

Lord 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 Payson, AZ on May 6, 2018. (Article may be reproduced in its entirety if authorship and author's website is clearly stated. Please make sure to include the question/answer portion as there is much wisdom imparted.)

Zoe: Hello everybody. It is with much love and great pleasure that we welcome you to Ancient Awakenings – Prepare for Change.

We come to Blog Talk Radio the first Sunday of every month to give non-members a chance to see if they resonate with us as light warriors and way showers. And if you feel that pull, you have been called back to your soul group. So we are pleased to get re-acquainted and welcome you home.

If you find yourself here, it's because you are meant to be here. You desire to re-member.

We gather as Ancient Awakenings to help each other prepare for our missions. We gather here because James McConnell, the founder of the Ancient Awakenings group made it his mission to give us, those of the 144,000, a place to learn, re-member the ancient wisdom, share openly, and reunite with family.

My name is Zoe. I'm your call facilitator. And, as always, I'm joined by Pallas Athena/Rita, our resident numerologist, astrologist, spiritual counselor, and teacher of many things. Hi my dear.

Athena/Rita: Hi there, Zoe. Nice to hear your voice.

Zoe: You too, honey. So it looks like we're all gathered. A few people are still coming on but let's get the dateline in. Today is Sunday, May 6th, 2018.

And we are still riding on a high from our last Advance.

Lessons came to us in all forms: through messages, meditations, conversations between sessions; from our higher selves, from the Ascendeds, and from each other. And even from the animals, a couple of bees, and a little lizard that came to bask in the energy and just didn't want to leave. The trees talked to us, the night and daytime skies talked to us. We were so stuffed with revelations that it's still reverberating these two weeks later and hopefully will not quit.

And the Masters wouldn't quit either. When we were getting ready to head home, One Who Serves and St Germain said "Wait! ... Wait! ... One more thing!" And then they just continued on. We were there hours longer than we expected. Well maybe it wasn't hours it just seemed to me like we were there a long time and we were just getting more and more and more stuff.

Last year Moses pointed out that we had been given our marching orders. Well this time we were given some new orders. The execution of which could quite literally change the world.

So what's it all about? Breaking free of the subjugative programming by remembering. We're all remembering the ancient wisdom that each of us have within us. That's why we gravitate toward the natural sciences or at least question the supposed wisdom of main stream science.

We are remembering using light and sound and frequencies. We are remembering how to heal with naturopathic medicine, sacred geometries. We are remembering how to use crystals, numerology... remembering to devote ourselves to the Earth and the cycles of nature.

And that's also why you're hearing and seeing things that others don't see, and feeling things that others don't feel.

Because you're remembering.

And what better place to do that than among family who has loved you for eons. (Literally!)

So to expand on those teachings, let's get Athena/Rita on and see what she has for us today. Athena?

A/R: Well, I'm still buzzing from the Advance. Let me tell you! My energies are high. It's been wonderful and these Advances. And it's nothing like not being there. It's all right on the phone. I'm on the phone most of the time. But those Advances, they are not just Advances, they are love. And that's what I'm going to tell you today is the number that we are talking about today is number six.

But before I get into that let me tell you a little astrology; just couple of words. Uranus is now in Taurus which means changes. Well, we keep getting changes don't we? We keep getting told that changes are coming and they are here. So the number six is the 6th of the month, the 15th of the month, and the 24 th . And so we add the compound numbers together to get to the single digits.

All right. Six is responsibility, harmony, balance, and love. Now looking at nature, you can find all love in nature. Can't we? We're seeing the buds on the trees coming out in the springtime and then the full leaves. Every spring, flowers. And also the trees shade us. The birds are building their nests for their babies. Oh my, seeing the raindrops over every blade of grass and seeing so much new life that has been planted with seed.

Now when we hear a new baby cry and see the sky, we know there is a God, our Creator. How could anyone not see that, and know we are Gods also. And the sun welcomes us every morning and the moon gives us light at night to guide us through the dark.

Responsibility is the word. Or another word is love and balance. For example is our Source created all of these from love and all and the Mother and Father God love us. Love the Lord God with all thy heart and with all thy mind and strength. And second unto it, love thy neighbor as thyself.

It doesn't mean love narcissistically. It means love. Pure love from our heart. And

something else that has been given to us from our Mother God are the gifts of the Spirit. The gift of the Spirit is knowledge one, wisdom two, prophecy, faith, healing. (I'm trying to get all seven of them in.) And the working of miracles, and the workings of Spirit, discerning Spirits. Different kinds of tongues which means languages, and interpretations of the tongues. Now that's the gifts that were given to us at the Advance all on the phone and all that love that Mother and Father God gives us.

So what is the message that I want to say? And I think we all do. We are heading for Lemuria again, which was consisting of love, peace, harmony, and joy. And we must practice now and we have all the help we can have. And I love every one of you and want you to know that God is with us all because we have the God within us ... so we always have him, right? Thank you and bye for now.

Zoe: Thank you so much Rita. Lovely as always. Thank you.

So to let you know how this usually works, James will start us off, leading us into a guided meditation. Sananda (or one of his cohorts) will step in and take over. After the meditation, we move right into channeled messages.

And of course, our long-time hosts, the One Who Serves, will pick it up right after the other guests, to reemphasize messages or make various points. And then on to our questions.

As almost everyone already knows, One Who Serves is a misnomer. This is a collective of Ascended who had chosen to act anonymously while teaching us and guiding us through Ascension.

However, they kept their promise and at the Advance, revealed a famous, unmistakable lifetime of our lead One Who Serves. I don't know if I'm cleared to say it publicly (so I won't), but I do want you to understand just how important it was to us, not only to find out who we've been talking with all these years, but particularly, just how important the revealing of his identity is in relation to the level of consciousness that we have reached ... as in... how close we are to Ascension.

And that was pre-tty BIG. And, interestingly enough, it was a brand new member who spotted the identity first or at least called it out first. And that made the moment even more exciting!

Just another highlight of the Advance.

A/R: Zoe, can I give a hint?

Zoe: No. Well, you'll have to ask James.

A/R: James, can I give a hint?

James: Probably not. Let's just leave it the way she did it. Don't forget Joanna had something that she was going to give.

Zoe: I'm right here. I was going to say ... well I'm not sure if I actually said this before

but, just to note all the Masters speak through James. But now, besides James, Shoshanna has been gracing us with her poignant, beautiful wisdom and insight. And she is given voice by Joanna McConnell.

Let me tell you a quick story: I watched a close friend of mine go through a personally agonizing period when a long-time student of hers all of a sudden reacted very negatively to words my friend had been using for years. Either his old programming kicked in and triggered him to lash out in such a way that it stunned my friend to the point of her doubting herself ... (not a good thing) or maybe, through all of that time of him hearing it, he never quite grasped that the words "I AM" is the name of God, and therefore totally misunderstood what was being said. It kind of gives you an idea of why we all have different interpretations of Yeshua's teachings ... because we think we know what is being said.

So when, during the Advance, Joanna shared what Shoshanna explained was the true meaning of some of the Commandments ... you know those that we hear so often we think we know what they mean, well, I was just flabbergasted by the utter simplicity of it all ... and ever so slightly embarrassed by my own misinterpretation of them. So I've asked her to repeat a bit of it for you, hoping it'll help you find deeper understanding as much as it did for me. So Joanna, would you please do us the favor ...
(And then after that we'll be ready for the meditation.)

Joanna/Shoshana: Yes. Thank you so much Zoe. Love you so much.

Okay so Shoshana every once in a while will give me some information and I share it and I try to just share it the way she's told me about it. And one of the things that was shared with me at the very end of the Advance is the true meaning of the fifth Commandment. And the fifth Commandment of course is religious. It's the way religion controls us. And the fifth commandment is Honor thy Father and thy Mother.

The whole Commandment is "Honor thy Father and thy Mother that your days may be long and that it may go well with you in the land that has been prepared for you."

So there is such deep meaning to that. And what Shoshana told me is that this is about honoring the feminine and the masculine energy that each of us have been given. So the father representing the masculine, and the mother representing the feminine.

So in this Commandment we're telling ourselves to respect every aspect of ourselves both feminine and masculine and that the division between what is feminine and what is masculine within us is our ultimate separation. This division may cause self-doubt, hatred, fear, self-reprisal, and truly nothing wholesome in our lives.

So actually the feminine and the masculine, by dis-honoring those aspects of ourselves, we create separation within ourselves.

And then Honor is the quality that combines respect and honesty. And honesty is only within. It is not borne of another's opinion or glance. Honor each aspect of who we are and allow all aspects to participate in the wholeness of who we are.
By honoring the feminine within ourselves we will honor the feminine outside of

ourselves. By honoring the masculine within ourselves we will honor the masculine outside of ourselves. In other words our judgments of ourselves and others will fall away. And then judgment is simply a dishonoring of any aspect of ourselves that we see within ourselves and in others.

Honor yourself in all aspects of the feminine and the masculine for each pure quality of either stream of consciousness is within itself honorable.

(She kind of expanded on that last night for me.) So that's what I have for you.

Zoe: Thank you. So did everybody understand that? It's balance. All about balance. Which again was a main theme of the Advance.

So again, welcome everyone. James ...

James: I want to thank you, Zoe, for a great wonderful introduction and sharing everything. And Rita for those beautiful words. And Joanna for sharing that special understanding of what many of us pretty much understood as something completely different. We were always taught to believe it was honor thy father and thy mother in a literal sense. But it sure makes more sense the way, Joanna and Shoshana shared it. Okay so what we do now is we'll do a guided meditation and at some point, you know, I'll start it and then usually Sananda will come in and taken over at some point and then continue on with a message after that.

Sananda Guided Meditation

James: So everybody get into a quiet, relaxed state. Begin to breathe evenly and deeply. Focus only on your breath....

[Leading into Sananda's guided meditation which is best experienced directly from the recording beginning at the 20:58 minute marker]

Lord Sananda

And I AM Sananda.

And as always it is wonderful to be with this group, this family, this family of light, this family of love.

Those of you that have been drawn back together again. Those of you that were with me; that were with Sanat Kumara; that were with Ashtar; that were with Aramda, Archangel Michael, and all the rest. And those of you that are here with us at all times just as we are here with you at all times. As we have said many times we are in this together, we are pulling this all together.

And because of you, because of each one of you and the missions that you are on, and remembering those missions now -- many of you are beginning to do so. Many of you are beginning to recall, beginning to remember those times long ago when you found yourselves together either with each other or with us in various ways. Some of this is

coming back to you now. -- And many of you are beginning to remember who you were in past times. All of that is beginning to come back.

You're beginning to realize that you are all one. All of us are one together. And this is quite a revelation for many because many, throughout your lives, you have been taught that you are an individual and that you are an individual unto yourself. And in some ways yes, that is true.

But in other ways you are an individual and you are also one with everything. And this, of course, is somewhat of a paradox here. But know and trust as you continue to recall, those times, those memories, coming back to you, that all is in this process of orchestration.

All is being brought together in many different ways. And in many different ways you are being directed. Directed to go forth, to move to certain places, to journey to certain places. And those of you that are on this journey, those of you that are on this journey of remembering your missions: your individual missions; as well as your soul group mission; you are here to do all that you are learning to do. All that you are remembering is more the word here. You are not necessarily learning, you are re-learning. You are re-remembering.

Because so much is yet in front of you. And many of you have no idea yet quite of the missions that you are on and of all that you are meant to accomplish in this lifetime, this lifetime ... that has been building for a long time now. Through many, many lifetimes, many thousands of years you have been working at this. Working to come to this moment, this very moment in time.

We can say that you have arrived. You have arrived at that moment. But many moments are yet ahead of you.

And I am saying it in this way that many moments are ahead of you because it is important for you to live in every one of those moments, to not only focus on the future and what the future will bring.

Yes there are wonderful things ahead. Wonderful things that you have been building toward. But there is also the moment Now. The moment that you can cherish for your entire lifetime. For the memories that you are creating now are more important than the memories that you are remembering from long ago.

Create those memories now. Be those memories now. And as you do that you will create the wonderful golden vision of the New Earth, a new Golden Age of Gaia.

I leave you now.

I AM Sananda. All of my peace and love be with you, each and every one, of you as you continue on with this journey, and as we continue on with this journey together with all of you.

One Who Serves

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

One Who Serves here to continue on. We have so much to be thankful for so much to be grateful for. We, those of us the Ascended Masters, those of us the Galactics, the Agarthans, we have so much to be grateful and thankful for just as you all do.

And all of this is a program. Not the kind of program that you have become accustomed to, the 'programming' we would say that you have become accustomed to. Not that kind of program. The new program. The new program that you are all on to bring about this new Golden Age here. To bring about the changes, the shifts of consciousness.

And you are the ones that are doing this. You are the ones that are creating these shifts of consciousness. We are assisting, of course, but without you we would have nothing to assist here. That is what you always must come to understand and know. We are all in this together all working at it. And together we are going to come through this as one being. One. 'The One'. Be The One.

This is what we speak of when we say this after each time we communicate with you. "Be The One."

And that is what is so important as you continue to move on with your individual journeys as well as your group journey here, going in to remember and find the records once again, to Be The One. You must come into a oneness together. That is what is so important here.

As you find yourselves in that area -- those of you that have not been there before, those of you that have been there before -- and to be there and to find the oneness together. To be that One. That is what will be necessary and important. And that is why only certain ones will be able to make this journey together this first time, as James has said several times now.

It is important for only the ones that are prepared and ready for this to find themselves there because it is important for you within your mind to allow the energies there to accentuate what is there in your mind, what is there in your emotions. And if your emotions are all willy-nilly and going all over the place, that would be a detriment to those that are working on finding that oneness. We will just leave it at that for this time now.

So that is all we have here. Do you have questions now for One Who Serves?

Zoe: Yes. Definitely. First of all let me give you the rundown on the question process. This isn't an open forum like we have on regular Sundays so you can't just jump in and shout out your questions. You'll need to raise your hand and you can do that by pressing 1 on your phone.

I'll call on you by your area code. And you can tell us your name and where you're located.

Then ask your question briefly and succinctly. Remember that the more specific your

question is, the better the answer is going to be. And try not to convolute your question with a lot of unnecessary information or chatter. And then after your question is answered, please remember to press 1 to remove yourself

from the queue. So if you have a second question you're welcome to get back in but please don't stay in line. So press 1 to get out. Wait a couple of seconds. Press 1 to get back in.

Q & A

Q: Are there any questions that were emailed that we need to take care of first?

OWS: Only one and we do not have ... we will answer it as the James is sending it to us now. And that is a question that has been asked before and we have answered several times. It is regarding those of the Cities of Light and where they will be appearing and when and all of these types of things.

What we can say about this is that in total at this point there are 12 Cities of Light – etheric cities. They are now etheric cities. And in order for you to be able to experience and know them you will have to raise your vibration up to meet the vibration of those cities. But the vibration of those cities will also be coming down somewhat as well, to be able to bring into balance and to meet what you call halfway, here. So this is what is going to occur.

At the time, though, in the beginnings, it will only be for those that have eyes to see and ears to hear. So you would be able to look and see the city there in the sky and others that are not quite prepared for this and do not have the eyes to see yet will see nothing there but clouds and blue sky and whatever else there might be there. So this is what is coming.

Where they are going to be: they are going to be all over the world. The first one as many of you know is to appear in the Sedona area in Arizona. That is the first one. And that one is already beginning to appear to some as we find it. And if you look at the right time and moments you will be able to get a glimpse of this if it is that point for you.

If you are in the right vibration at the time. If you are in those energies that are in that area and you attune to those energies you can find yourself there being able to look and see the city there. It is beginning to show itself. But for the majority of the population, not yet. Now that will change over time period as frequencies continue to rise.

Now as to other areas, it will be appearing in places such as Middle East when that has been cleared up. It will be appearing in Japan. It will be appearing in the Great Britain area. It will be appearing in place in Africa -- we cannot say exactly where these places will be but they will be. As to size of them they will be enormous in many respects. You can think of it in terms of a size of the city of New York or Los Angeles or something of this nature. That is how large you are looking at here as they would begin to appear to you. So that is what we can say about this at this time.

Zoe: Very good. Thank you so much.

Q: I was in sort of a meditational state, and I was sort of on board a ship and there was a kind of a ruler of the ship or something. He was a black male with long robes. He almost had a kingly kind of look and feel to him. He was taking me around but it wasn't like a casual stride around the ship. It was like a purposeful stride around the ship. There was clearly something we were looking to get done. And then I woke up singing this song: [singing] "I'm an ectomorphic follow me. I'm an ectomorphic follow me." No! Not ectomorphic; ectoplasmic. That was the term. Ectoplasmic, which I had no idea what the heck that meant. Maybe you can give me an idea of that and what that thing was signifying?

OWS: What we can tell you about this is this is an indication of those things we have been speaking of where these types of experiences will increase. First within your dreams states and your meditation states and then as you are more in your waking state as well, what you call your daydreams and these types of things. As well as those experiences that will be when you are fully conscious. So these are going to increase.

The idea of plasma is important here because this has been something that has been largely kept hidden from the general population for a long time. Those what you would call the elite, or the cabal, and the dark forces here have known about plasma energy for a very long time and have kept this from you. They released it somewhat in your televisions, your plasma TVs, things like this. This was the beginnings of this to be released to the public.

And now there is much more that is going to come forward as to beings, themselves, that are in the plasma state as you have experienced here. So this is going to continue and it will happen to more and more people -- not directly in this way but in many different instances -- this will what you call pickup over a period of time here as the frequencies continue to rise across the planet. Okay?

Q: I had an experience at the Advance after living really, really, high vibrational, but a lot of my time is spent frankly by myself with my spirit guides and angels and stuff like that. But being with everyone at the Advance I had an experience of these extreme negative emotions coming over me in ways that hadn't done in the long, long, long time. And I believe that I'm hypersensitive to others essences or energies like almost to feel like they are a part of me. And I would like this confirmed first of all for the good of the group that, yes, some people are hypersensitive if it's true. And that we give ourselves permission to do what we need to do to sort of, I guess, whatever it may be to detach from those energies to not get those energies in our space. You now, however we need to sort of do that. Can you say anything about that for the group?

OWS: Yes. There are people that are hyper energetic you might say that are very attuned to energies more than they are attuned to people sometimes, and other animals and things of this nature, but they are attuned to energies. They feel the energies. They can even see the energies at times. And this is what you are speaking of here that there are more and more people that are going to come forward in this way to help others understand that this is an energetic consciousness change that is happening here. And more are going to come online in this way to experience and know the energies all around them. In other words you will be able to go into areas such as Sedona and other

places with high energy levels and be able to fully experience those energies. Whereas again others will be there and feel nothing. So this is a part of what is coming, and is part again, for those who have eyes to see and ears to hear or in this case be able to feel and know the energies.

Q: And we protect ourselves from the negative part of that by what?

OWS: You protect yourselves from the negative energies by surrounding yourself with a force field of, you can use your merkaba if you have remembered this and worked with this. You can use the golden egg that some work with. There are many different tools. You can use crystals to help protect yourself. There are many ways of doing so.

Q: I first want to give my deepest thanks to One Who Serves and all of you for doing this. Most times I communicate with you through email. This is my very first time calling to you.

My question is about a dream. About 12 years ago I laid down to sleep. I got comfortable and relaxed and I closed my eyes and fell asleep very fast. During that sensation I started seeing like I was seated at the front of a vehicle, in front of the vehicle's window that was moving very, very, fast to the point that I was seeing rays of light passing by my left and right. I don't remember anything else that happened during that except just being seated there, like moving forward, traveling. And by the time that I stopped seeing those rays of light it was pretty much time for me to wake up and go to work. Since then I kept remembering over and over up until today and I just can't get rid of it. It's just still on my mind. And that won't go away. Can you define what the dream was about?

OWS: What we can tell you is when a dream does not seem to go away, or it comes back in different forms and versions, it is something to pay attention to. And this is not telling you anything that is ahead for your future anything that you have to be concerned about, but it is showing you that you are on a path. You are on a journey. You are traveling, as you say, within a vehicle. Whenever there is a vehicle that is being used this is the movement of consciousness from one area to another.

What you have not described within your dream, and perhaps you do not remember it, is that you moved to another place, from one place to another, and there was a building there. But that is something you are not remembering at this point.

But it is always on the ideas of movements of consciousness. And the vehicle is your vehicle of travel. It can be a car, it can be a plane. It depends on what type of vehicle it is as to what that movement of consciousness entails. In your case it is earthbound. In other words, the four tires are on the Earth and it is grounding you to the Earth here. And this is indication that you are moving in consciousness while still here on the Earth, while still being in the third dimension mostly at times. And you are experiencing the continuation of your (... not ability), you're experiencing the continuation of your being in the third dimensional illusion, we might say here. And at the same time, though, beginning to travel beginning to move consciousness. This is an indication that you are moving ahead now in consciousness and to allow the process to continue. Otherwise you will continue to keep yourself mired in the muck in the third dimension. Okay?

Q: Yes I understand. And actually I'm trying to connect the dots as you speak. But that

makes a lot of sense. I had been awake most of my entire life but there was a point in time when I disconnect from being awake to try to focus and get things done in this 3D world. But it was about 12 years ago that I actually had a hard hit on awakening. And that seems to make a lot of sense because basically that was my transition. And I'm still in that transition I guess.

OWS: Yes. You and all others are mostly in this transition as well.

Q: I've got a question about past life regression. Recently I have received readings about times in Egypt or readings at in times of when Christ Consciousness or when Yeshua walked, and it inspired me to look into more of this past life either reading or past life regression. And as I was reading The Celestine Prophecy and one of the insights brought up something about the control dramas. And I wanted to investigate more to find out whol really am. Would it be of any use for my missions to get a reading or get a past life regression? I would like some assistance in that.

OWS: Yes. Whenever you -- and this is for anyone else here as well to understand, and we have given this several times in the past-- but understand that when you are attempting to learn who you are you cannot have anyone else tell you who you are. You cannot have anyone else tell you who you were. Unless that person is able to accurately read the Akashic record. If they can do that then it is possible for them to then share with you, when and they have your permission of course, to be able to then say something about who you might have been in the past. But, you must understand that in order to fully determine who you have been, and to help then in who you are now, is to experience that for yourself. Not to have anyone tell you who you were. Because there is very little accuracy in this most of the time.

But if you would find yourself going back in a past life regression, whether using hypnosis -- although we do not recommend that generally -- or some other method such as the one that has been given to the James and of course other methods that are available as well to be able to find yourself in those memories. And that is the only way to accurately be aware. But also understand that when you do this, there is that portion of yourself that will be in doubt of what you are experiencing. So there is always that possibility that what you even are experiencing yourself is not directly related to who you have been in the past.

Now with that understanding fully, we would go on further and say that it is not necessarily that important anymore. Was more so in the general past here. But in the times now it is not so important for you to understand who you are now by understanding who you were. Other than the exception with the working with the records as we have been saying. It will be important for those who are directly responsible and being a part of that journey that will be able to experience some of the memories that they can bring forward here to help with the undertaking and the recovering of those records. Okay? Does this make sense to you?

Q: This is my first time calling to your show. I have an interest in reading and knowing about what's going on. My question is why do I need to be in this impossible situation I am right now and still be kept here for what reason? Because I am really not interested in being here because I have been put through so much suffering lately. For what reason?

Because Galactics keep saying soon, soon. The Wave is soon, everything soon, soon. And I'm not interested in this life that I'm here in now because I put all the stress for what?

OWS: What we can tell you about this is not only for you who is asking this question but for many who wonder the same thing where we hear over and over it is going to be 'soon', it is 'now', it is 'imminent', and all of these words that are used. But you always must understand that when these wordings are used, it is based on time frames that are different in your understanding. In other words we are more fully in a 'no time' understanding as opposed to your direct linear time that you are in. And when we say 'soon', that is not your soon. We have come to understand that more and more fully here, as well as those of the Galactics have come to understand it. So we are attempting to not use that terminology if we can. And we continue to use the terminology of 'now', be in the now.

So not so important what is coming in the future; that it is coming soon, or that the NESARA will be announced, or that the arrests will happen, or the RV will be released, or The Event will happen or again and again and again everything here.

It is more important that you continue to be in the perfect now. Now if you are struggling, if you are having difficulties as it sounds like this one who is asking the question may be having now, it is important for you to know your purpose. Your purpose for being here in this moment now. Not in the future. Not from the past. But your purpose in being here right now is to become the best that you can be. The best human being that you can possibly be at this time. To be nice to others, to be gentle, to be caring to others, to be of service to others as much as you possibly can. This is a purpose for being in the now.

And if you can do this then you will find that it is not so important to be dependent -- and we use that word purposefully here -- dependent on what is coming in the future because if you continue to wait for the future then you continue to waste the life that you are in now. You continue to move forward without the understanding of who you are now. You see? And then it becomes very difficult to want to stay here as you are saying. But to stay here is what you and all the other light workers need to do at this point because each one of you is important in the entire scheme of things as you are all coming together here again, the 144,000 and even more than that are being drawn back together again. Okay?

Q: Why are you calling me light worker? Nobody ever called me light worker. I am the person who can become not having shelter because of their rules that they have.

OWS: We are calling you light worker because if you were not, you would not be on this call. You would not be speaking like this. You would not be speaking with us like this. You would need to be a light worker. You would need to be one of the 144,000 or those that are coming in along with this energy that is being built here. Then that is what you are. So just allow yourself to be who you are and who you are is beautiful unto itself.

Q: Because otherwise I wouldn't call in, I wouldn't bother because of the situation I need to move out by 15th and I don't have a place to go. And this is what all of my energy is going to. I keep working and working to make to be able to pay everything here and it's tiring. I can't focus on anything else. I've never been in so impossible situation in my life

like I am now.

OWS: Yes. And some would call that the dark night of the soul. And you go through these times at various points in your life. And at this point right now you are going through something akin to this. But it will change. It will alleviate if you continue to work with the process here. Work through this transition and know that it is simply a transition that you are going through. And this can be helpful to you. But we would also say, while you are in this 3D illusion still, at this time, we would say to you to reach out to others of like mind just as you are now, being with this group, with this family of light that has been brought back together again and it will assist you greatly in being a part of this soul group expression here. Okay?

Q: I was just wondering if you could say a few words on meditation for the people who maybe don't know how to meditate, or some that may be sitting there thinking what am I doing this for, and even some of us who are maybe a little more experienced. If we could have some advice about what you should do and how you should do it. I know there's no wrong way to do it but you might be able to shed some light for everyone.

OWS: You have just shed a great deal of light in what you said last there. There is no right way of doing it.

And that is what is important here. When you work on meditation you do not “work” on it. That is what gets people in trouble here in thinking they have to do it this way, or they have to do that, or they have to follow this guidance that they were given, or this or that. And that is not the way you work toward meditation. If you do that it becomes a chore. It becomes something you do not want to do or something that you struggle through. And if you tried to struggle through meditation we can assure you you will not do it very often. Just allow.

Allow it to be in the moment. If it is 20 minutes wonderful. If it is 10 minutes wonderful yet. If it is 2 minutes that is also wonderful.

If it is just a moment in time but a moment of joy in that time that is also wonderful.

So know as you work with this, you do not want to “work” with it. You want to just be it. Be the meditation. Be the ball, as you're saying goes. You see? And if you do that, if you do effortless effort, that is the way you want to look at this. Effortless effort. Make the time when you can, when it feels right, and then be in that moment. Go within yourself. Center yourself as you have learned many times within this group and other ways that you may have come across in the past. And center yourself. And be the light, share the light, spread the light, and just let it go. Do not think about it. Do not think through it. Do not analyze, just let it be. Okay?

Q: My question was starting when you begin talking about the energetic beings because I've always been very sensitive to energy and when I visited Sedona the energy there was overwhelming. I could feel it in my solar plexus. It was a tremendous connection and quite a few exciting experiences were brought to me. And then when I was in Denver, Colorado I was in this store where they had crystals and I could put my hand over the crystal and feel the energy of it. And I never did this before. Just a lot of experiences like this and

over the years, I've been having these for some years. [Audio interference] communications that kind of what I call markers keeping me on track, keeping me focused on my path. And what's been happening lately is what I want to ask you about. When I wake up in the morning this is coming from a deep sleep and I before my eyes are open I see the light I see it looks like raining light and to me I feel like it's the energy of the sunlight that we are receiving now and I can see it. I can see the energy. And I just bask in this light and it is very uplifting. I just would like for you to try to confirm for me what this is that I am seeing now.

OWS: We will not try to confirm anything but we will confirm that you are seeing the light. You are experiencing and feeling the light. And you are very attuned to these energies as you are finding. One of the things that people may not yet be aware of when they go to that area in Sedona and they feel those energies that is because of the City of Light, the etheric City of Light that is there just above. Even at this time now. And those that are attuned to it can feel those special energies that are being generated there because of this.

Q: I bought a painting while I was there. It was high up on the wall and as soon as I walked in the door it caught my eye and I couldn't stop looking at it. I brought it home. It's of a Native American. It's an oil painting and it's beautiful, it's just wonderful. I was wondering if that painting is of any significance that I need to be aware of.

OWS: It is of significance to you and you alone at this point. If you are drawn to it then you were drawn to it for reason. Just allow that to be. Do not try to analyze what the reason is, just be that. And we would say even be the painting.

Q: I'm calling to ask about the mirror effect. I am an empath and I want to understand the effect of the mirror in another person or from myself ... I'm not quite sure. It's a little confusing. Can you help me understand the mirror effect?

OWS: This idea of the mirror effect is important because you are all mirroring each other. You are all reaching for balance. This is why when you come together with another person, a spouse, a partner of some type, you are drawn to this person because of this mirror effect, because that what you see in yourself you see in the other, and what you see in the other you see in yourself. You see? So it is drawing those ones of a like nature, certainly, back together again but it also tends to draw those that are of the opposite. As you have heard many, many, times opposites attract and this is the reason. Because as you look into the eyes of that one, as you look into the mirror you would say, you are seeing yourself in that person's eyes as that mirror. Does that make sense to you?

Q: Yes I had an encounter of that once when I looked into the person's eyes and I saw a lot of gold, like gold platters and orbs and just gold in her eyes. And when I asked the shaman that we were working with, he said that's really you. And I didn't quite understand how I was seeing that in her. So yes I guess that's what I wanted to understand better.

OWS: Yes. Now you understand better.

Q: This is about a past life, however, I think the significance here is because of my connection with Joanna [McConnell], and with this past life that came through Arianna. I

have recently spoken to Athena and it was so wonderful. When Athena came through in my meditation, she said somebody is here to speak to you and Shoshana [Joanna McConnell's higher self] came through. Now that's a first for me. Many beings have come through me before but Shoshana? It was so beautiful to hear her beautiful voice and she did touch on a few things and then she left. So it was very quick. She touched on us being sisters in this other life but I never got to ask, or [my] higher self I never got to ask whereabouts are we? Are we on Earth as sisters in this other life? And for some reason Ireland came to mind. So I just wondered. I know Shoshana is around and she is here and I was wondering if anybody, you yourself, or Shoshana could touch on that.

OWS: As we find it you were not sisters in the sense of human sisters, human being sisters, but you were in the Elemental levels as sisters you would say here. So that is correct. You are absolutely correct on this. And there is a strong connection between those of you here, the two of you. But more than that we cannot give at this time. You must come to understanding just as we said earlier from question that was asked about this.

You must not rely on others to tell you who you were, who you have been, any of these things. You must find these things for yourself. So we can only give a little bit of guidance and nudging here but for the most part you must look within yourself find those answers deep within yourself. Whether it is through past life regression or whether it is simply going within self and accessing that level that all of you have in relation to coming to communicate with your higher self. All of you have this ability to go within yourself and find those answers within.

Even the questions that you ask of us you have the answers within you. You all do. You just need to learn to trust yourselves. But that in itself is very difficult, as we find it, in your three dimensional illusion because you have been programmed so much to not trust yourself. [But] to trust those outside of yourself, to trust the God outside of yourself. You see? Where religion has brought this into the picture more and more that God is outside of you, therefore it cannot be you and you cannot therefore be God.

But we would say, how can everything around you be God? Even the religions teach this. Everything is God! God is omnipresent! God is omnipotent, and so on. Everything is God! But you are not?! You see how that is completely a fallacy that has been taught by the various religions? We have gone off the subject somewhat here but it's somewhat also related.

Q: You're so right. I so love you. I will ask Athena. I was just wondering why so much about Ireland was coming up but I'll ask Athena. Thank you so much. Blessings.

Q: This is another question about dreams. I dreamed that I was graduating from college and which I attended my first college degree program. However the graduation wasn't about the degree program that I attained, rather it was something related, something more personal that I achieved. (Something related to the care of my daughter who has Down's Syndrome.) Right now I'm a stay-at-home father taking care of my two daughters, one of whom has Down's syndrome. So I guess during the dream, during the graduation, I became kind of emotional and started to cry but immediately I remember and tell myself that crying was of a lower vibrational frequency so I decide not to entertain that crying

game. So since that day I feel that I don't have to worry about something. I just don't know what that something is. Can you explain that for me please?

OWS: Yes. What we can say though first is crying is not a low dimensional frequency. Do not think that way. That has been programmed especially into the male population not to cry. Crying is baby. Crying is sissy stuff or whatever you might say.

Crying is important just as happiness and joy is important because it is a release of emotion. And it is important at times certainly to release the emotions to let them go. Otherwise you build them up inside of yourself and you create the various diseases that you have, the cancers and all of these types of things that happened because of the inability to release the energies. It is important always to release those energies whether through massage, or chiropractic exams, and working with or use of crystals, or use with regression sometimes to release the pent-up energies, of course the acupressure and acupuncture, and all of these types of things to release those energies, those pent up energies that are holding you. And when you can release these energies then you are ready to move on and to experience and to enjoy life. So you specifically are going through, or when you had this dream you were going through a graduation. And just as your other dream showed you that you were moving and traveling in consciousness, shifting in consciousness, this dream is telling you that you are graduating in consciousness as well and you are moving from one level to another. You have not completed. It is an early graduation you might say. What you call pre-graduation. That is all we can say on that at this point. Do you understand this though?

Q: Thank you for the crying explanation. Now I know.

OWS: Yes. Let it go. Let it be. Play the song, the Beatles song, "Let It Be". That was not by happenstance that they created this song, and others such as the "Imagine" and other songs as well. Very important in the total orchestration that has occurred.

Q: I understand that humans have a highly coveted gene within them called the meta gene. Can you tell me about the meta-gene and who gave it to humans?

OWS: That is something that we cannot give directly here. That is something you must look into and research. There is information on this that is available. This is a particular gene that is being looked at more and more and worked with but your science is not quite completely caught up to this yet as to what it can do and what it is. So we would suggest to you rather than have someone, as we said earlier someone tell you about these things, it is important for you to do your own research and look into this. You can possibly do your Google it and will find some information on this. And as you find some information on this and become somewhat aware and acquainted with what you are asking then you can come back with that understanding and can ask this type of question again. Okay?

That is it? No more questions. Yes? We are ready then to release channel.

And all we can say here in closing is continue on keeping on. Continue on being who you are because who you are is exactly who you need to be.
Shanti. Peace be with you. Be the one.

Zoe: Great questions everybody. I hope you don't mind, David, I want to just throw in something. For me and in my experience, spontaneous crying always means something that I should look at or something that's important to me. So you might want to just consider that next time something like that happens you.

And as always all these great questions led to great answers and great teaching moments. So thank you all for joining us today. The beautiful energy that you've all contributed is what propels us forward in our missions.

To join us, sign up at www.meetup.com/Ancient-Awakenings. Please rsvp there to attend the Sunday group meetings in person or by phone.

Our website is www.AncientAwakenings.org

For all of those who are new to the group, definitely I would suggest you check out the archives of the Sunday call recordings and/or the transcriptions. And especially if you've asked a question, go back and listen to the recording because you will often get a lot more out of it the second time around.

FaceBook is www.AncientAwakenings.org

As I said earlier, our once-a-month BlogTalk call is the place for aspiring members, so invite your friends and that clerk in the store whose smile made your day. You can find past call recordings on www.BlogTalkRadio.com/ancientawakenings-prepareforchange and also they will be posted on our website.

And since you can participate live in that call by phone or VOIP on line, it's always a good avenue for anyone world-wide.

And speaking of world-wide, we're interested in finding volunteers to translate our written transcripts into whatever language you're proficient in. So, as usual, contact Moses for that or even James.

This is for the members: Dr Wanda is organizing a Welcoming Committee and needs a few members to help out so check with her to see how you can participate. And Moses has been wanting to activate that Chat Room he built on the website so both need monitors and volunteers.

All of it is a Light Warrior's work spreading and anchoring the light as One Who Serves tells us so often. So simply directing people to the call or the website is always a great service. The Ascended have been imploring us lately that the time is now for us to step forward and help others awaken to the Light.

James, did I miss anything?

James: No, you did a fabulous job Zoe. You and Rita and Joanna all did wonderful. We so appreciate so much all that you're doing and all that everybody else is bringing to this because without everybody else, their questions and everything, we wouldn't have a

show; we wouldn't have this program we're working with here. So I want to thank everybody and we'll see you next Sunday.

Zoe: Very Good. Thank you all.

Well that's it for us everybody. Thank you again for joining us. And we will see all of the members next week and the hopefuls next month. Love you, bye!

Channeled by James McConnell

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"Believing is seeing!"