of a group of illuminated visual individuals that were holding hands and going around in a circle. Well, eight years ago we had a power outage. We had a tornado come through Alabama and we had no power for a week. In the meantime you had to go to bed when it got dark because you had no other options because there was no power. While I was on my way to go to bed when I saw this light out in the front yard. And this same group that was in that video was in my front yard. *[Oh, wow!]*

OWS: Yes. Was this a Council?

Q: Yes. What would be my connection to them?

OWS: Well we would say that the fact that they were in your front yard is a pretty strong connection for you.

Q: I would think but were they trying to ... I felt comfort with that, [Yes], with them being out in the yard.

OWS: Yes. Did you go out and talk to them?

Q: No. It was dark. Because I had never seen this before and did not know what, but it was so peaceful and so ... I had already stepped back in time and I mean it was just unbelievable peace.

OWS: Yes. This is also what we have been speaking of for some time now. The glimpses, those connections that you have to those higher aspects of yourself. And we say that specifically here for you now who is asking this question, *aspects of yourself*, so this is how your connection is here. Do you understand?

Q: I was wondering if you guys had heard from Anne DeHart and if you have anything to say about that if she has anything to say to us.

OWS: Anne DeHart is on the other side. She has moved over with us. She is not there with you anymore. She has, as Robin Williams says, she has left the building.

Q: Right. I was just wondering if she has any messages to us from the other side.

OWS: Oh! You're wanting to have message coming through the James here such as the Robin [Williams] did here. And we would say to you it is not time for that yet. But this one, Anne, is much more than what you had even thought she was previously. We can say that to you. And she has come home. She is very happy, very loving to be where she is now and is ... okay she is saying something here.

She is saying that she loves all of you. She loved the experience that she had with all of you in working with you, those of you that worked with her in her website and her phone call, and all of this. And she is feeling like she is not necessarily missing you. That you are missing her maybe, but she is not missing you because she knows that you are her and she is you.

She has completely come to that understanding and knows that you will all be together again. And she is ready and willing to be a part of that celebration as those of you step over to the other side -- not in terms of dying. We are not speaking in that way but in terms of moving through the ascension here -- and meeting her as she is waiting for you on the other side. That is the best way we can say it although there is really no side here, no two sides here. Just a way for your three dimensional understanding at this point to grasp this.

Q: We have a light worker meeting every other week and recently, instead of our regular meeting we had a Reiki healing session. (We have at least three Reiki practitioners with 30 years' experience.) We all got a chance to lay on the table and heal each other and everybody said that they had never had such a great experience. And the leader of our group said that it was so good that we should do that maybe every third meeting. I was just wondering if that was something we should try and/or maybe even go further with. Maybe our service would be better if we could, you know, heal ourselves and maybe teach others to do that. That's just my question, should we just go slowly with 3, one every third meeting or is that a good way for us to serve others?

OWS: What we would suggest to you, if you want to learn the Reiki energy healings and these types of things then we would suggest that you meet with one of the practitioners and learn the process. That is number one. But number two is that you allow for the processes to continue as they are. This particular group is working in a particular direction that you may not even understand what that direction is.

But we have been working with you, each and every one of you, each and every time you come together on your call, here in the room, and even when you listen after or read this transcription after, you are experiencing these DNA downloads, and all of the things that is happening here, and the trainings the working through these processes and the energetic healings that do come as a result of that. Specifically when you're in those what we are calling the Advances here because in those Advances you are advancing. You are moving through the transition that you are experiencing in your own consciousness and moving at the level and the rate that you are able to do.

And if you are ready and willing and able in those instances to find the healings then that is what happens. If you believe it you will see it. And there have been times when we have worked directly in those sessions where we bring the healing energies to you or rather we bring the energies to you and allow you to heal yourself. You see? This is what is happening. We do not heal you. The practitioners that you are speaking of do not heal you. They are not the ones that are doing it. You are doing it. They are just a conduit for the energy.

Now with that understanding you yourselves can be the conduit for that energy any time you want. Just call upon it. You do not have to have a practitioner that is putting their hands over you. That is your belief system that is needing that but it is not necessary. Just as when Yeshua did what he did in the laying down of hands was not necessary either. But those that were there believed it was so therefore it needed to be. You see? You always think there has to be another party, a third-party there that is doing the healing and it is not. All healing comes from within always.

Now please understand what we have just said in that last statement. All healing comes from within always. And in all ways. So when the doctor is doing whatever they are doing or the practitioner is doing

whatever they are doing they are just conduits of energy; either good energy or in cases of medical doctors and things much of the time not so good energy. But they are doing what they can in the belief system that you have allows for the healing to happen whether it is through the doctor, through the practitioner, or directly to yourself. You see?

Q: Yes. I just got a thing through me that those tests that they do where they give a placebo and a person actually heals. Is that right along the lines of what you're saying?

OWS: That is correct. Think it and it is so. Believe it and it is so. This is what the placebo effect had here. You see?

One thing we will add here since this has come up and will continue to come up more and more now because these technologies are ready to be introduced very shortly here. These things termed med-beds and these types of things are real. They are real. They are there. They are ready to be rolled out when the time comes, rather when the frequencies arise enough for this to happen, for those of the dark forces to be eliminated or out of the picture you might say where they can no longer stop this. And once these are released this is the beginnings here toward what have been called the crystalline healing chambers. This is the beginnings of that. These chambers that are on the ships are even much more than what these med-beds are being but they are there precursors. They are the movement in that direction and they are real and they are going to be introduced.

Q: This is actually right in line with the last caller's question. It's regarding meditation. I don't know if this is normal for a lot of people when they meditate but I feel a lot of heaviness and tightness in certain areas of my body and my sense is that there are blockages that I'm trying to release and I'm not sure if I'm going about it the right way. I'll start meditating with attention to my breath and then I start feeling what almost becomes pain in certain areas. I'll try to focus on the area and focus on releasing it. I usually call an Archangel Michael or Jesus/Sananda and ask for their assistance. But this has been going on for so long. I just want to make sure that I'm being productive with it and I'm actually moving the energy.

OWS: Meditation is not what many of you think it is. Meditation can be directly into find the time to sit there and cross your legs and all of this thing and meditate and do the things with your hands and all of these kinds of things, or it can be simply going out into nature and admiring the beauty everywhere. And even more importantly than seeing the beauty, feeling the beauty, experiencing it. Experiencing the consciousness within all life: within a dog, within a tree, within flowers, and bees, and all of these things. This is meditation. To speak about the kind of meditation you are talking about in terms of formal meditation where you need to have a certain spot, a certain time, that type of thing, that can be helpful because that is following the discipline. And this can be helpful for those that are ready to do it. But for those who are not, do not fight it. Do not feel guilty if you do not do it. Do not feel like as you are moving into a meditative state, if it is uncomfortable for you, then make it comfortable. Do not fight against it. If you fight against it you do not have any positive effect from it. There was this saying that was given long time ago as to what meditation can be or how to do it. You remember this? [Speaking to an original group member] What is it?

Q: Are you talking about Sugat Gu Ra Ru?

OWS: Yes. What did he say? Do you remember?

Q: Well he said about don't be attached ...

OWS: That was something yes. But we're speaking directly of meditation here. We are putting you on the spot here.

Q: I remember he said to put your finger to your thumb.

OWS: No no that is too much in the terms of formal meditation here. The mudra and all those types of things. No we are not speaking of that. We are speaking of two E's: Effortless Effort. That is what it takes. Effortless effort. Put in the time but do it effortlessly. You see? That is the key here. Okay?

Q: Okay thank you. Can I just ask though, sometimes I'll go into body movements like I'll be folded forward or I'll kind of feel an energy swirling. Should I just try to relax and go back into my breath when that happens or sort of go with that? I'm not sure if it's my higher self guiding me. Like are you saying that I am resisting it and that's what's causing the tension?

OWS: Yes. First of all there are no "shoulds." Do what feels right to you. If it does not feel right to don't do it. You see? But if it feels right and you will know it you, will know it because you have done it many times before in other lifetimes in other experiences even before coming to this planet. You have all experienced this. And for some it is like getting right back up on the horse and going at it again and for others it is effort. But that is okay. Let it be what it is. You see?

OWS: There was one question that was asked of the James here in an e-mail and we were wanting the one to come on and ask this question because it is one that many have. But because she is not coming on we are going to answer it quickly here, you might say, not in our long roundabout way. [Laughter] But please understand that this particular topic is something that is not easily answered in just a short time period. But we will do best that we can here with this.

They were asking about what is the 144,000. And there are so many understandings of what this is. The 144,000, yes, is a group of light workers, those of you that came here to this planet with Sananda and Sanat Kumara and are a part of this evolution as a result of coming here. And you are the ones that are spoken of in your Bible as the chosen ones. That is not to put you aside in terms of elite status or anything of this nature. We never want you to think of it this way. But you were the chosen ones literally because you chose to be chosen and then you were chosen out of many millions. You were chosen to come here and be a part of this as this expression of consciousness that came here to the planet as the light that came here to this planet to raise the darkness or illuminate the darkness here. That is what you came here to do.

Now there is much more in terms of the 144,000 in terms of getting very esoteric. You can get into the microcosm in terms of cellular structure and all of this, this 144,000 comes into being as well. And you can go deeper and deeper and deeper with this. But the usual main understanding of the 144,000 is of the light workers coming here to the planet.

Now the 144,000 is not just simply 144,000 in your understanding in terms of the number here. There were more, many more than this 144,000. There were waves that came here with this. The first wave

was the 144,000 then there were waves that came after this. So it is not only 144,000 that are here on the Earth. There are millions here that are the light workers and light warriors. But the millions is a small percentage to the billions you see? So we have spoken many times of awakening the light workers and light warriors here on the planet, helping those two awaken to who they are. This is what you -- those of you in this group -- are here to do. You are here to be a part of this mission however it comes about, however it works for you. Whether it is bringing a group together such as this, whether it is bringing other groups together along with this group or separate from this group, whatever it might be. Or if it is simply meeting with your neighbors and bringing some of these issues up as they are allowed to be brought up so that you do not feel like you are being put on the spot or you do not feel like they are laughing at you or anything of this nature ... and if they are so what it does not matter. But that is not what you need to be concerned about. You need to be concerned about spreading the light whenever and wherever you are able to do. That is what you are here to do as this 144,000 light workers, light warriors, light sharers, light bearers, however you want to look at it. You are here to do that. Okay?

Then we are going to release channel here now. Just understand as you continue on with this process -- and it is a process. It is not an overnight sensation although some of you will experience these overnight sensations -- you will experience these visions, these wonderful meditations, these dreams, you will experience more and more of this and then more of you will begin to experience this with your waking open eyes and ears.

Shanti. Peace be with you. Be the one.

Zoe: Okay thank you all for joining us today. Our website is www.ancientawakenings.org. You may have wondered what One Who Serves was talking about regarding our conversations earlier. And that is because we have a private session prior to the public session which is this Blog Talk part. And if you would like to attend that, or even if you would like to go in person, please RSVP at www.meetup.com/AncientAwakenings. And that gets you access to everything else that's on that website as well. Our Facebook page is [ancientawakeningsonfb](https://www.facebook.com/ancientawakeningsonfb). And you will be able to find this recording as well as all the others archived on the .org website. The Blog Talk one [the recording] will also be on Blog Talk web site under Ancient Awakenings – Prepare For Change. And lastly, I don't know for a fact but I presume Moses is still taking offers from volunteers so get in touch with him if you have time and skills to donate to this.

Rita: Pardon me. May I add as the cohost that we do have this radio show the first Sunday of every month at 12:30 ~~pacific time~~ and mountain time and we welcome everyone to come back again.

James: Mountain time [stressing correction] Just mountain time. Until it's Pacific time ... you know daylight savings.

Zoe: They're Arizona. They're a little goofy over there. [Laughter]

Joanna: Yes we are!

James: June is when it changes. Right?

Zoe: So yes, that's 12:30 mountain time. The first Sunday of every month ... unless it's not. [Laughter]
Like last month.

James: Thank you so much Zoe and Rita for all that you've contributed there. Appreciate everybody being on the call with us. I hope you learned something. I know every time that I have them come through me I learn things. I don't always remember them after, certainly, but it amazes me sometimes the information that can come through. But with that understanding, know that the information comes to you directly to as well. So from your higher self, from the Source within you, that information is always right there at your fingertips. Right within you. "Like a whisper away," they say. So I want to thank everybody for being with us. We're just going to end with a prayer here and then we'll sign off.

C: Let us pray. Thank you Sananda and One Who Serves for your messages and mentoring today. Thank you for bringing all of us together to fulfill the Divine Plan. Here we are in a new year, 2018. Happy New Year. Let us continue to climb the staircase of the ascension and joyously and boldly step forward into the new adventures in the light. We are love, we are in light, we are truth. And so it is.

James: And so it is. And boldly go where no one has gone before. [Laughter]
Had to say that! Okay everybody, love you and take care. Good bye.

Cue music.

Channeled by James McConnell

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"Believing is seeing!"