

Get Above Yourselfs And See Yourselfs The Way We See You

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 Ancient Awakenings-Prepare For Change group based in Payson, AZ on June 3, 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: Hi everybody. Welcome to Ancient Awakenings – Prepare for Change, the BlogTalkRadio edition. It's the first Sunday of the month when we come to BlogTalk for friends, family, and other non-members to get a taste of what we're all about and see if they resonate with us as light warriors and way showers.

If you feel any connection with us whatsoever, it's likely that you are a part of our soul group and are being called back. So if you find yourself here, you are hearing that call and you are heeding that call. You are meant to be here. And we are pleased to get re-acquainted and we welcome you home.

We gather on Ancient Awakenings to help each other prepare for our missions. And we are gathered 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 because it's time now to return fully to that ancient wisdom. And fully awaken to who we truly are.

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 great and small.

Athena ... Are you open? Oh there she is.

Athena/Rita: Yes Zoe, and thank you for that wonderful introduction. I say hi to everyone on the line and I'm happy to be here today and very honored to be able to serve in any way I can.

And with today being the 3rd of the month and the first Sunday for the radio show, 3 is one of my favorite numbers because 3 is so known to all the universe and is very much in to perfection. But a little bit of astrology to start off with that I usually do every show, and it is a trend of Neptune in Jupiter and Venus. And this is a water trend which means we're going to have good energy. And I've been hearing people talking about how good the energy is now. Just a while ago someone was talking about it. And with the number three, on our calendar every month is the third of the month, the 12th of the month, the 21st and also the 30th. Now three is shown, like I said, in our whole universe of universes. Three is like, for instant, the Trinity: the Mother, the Son, and the Holy Spirit.

Also we have the pyramids are shaped in three; and the Star of David with the pyramid within a pyramid and our ships, especially the Galactic Federation of ships are shaped like triangles also. Now what is this? Why even our bodies when we want to do a meditation and from the Far East they sit in a position that shapes like a pyramid with their legs crossed and their ahead is the top of the pyramid. And then their hands are down on their sides, that's the side of the pyramid. The reason they do that is because a cosmic energy can come down through their white chakra, their head chakra, the seventh chakra, with energy can come and heal them. And if they sit there so long I don't know what time that energy comes but it does.

Now why is it that we like the number three? Well I will say it because personally, the number three has to do with joy of living. Those who have three in their first name comes out to be a 3, a 12, or 21, or 30 have to know and practice joy of life. And a three, in a personal way, they expect themselves and the arts the most. And they love music, they usually play a musical instrument, or they paint, or whatever to express themselves joyfully in living in the arts.

Also you can take the letter 12, two and one makes three, and 12 shows up so much in the Bible, shows up so much in our lives. Like the 12 apostles, the 12 zodiac signs, all of them count from the 12 makes the wheel of the 84. You get all the signs and that makes an 84 [counting] 8, 9, 10, 11, 12. Also we have the 12 tribes of Israel all of this, etcetera, is going into the 3.

Now I always like to mention my favorite scientist genius which is Nicola Tesla. Now he loved the number three. He was almost obsessed by the number three. When he did the energy creation or invention, he did it with a 3-6-9 series, the way I understand it. Now someday I will tell you how studying quantum physics how he came up with that. I hope. Great thing to be able to find that out. And I want to finish by saying this: it's a great surprise talking about Tesla. He's coming back. He's going to be a walk-in and he will be here to give us our free energy personally, if I understand it correctly. It was Kryon who said this that he was in that hotel the New Yorker, the New York Hotel, and there was also tunnels underneath that that he was still doing his experiments in. They thought they had taken it away from him. But he even had some towers on top of the New Yorker where he was getting electricity and his energy in to help with the free energy. But I'm not sure if they took his own life or not, but he had at least 80 trunks full of inventions. They only left 70 of them and took the rest. He will come back and because another thing is the way I understand it our weather and climate will get colder and we will need more heat and energy.

And I am going to say now I leave you with my love and we came from love and to love we return. Thank you so much. Goodbye for now.

Zoe: Thank you very much, Athena. That was gorgeous. She is telling us about the number three because that's today's dateline. It's Sunday, June-3rd, 2018.

So happy birthday to all the Gemini's out there. And happy early father's day to all you dads. What else goes on in June? Oh, summer! We're looking forward to the first day of summer, of course.

A/R: Yes. It's the 21st. Another 3.

Zoe: So anyway I want to tell you about what Ancient Awakenings is all about. It's letting go of the programming that no longer serves us ... by Remembering. We're each remembering the ancient wisdom that we have within us: the wisdom that heals and manifests and connects us to our divine self mentally, emotionally, and spiritually, so that we become the creators that we were meant to be.

We are re-remembering. We're remembering how to use light and sound and frequencies to heal. We are remembering how to use crystals, (Marilou is doing some phenomenal work with crystal healing). We are remembering how to use numerology, thanks to Athena Rita. We're remembering how to look beyond our human existence and see the higher beings that we are thanks to Cheryl sharing her observations. And seeing between dimensions like Riya does when she astral travels. We're paying close attention to our Mother Earth because our own Pachamama, Viriya, discussing her experience. And so many are seeing into the future and telling us what we have to look forward to.

When we put all of our personal experiences together along with the teachings of Sananda and especially the gentle prodding from One Who Serves, we have a hard time looking at so-called reality and still be willing to live in it any longer.

Each member of Ancient Awakenings has contributed to the family dynamic even if it's just by adding their energy to the background of the call. You don't have to say anything. We see you. And we love you. And we are a family. We think we've made ourselves into a family but truth-be-told, we have been family for eons. We just haven't had to go to spend Thanksgiving with each other. But we are family. And if you find yourself here, we want to welcome you home.

So to let you know how this usually works, we start off with a guided meditation which James will lead us into and then Sananda usually will step in and take over. After He closes the meditation we move right into channeled messages starting with Sananda's own message... usually. If He has other guests who would like to address us, he will introduce them at that point.

After guest speakers, we turn the show over to our long-time hosts, our dear friends and mentors, the One Who Serves, who will continue with the needed guidance and they will emcee the Q&A portion.

All the Ascended Masters speak through James. But now, besides James, Shoshana has been gracing us with her poignant, beautiful wisdom and insight. And she is given voice by Joanna McConnell.

Up until an hour ago I thought Joanna wasn't going to be on the call today so I was going to tell you about something she said, or Shoshana said, but since she's here ... nah, forget it. I'm going to just go ahead and tell you anyway

So I have another story.

I spent a couple of hours watching videos of genius, multi-talented kids who have come into this world with all their gifts flat out open. Athena/Rita and I were talking about it a while ago and then just the other night

Joanna and Randi and I and a few other people who you don't know were just talking about it yesterday. These video kids (I'll call them) are musical virtuosos, or singers with amazing range and tone, they're mathematicians, physicists, and a couple of real-life Doogie Hausers.

I am amazed (and somewhat put to shame) by the abilities they have. And in between every gasp of WOW! I was silently doing a Marilou: Why couldn't that have happened to me?!?

These video kids are the ones with the obvious gifts, you know, the outward talents. That which everyone can see for themselves and they *have* to accept it as being real.

But as it turns out ... we have several of these kids with us in our own group – or actually their parents are in our group – (well no, come to think of it, Valentino joined the call a couple of times, Randi's kids occasionally get involved). But, even if they're not directly on with us we do get to benefit from all kinds of uplifting and hope-filled reports about what they've accomplished already in their tender ages. It's kind of mind-boggling what they come up with. These kids know what they know and they aren't letting anyone tell them otherwise. And to that I say *Bravo* my short friends.

But I bring this up because Shoshanna gave some great advice a couple of weeks ago and it actually helped me heal a few issues from my own childhood. (And I wish I had heard it when I was a kid!) She said to a parent who had asked One Who Serves a question: "Let your child know that others may not believe him but that doesn't mean he's wrong. It means that they have their own opinion. And to let him know that the world might not always agree with him but he needs to stand by his own understanding."

Is that beautiful or what?!?!

I don't know what they're calling this generation. Like my kids would have been called Indigo Children. And then there were a whole bunch of names in there and now the new kids coming in have their own special name. But they are coming in straight up alien – with wide open connection to their God Selves – and blow-you-out-of-the-water-type knowledge. I've said it before but Thank You God for guiding these little ones to these awake and aware parents and grandparents. And thank you parents for showing us your virtual picture wallets by keeping us in the loop with all your stories.

And the really great news with those kids: our world is in good hands! And any of you people fretting about what is going to happen ... just listen to these kids for a few minutes. Because EV-E-RY thing ... Every little thing is gonna be alright!

So we want to encourage you to hang in there. That goes for grandparents, parents and the kids themselves. And if you are in school, be ready to stand in your own truth. You *Know* ... and you are right about what you know. Don't let any of us tell you otherwise.

So having said that, I want to revisit the theme of -- *So, You Think You Know, eh?* – just for a little bit longer to give us bits of information that may seem so basic to some that we would pretty much just ignore it or skip over it.

We've been provided with an alternate take on yet another phrase that we think we know and I want you all to hear it.

Two Advances ago, Peter said something that turned into a: "Oh... well that makes a heck of a lot more sense!" moment for me. He told us what the phrase Get Over Yourself actually means.

I don't know which came first, the slur or the positive spin, but as soon as I find Peter's number here, he will tell you his rendition of that statement. Peter are you open?

Peter: I am. I'm honored to share and share in anyway that I can. And I appreciate everything Zoe has said up until now and also the lovely Rita. I can't say enough about you Rita, Athena.

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I had a download when the shamanic practitioner Ketto Shaman [location inaudible]. But I had a download from the angels and they said that we take ourselves so frickin' personally that we have to get over ourselves. So I thought that meant our regular get over yourself ... you know, just get over yourself. But they didn't mean it like that.

They meant we had to get literally above our heads and see ourselves the way they see us, from that elegant perspective of neutrality and non-judgment. Just like Mother Earth sees us.

Gaia, she's a spirit, she's alive, and she sees us from that perfect perspective of neutrality and non-judgment because we are her children. Although we torture her she doesn't have that ability to hold any resentment or anything like that. She's a positive Being.

So that elegant state of neutrality and nonjudgment is a beautiful thing to attain moment by moment. Because every moment is a choice, and every choice is a moment. And every time you make a decision in that moment that determines your perspective and your perception in the next moment.

So that elegant perspective of neutrality and nonjudgment is what St. Germain realized that he was. You know we all have a Divine One within us that's our spirit. That's all our gifts and talents and abilities which lifetime after lifetime after lifetime after lifetime and cannot be touched by anything that happens in this three-dimensional human drama that we experience, that our organs and our bodies are subject to.

And so St. Germain would never express himself from the first person. He would always express himself in the third person. He would never say I am hungry, I'm tired, I'm thirsty. He would always say, 'he is hungry, he's tired, he's thirsty because he knew he wasn't this bag of meat and bones. So what was he doing? He was expressing himself in that beautiful state of neutrality and nonjudgment.

I had a Ukrainian Shaman Elder [teacher] for a few years a while back and she said that we need to view our lives like we're watching it in a play from a control booth high above. And that was wonderful that she said that. One of the archetypes of the Native Americans is the Eagle. And they ask the Eagle to allow them to view their lives from their illuminated perspective high above. And grant them the ability to swoop down and pick out the

spiritual aspects of their lives, our lives, and then swooping back up to that illuminated point of perspective and watching beneath as all trivial matters in the human drama melt away.

I had a psychologist who I worked with recently [inaudible] and she said the state of neutrality and nonjudgment sounds like what I heard at a psychological convention by a psychiatrist. He [the psychiatrist] said we need to view our lives like we were watching it on a movie screen.

The same thing. This elegant state of neutrality and nonjudgment is where we need to be to be in the moment. And of course the Ketto Shaman have these organizing principles and one of them is called Kamai [phonetic] which means the Sacred Breath of the Divine which we're all breathing because all the Scriptures ever written said Life started with the breath. So we're breathing this magnificent healing breath and the breath is the moment. So St. Germain handed down/downloaded this gentle conscious breathing technique which I'll share at the upcoming Advance. But an interesting thing is that when you focus on the breath (and when you do the things that I'll be sharing at the Advance,) it's really important to discern what is beneficial for you.

We have what is called the Monkey Mind. Some refer to it as the Bindi Mind. That phrase came out because we all have 60 - 120,000 thoughts a day. The Ketto Shaman say that all thinking is irrelevant. That's not how they source. I had a Brazilian avatar instructor tell me that thinking makes you stupid because we're just looping. We're looping. We're looping over the same 60 - 120,000 thoughts every day. And the Monkey Mind comes from the expression that when the Buddhist monks were training, the teachers the Masters, would send them out in the courtyard. And to make a long story short, in this courtyard they had all these monkeys that were eating these fermented fruits and getting drunk. So when the monks were trying to meditate the monkeys were there getting on their shoulders, sticking their fingers in their ears and trying to distract them. From what I've heard, that's where the Monkey Mind expression comes from. So it's very important to figure out a way to get out of it, to be able to live in the moment and to get out of that monkey mind. I'll be sharing methods on how to do that at the next Advance.

So on closing, just be aware. Be gentle with yourself. Be compassionate with yourself. And always remember that we're just simply practicing human beings. We're just practicing, evolving, getting better, and walking with a steady pace on the path. That is what was downloaded by the Ketto Shaman – the Apoos [phonetic] that's the mountain spirits. They said we don't have to know how to do anything. It's a matter of just walking with a steady pace on the path. Forget it. We don't have to know how to do anything. That's just insane. It's just walking with a steady pace on the path. And take it from one who has experienced that ability to be in the flow and what that means 'walking with a steady pace on the path' simply means being in the moment. And you can't be in the moment if you're distracted by the Monkey Mind. So I'll share different solutions to that Monkey Mind.

Thank you. I appreciate y'all.

Zoe: Thank you so much Peter. I hope all you guys got as much out of that as I have and, we need to get over ourselves, you know. OWS stresses how our words can work against us even if we don't consider what we are manifesting by them. And by simply changing one word ... even one preposition, it can affect our entire reality paradigm, and changing our understanding of and therefore the thoughtful use of an entire phrase and the story behind it, that phrase will change. So again thank you very much Peter.

So I want to welcome everyone again. I'll come back to give a bit more info just before the Q&A part but for now will step aside for James.

Sananda Guided Meditation

Sananda: Please everyone now find themselves in a comfortable relaxed state. Become one with yourself.

Become centered within yourself as you begin your breathing processes ...

[Leading into Sananda's guided meditation which is best experienced directly from the recording beginning at the 30:01 minute marker]

Lord Sananda

I AM your Sananda.

And I thank you for this opportunity to share this meditation with you.

Yes it is a meditation that you have done before, many of you. But it is important in this time, in these moments to be able to know that you have this Merkaba vehicle. Those of you that did not experience this before and this is your first time, you now have it. It is real. And the more you utilize it, the more you work with it, the more real it shall become.

And the importance of this now cannot be understated because you will receive, many of you will begin to receive some type of assailing. This is not to bring fear. This is to bring preparation. This is to prepare you for what can possibly occur because those of the dark forces are not fully at bay yet. They have one or two more final grasps at holding onto their life, holding on to what they have always known. And they are grasping now at whatever they can to hold the status quo.

But as you all know, that status quo, that three-dimensional illusion is fading away faster and faster each and every day, each and every moment. There is nothing they can do to hold that back. But they still attempt to hold back your ascension and will do whatever they can to do so.

And they are reaching now, reaching for those that are of higher light, that are those that are anchoring the light. They are reaching out to those now to attempt to dissuade them, to hold them back from sharing that light with others.

Those of you, the Warriors of Light, you are the ones that they will be targeting. Not in a way to bring fear but again a way to prepare. And when you have this force field or other force fields that you create with crystals, that you create with the Violet Flame, whatever it is that you have learned to do or that you remember how to do, it is time now for you to begin to do so.

Even those -- they do not have to be the dark forces. They can be simply those in your lives, those in your present circumstances that tend to trigger those various emotions -- to bring those back, not so much from this lifetime but bring back the patterns from lifetimes past. These force fields will also protect you from that. But you must use it.

And you must do as you heard earlier, get above your selves. Get above your selves. See your selves as we see you. Know your selves as we know you. And we do know you my friends, my brothers, my sisters. We know you well. And you know us well also for we are all in this together, have always been, are now, and always will be. We are a family. You are a family in your Ancient Awakenings and we are a family together. And together we are all moving forth now. We are bringing back the light. We are spreading the light, sharing the light everywhere. Sharing the love. Spreading the consciousness. Raising the vibrations. And all coming back to the One which you have always been.

It is time now, dear friends, it is time to move ahead. It is time to move ahead with your various missions that you have come to realize. Many of you have come to realize those missions or are in the beginning stages of doing so. And it is not one purpose that you have in your lives. It is many purposes. And those purposes change with every thought that you have in your lives. And the more that your thoughts create a certain purpose, a certain targeted purpose, then that purpose will be revealed and will become that which you will then move toward in a targeted, focused manner.

So find yourselves now my friends. Find yourselves. Know thyself. Because you, each and every one of you are everything and nothing all at once.

All of my peace and love be with all of you.

I, as Sananda, continue to stand beside you just as I have stood beside you from the beginnings. And together we will move into this new Golden Age and bring about this amazing ascension process to all that are ready for it.

One Who Serves

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

What kind of a message was that!!! No?! We are not even going to attempt to follow that one!

But we are going to share with you that everything is in motion everything is exactly as it needs to be. We know we say this over and over and over but as the James said earlier, you *do* need to get this through your noggins. It is important. It is important for you to know who you are. It is important for you to remember who you are. And everything that is happening is happening for a reason.

So just sit back, relax, put those seatbelts on though. We are serious about that. Don't leave those seatbelts off otherwise you're going to begin to hear those beeping and beeping and beeping sounds when you don't put your seatbelts on. You know what we talk about right? You know in your cars and all of this when you don't put those seatbelts on that noise keeps coming on and on. Well that is the shouts people. That is the shouts for you. You do not need to hear the whispers you are going to hear the shouts. And we are telling you fasten those seatbelts because things are going to get a bit rocky.

Things are going to change. Things are shifting. There are going to be changes that are going to happen in your world around you. Also within you, certainly, but also outside of yourself. You are going to begin to see more and more of the truths coming forward. They are already being revealed. And there is a moment coming -- and we're saying this to you now -- there is a moment coming where these truths are going to be revealed en masse.

You're going to hear and see and know much of this and it will begin to happen in your more alternative sites that you visit but it will then flood into the mass media, your regular media sites that everyone used to tend to go to as we find it. Not as many are frequenting this as much but it is still an important aspect or an important vehicle for spreading the information, spreading the truth.

And this is going to open up greatly in the near future here. We can promise you that. And it will happen close to what will be your next Advance. We are preparing this next Advance. We are preparing for much to occur and if you thought the last one was amazing, you ain't seen nothing yet people. We are gearing up and preparing for something special to occur there. Some of you have already gotten an understanding or an inclination of this and it will be astounding for those that are there in person. It will also be very important for those that are on the phone as well.

But we cannot say too much more on this. They are saying hold off don't give the whole thing all at once here as we tend to do ... or as I tend to do sometimes but they are saying no, hold back a little bit. Give them little bits and then when the time comes more will be shared. Just as we did in the last Advance on that last day

when much was given in that short period of time that was unexpected. So we are going to say for this next one prepare for the unexpected. Okay?

We are ready now for questions. You have questions for One Who Serves?

Zoe: I believe we do. And if I may take a minute to thank you for everything and those words. And I will also then just give the process regarding the question-and-answer session.

I'm sure you all remember the drill: To get into the queue and ask your question, press 1 to raise your hand. We'll call on you by your area code. Listen for your area code. There's a couple of you that have your hands raised that have the same area code so if you start talking and if we don't respond it's the other one.

When I call on you please give us your name and your location. Ask your one question briefly, concisely and succinctly. Understand that the more specific and succinct the question is, the better the answer is going to be.

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

If you have a 2nd question, you're welcome to get *back* in line (but please not *stay* in the line). Press 1 to get out. Wait a couple of seconds, press 1 to get back in.

So come on in and let's see what kind of topics we can stir up. And while we give that a minute to populate ...

Let me mention to those of you who are new to our group, One Who Serves is a collective of Ascended Beings who choose not to be individually identified and whose mission it is to teach us and guide us thru to ascension; to show us how to teach and help others awaken; and occasionally – although very lovingly – kick us in the rears.

So do we have any emailed questions to start with?

Q & A

Q: [Emailed question] I am having increased problem with my health. How can I stop and prevent worsening symptoms? Do I change my diet? Do I move to another location or is the cause emotional?

OWS: What we can tell you here about this is -- and this goes for many here. Not only for this one that asked the question but for many -- you are experiencing those shifts, those changes that have been spoken of many times, those various symptoms which you call ascension symptoms. And it is something that is going to continue for some but it will curtail. It will become less and less and less. But we must add that there is the need to always be in the higher vibrations. We say this over and over. This is part of what we say when we say we pound you on the noggins to get you to understand this. Raise your vibrations! Whatever way you can do that.

Bring yourselves into the higher vibrations and you will never experience these health issues again. This is a promise to you. If you can do this if you can hold yourself in those higher vibrations then those things of lower nature, lower vibrations cannot affect you. And those lower vibrations are your health issues. Those things, those patterns that you bring in from past lives. And we are telling you now that part of this that you are experiencing now is a releasing, a releasing of an old pattern that you brought in from lifetimes past. And you brought it in and now it is manifesting in your life. But you must take a look at this yourself. We cannot give it to you. You must go deep within yourself and find this pattern and then release it. And know that it is only a pattern, only part of the old programming, the old 3-D paradigm programming. And once you move into the higher vibrations then you are no longer in that 3-D paradigm. You see? This is what you must come to understand. Move out of the 3-D paradigm by moving up higher in vibrations.

Read the book as you heard earlier, The Celestine Prophecy. It will give you a clue -- many clues rather -- of how to do this, exactly how to do this. How to find yourself in the higher vibrations. How to literally disappear to those that are in the three-dimensional experience. This will be necessary for those of you that are you that are seeking those records. It will be necessary for you to move into the higher vibrations and literally disappear to the old 3-D dimension for a short period of time. This is what you will need to work toward. And those of you that are not going down there, it is important for you to do it certainly for your own ascension process, for your own transition that you are moving through.

You can have the health problems if you want but why have them? Why have them we say. Get over it! Get over yourselves in the way that was given earlier. Go above yourself. See your selves as we see you. We do not see you with health issues. We do not see you with medical problems and all of these things. Just as when Yeshua did what he did. He looked at the individual and he did not see a blind individual. He did not see a paraplegic. He did not see someone who could not walk. He did not see someone with leprosy, etc. etc. He saw the perfect whole. This is what you must do. You must see yourselves as we see your selves. Get over yourselves and know that you are perfect exactly as you are. Okay?

Q: I want to ask about the idea that has been given to us about change and fastening your seatbelts and being prepared for those changes to come. Is the feminine energy that's working on coming into the planet which is represented by heart energy and unconditional love, will that soothe the transition?

OWS: First of all it's a wonderful question and it is not coming it is already here. The feminine energy is already strongly ensconced within the culture now more and more and more so. The heart being, the tendency

toward the feelings and emotions and understanding another's feelings and emotions, this heart-based expression is already here.

And certainly it is that is what it is all about. Bringing the balance between the masculine and the feminine so that it is no longer a paternal society (is that how you say that here?) [*Patriarch*] Patriarchal society, thank you. And it is going to be a more balanced society. It will not be masculine, it will not be feminine, it will be balanced. It will be One. You see? The two coming together as One. This is how this works.

And this is very important for these the feminine, the goddess energy to be back here. And it has come back. And it is very strongly here now. This is why the cabal, the dark forces are losing the battle here because they cannot fight against this. You see this is why they did everything they could to remove the feminine energy. Why they did what they did with the Mary Magdalene to make her to be not what she was at all. And this was purposeful to take away the feminine energy because they knew that this balance was needed for ascension. But they succeeded for some time but they are no longer able to do so. They are losing the battle rapidly here. We can even say the battle is almost over. The war never really started. [Knowing laughter.]

Q: I have been told that my origins are from Alpha Centauri. My question to One Who Serves is what I was doing on that planet. What was my purpose there?

OWS: Oh my goodness! We could write a book on this for you but we will not because it is not important for you to know directly where you are from or what your purpose was while you were there or anything of this nature. It is important to know who you are today and what you are various purposes and missions and such are at this time now. But to know where you come from you come from many different places. Alpha Centauri is only one. You come from many different systems. You are part of what has been called the System Busters before where you have come from other systems and moved into a new system and busted a wide open as the Pleadians tend to say here. And you have done this in many different times. Many of you, most of you that are experiencing these calls and are regular on these calls also have experienced this in this way. You are those System Busters. You are the ones, the way showers that come into a planet or a system and you bring the light, you anchor the light. There have been many places where you have done this before where there was darkness, where you did bring the light in and illuminate the planet from the darkness here. So you are doing it again here. You say, many of you say over and over "Why did I do this? Why did I volunteer for this?" But if you really knew that you volunteered for this over and over and over, you just don't get it do you? You must be some type of masochist or something. You just want to keep going and going and doing it over and over.

But we joke here certainly because you are doing this because you are of service. This is what you do. This is who you are. That is why we say to you know who you are. Man/Woman know thy self! This is what is so important here. Because when you know your selves you truly know who you are and those memories are going to come flooding back to you and you are going to fully remember so much of where you have come from. And the question that you just had will be answered for you. But it will come in a moment. It will come flooding into you in a moment of higher vibration when you yourselves have moved up into the higher

dimensional frequencies. And then those memories will come to you and you will then go, "Ah-ha! Now I understand! Now I get it!" Okay?

Q: Recently I've been seeing information about the Archons on different radio talk shows and it turns out that I learned the Archons are the negative energy that actually suck up people's energy during the sleep stage. I'd like to know what this One Who Serves have to comment about it because if that's the case I don't like it. [Emotionally] I just don't like it. Can you comment on that?

OWS: Yes we can tell you that these Archons as you are saying are an energy form and they have come from other systems just as you have, and they have moved into this system and moved into individuals, not quite in a sense of possession but somewhat you can call it this for certain ones. And they have moved in and taken their physical bodies and overcome them to an extent, in a sense remove their hearts – not physically but remove it from being in consideration in their lives. And this is what they have done and continue to do. But they are diminishing greatly. You find them mostly in the fourth dimension and in those levels, and they are they sit and they wait until they see an opening and then they come in. Now there are different forms of these Archons. There are ones that are of the high level which would be considered more of the royalty in that understanding. And they move into those ones of royal blood here in the physical body and also into those what you call the cabal, the elite, and those types. And they have done this and it is very difficult though for those that they move into to then get them out. But they do not get them out because they do not want to. They feel the power. These Archons bring them power, they bring them wealth and all of this. This is why it has been very difficult for those Forces of Light, the Resistance Force, and the Galactics, and all of this to remove these ones from their present situation and their present ability to interfere because interfere they have done many times. Over the thousands of years now they have been interfering in this way. But through this ascension process they are not going to be able to because they cannot be in the higher vibrations. You see? There it is again. The higher vibrations. If you find yourself, move yourself into the higher vibrations, stay there more than these forces cannot affect you one way or another. This goes for those attempts to change your environment and all of these things with the chemtrails, with the fluoride in your water, with the electromagnetic interference. All of these things that many people are saying that it is creating havoc with individuals. And to some it is, yes, but to those of you the light workers, those of you that are raising your vibrations on a daily basis and staying there longer and longer, these things cannot affect you as they once would have if you were remaining in the three-dimensional illusion. Only in the three-dimensional illusion can three dimensional activities and things effect you. You see? Is this understood here?

Q: Is that to say also that the cabal actually use those energies? Is that a true statement?

OWS: We can say more so that the energies use the cabal, in that respect.

Joanna/Shoshana: When we offer our emotions and our energy to anything it gives it power. So try ... or do come to a state of neutrality about this, even to a state of love about this. As those that wish harm to others cannot harm them without our emotional backing.

OWS: Yes, wonderful. Very wonderfully said.

Q: I can't ask a specific question because I know nothing about the subject but I'm wondering if you could just tell us about the Elder Race.

OWS: Wonderful. We can tell you much about that but the best way for you to experience this and understand this would be to look into it your selves. You can use your Google possibly to find some information. But there is much information on this in your the book called Secret of the Andes by our dear Brother Philip [who] wrote that or channeled that you might say through another and it is very much about what you are asking. But what we can tell you directly now is the Elder race was the ones came long before the human race here. They were in many respects giants as you would know. They came from other system. They came to the Earth hundreds of thousands, even millions of years ago and they settled here. And they were though, not as you understand them in a physical body today. They were more translucent you would say in a higher vibration.

They are the ones that are responsible for building many of the secret and huge tunnels that are deep within the earth here that crisscross across the entire planet everywhere. And these tunnels will eventually here be opened up to the surface population. But it is not time, certainly, for that because you could not go within those tunnels now even if you were able to discover them because they carry a vibration that is still as of yet too high for you in your physical form as it is now. But as your physical form because much more crystalline in nature then it will hold the light. And when it holds the light it will be able to then hold the higher vibration as well and then you would be able to go into these tunnels.

These ones they are called the EL race. The EL, if you look at this is in your wording, in your vocabulary. The ELs, the ones that ascended, the ones that moved up in vibration into higher dimensions. They EL-evated themselves. EL: your elevator, your elation. All these words that you have in your English understanding with the "el" sound in the beginning of the word. It all means moving up higher in vibration. If you look at all of those words you will find what we are telling you. EL, the "El" in the word. And it is those ones that went through what has been spoken of recently here -- we are giving this more to the group now as we move along -- the idea of the 90° phase shift is what they went through. Where one moment they were there in the dimensional frequency they found themselves and in the next moment most of them were able to then ascend in a 90° phase shift from one level immediately to another. There will be a reading that will be given that will explain this more as we move along here. But for now understand that they are a master race that has moved on en masse from the Earth evolution here long before humankind came on. Okay?

Q: You said they were giants but they were not in a solid physical body. Would they be what we consider the Red-haired giants?

OWS: No. They are not the same.

Q: I wanted to find out about the Merkaba. I have been using the Merkaba now and again before and then on the call I thought well I should use the Merkaba every day and just put it around me. And then I thought to myself a few days into that, well, why am I doing that if my purpose is to bring the light into my body and get my body into a higher and higher realm. Why would I want to put something around me that would block that out a little bit or stifle the effects of that. So then I got into the question as to how to use the Merkaba, when to use it. Maybe I don't want to just put it on me every morning and have it on all day. So what's the best way to use that Merkaba?

OWS: Wonderful question. When you use the Merkaba though, you are not keeping the light out. In a sense you are actually inviting the light in more. You are bringing the light in. It's easier here when you use this. But you are keeping out the negative vibrations. Those things around you whether it be family, friends, acquaintances, people that you meet where you walk into a room and you feel those negative energies and they bombard you and they bring you down into a lower dimensional frequency, into lower vibrations. This can block that. It can literally repel those negative vibrations, those thoughts, those negative feelings and emotions away from you. Unless you want to let them in. It's up to you. You can let them in or you can hold them off. That is up to you. You see?

Q: Yes. That makes more sense now. When he said something about having a lessening of the energy coming at you if you needed a break from that. So I guess I miss understood that. That sounds great. Thank you.

Q: I've been using the Merkaba technique for quite some time now, a couple of years every time I meditate. But I kind of do it in a different way where I visualize it. I draw it in front of me -- a tetrahedron in front of me -- and then I place it around me. I've been doing that for some time and I believe it works. Your opinion on that? I literally draw it with my fingers but I see it in my mind's eye, my third eye and I close that protection around me. I feel it work so I do it every time I meditate to protect myself. Is that a good technique then?

OWS: What we are going to say here is we are going to take a saying from the James here. He is fond of saying 'whatever works'. So if it works for you then wonderful. However it is. Fingerpainting, paint it, draw it up in the sky, whatever you want to do you can do it. But it is simply a visualization technique which brings it back to you. You are not creating it.

Please understand this: it is not a creation process it is a remembering process. It is bringing it back to you. You all have it. You all came in with it. Those that are mere babies when they come in, they are surrounded by their Merkaba. You did not know this. We are saying this possibly for the first time here. They have their Merkaba but over the years it tends to diminish more and more and it will diminish completely based on the parents who work with that child if they tell you it is your imagination. What would it be like to a two or a three-year-old suddenly said, Mama, I am in my Merkaba! What would most parents say? Well first of all, what is the Merkaba? Oh it is a light ship or it is a vehicle of travel. Well, that is a wonderful imagination little one but there is no such thing. You see how this gets diminished? And then it is gone. But now we are bringing it back. We are bringing it back to your remembrances. And this is important because it is coming back to you. You are not creating it, you are just reassembling it you might say in your mind's eye, in your mind's knowing. Okay?

Q: Yeah absolutely. I am so glad. And I do. I visualize it in my mind's eye, I draw it, I see it and I place it around me and I step into it and I'm protected. And then I continue on with the rest of my meditation. And I even say an affirmation that only love and light, the highest light may enter this field. It's pure love and pure light that may enter the field so only love and light can.

And earlier on I asked this question about these two little/several little black ships that I've seen around. I send my love and light to them and I'm waving and I'm so passionate but I'm not getting anything from these little black ships. They're really small I would say maybe two or three people/beings in them. I'm not sure who it is.

OWS: You are getting what we have called the glimpses, many times, glimpses into the other dimensional frequencies. You are seeing in this case into the fourth dimension. And in that fourth dimension you are perceiving not something of the light not something of the dark. We are just going to say it is just something that is there that you are experiencing. And they may be aware of you but they are not going to recognize that. So you can waive all you want but they're not going to dip their wings or flash their lights or whatever it might be. You see? Just a glimpse.

Q: I want them to ... when I was really concentrating to really telepathically communicate, one did turn around. It kind of did a little 360 and then it went away again.

OWS: Because they have no purpose in you. They do not care about you. Not at this stage here. Okay?

Q: I'm calling to ask about the healing ships. I know that there is one on the east side of Sedona but for some of us that isn't a quick jaunt. And being near St. Louis, Missouri, I know there are ships in this area because I feel them all the time. I communicate on my end but I'm wondering if you could please direct me in a direction where I can pick it up psychically to where I can take a few people that have not raised their vibration high enough to heal what is wrong within their physical bodies.

OWS: First of all these ships are everywhere. They are not simply in Sedona or Missouri or wherever else it might be. They are everywhere. And they are there available for everyone. Even at this point now at this time now if you believe enough, then you can experience the healing within them if you wish. You can travel there in your astral or your etheric body and you can receive the healing. But the healing comes based on the belief in that healing. So if you go there and you are questioning it or you are feeling like this is what is you're saying here ... What is this saying you use ... We are not coming up with it. But anyway *[Having any doubt or skepticism.]* Yes. If you have any doubt whatsoever then that curtails some of the healing. So if your belief is strong then you can receive the healing. It is very similar to the Advances that you would have with this group and the healings that have happened within the group and those sessions that we conduct here with you. If you believe enough then you will find the healing. This is how it works. Believing Is Seeing. This we must say over and over and over because this is the new way. This is the New World. This is the new paradigm that you are moving into. You believe something and then you create it with that belief and it will manifest almost

instantaneously especially as you gain practice in working with these things in those higher vibrations in the fifth dimension. Okay?

What was the other part of your question though?

Q: I was wanting to take my mother and my sister in proximity to the ship so that they would receive the healing. My mother is legally blind and my sister has tumors all throughout her body. Me and my mom have both been on a healing path. We're both SCR healing practitioners. We've been working with our Merkabas for over 10 years but the eyesight it's gradually coming back but she hasn't hit that level of vibration to where her eyesight has returned so we're trying to get a jumpstart.

OWS: Because there is a pattern there that she came in with this lifetime from previous lifetimes as many sources of your issues and things in this lifetime come from. And she has brought this pattern in with her. But what she must understand -- and all of you must come to understand with whatever assails you, whatever is bothering you in these times now, is that you must understand that you bring these patterns in and you hold onto them because of the programming that you have been involved in. But if you let go of the programming, if you let go of the idea of karma that you have brought into this lifetime is over, then it will assist you greatly in moving beyond these medical assailments that you have. You see? Does this make sense to you? And one other thing we share here is that you mention you want to go where these ships are. It is not important for you to do so because as we said they are everywhere and nowhere at the same time. In other words you do not need to go to them because they are not in time and space as you know it. So you can be wherever you are in your home and be there even if it is across the entire world in terms of where the ship is currently docked. You see?

Q: Yes. And I know I don't need to go to the ships they're all around me. Everywhere I'm at there're ships [*That is correct.*] because I know my connection. I was just trying to figure out what was holding her back but I know her line of thought that's keeping her from being able to get there. So thank you very much. That was very helpful.

Q: I've been told through insights and meditations that perhaps there is a piece of land somewhere in the Sedona region that relates to a part of my soul aspect, it's off planet in origin, and it may be a piece of property to build or to host a healing gathering place of some sort. And it may even possibly be a place in the future for contact. Can you elaborate on this?

OWS: what we can tell you is you are being drawn to this area specifically for that which is known as the Cities of Light. And this particular City of Light in Sedona which is there right now elevated, certainly, above the three-dimensional understanding at this point but is beginning to show itself more and more. More people are becoming aware. They may not be saying it yet but they are becoming aware of it because it is not that it is coming down into lower vibration but those that are beginning to become aware of it are seeing it because they are raising their vibrations. You see? So you are being drawn to this area specifically for that as we find it. Beyond that we cannot give you but we can tell you that you have a saying here. And that is: build the field and

they will come. So if you go there and experience whatever it is you are going to experience much more will be revealed to you as you are ready for that revealing. Okay?

Q: Yes. Thank you. That makes absolute sense.

OWS: Good! We think we make sense most of time. Not all times. There are those here that say we make no sense at all sometimes ... I make no sense at all sometimes. But they allow me to be here.

You see I just jumped in here. You don't mind, do you, if I jump in every now and then? I haven't been with this group a whole lot but every once in a while I like to peek in and say hello you know like Riya [an AA member] does every so often ... she says 'Hello! Hello! Wonderful to see you people!', and all of these kinds of things. Well we do the same thing. I do the same thing. I come in and experience with you and enjoy these times and I am so looking forward to this next Advance you have no idea yet. It is going to be so much fun so much excitement. So much what is the word that the other One Who Serves earlier used? Unexpected! Yes, that is the word. Unexpected. Get ready. Unexpected coming. Okay I'm gone here now!

Other questions here now?

We couldn't hold him off! We try, I tried to hold him off. We tried to hold him off. You try to hold back somebody like that. Just like your Robin Williams. Remember? Remember when Robin Williams was there and you, those would try to hold him back? Would try to say something but Robin Williams would never let them. This is what we have to deal with here too. [Laughter]

Zoe: [Jokingly] I thought you had the 'hook' there!

OWS: It was taken away. (And of course it was only it wasn't a literal hook it was a figurative hook.)

Q: I'm un-hold-backable too so I can totally get into that! [Laughter] So I had been given recently by my higher self that I may be going on a trip or a mission if you will, and so I began to put into place what I would do in terms of how I would make sure the Prosperity Packages were getting out with no stops no matter where was. And that would largely be my children and also maybe a very close friend or two. And then I was a little concerned because my oldest son doesn't always come off as into any of this fru-fru stuff but he is also very accomplished and highly intelligent and can do just about anything. And, you know, he's almost the head of the honchos, if you will. So I was a little concerned but then I had a dream. It was me and my oldest son. We were in a place and he was getting some new shoes and they were apparently the most amazing shoes on the planet. He was only 14 in the dream and he was just lit up like a Christmas tree. He was so excited. And what was interesting was we were going to be the last ones to get our shoes because all of the rich people and everything, and we were from the poor side of the tracks, and they were all the VIPs and they were all getting them first but it didn't seem to matter to him in the least. He was just so excited about getting these shoes. And he was like great! And we were having a blast. And I took this to mean -- and I want to check to see if my understanding is correct -- that once this goes down there's not going to be a worry or concern with him. He's

going to be so excited. He's going to take the ball and run with it and there will be no problems. Would you say that's correct?

OWS: We can tell you certainly that as you continue to move through this transition and through your ascension process these types of things, whether they are the elite or the ones that are not so elite or poor or whatever it is will no longer be the case. So everyone will have their new shoes. You see? Everyone. Everyone will have what everyone else has. Now that is not to say that everyone will be exactly alike and you'll all be wearing the same close or anything of this nature. You'll still have your individual tastes and experiences and all of this. But everything will come into balance so there will be no more haves and have-nots. You see? So it was a dream indicative of what is coming in the future and feeling like everything is exactly as it needs to be as this one, you are saying, this son here had these new shoes and didn't care whether he had them first or last or whatever he just had them. And this is what it is going to be like in the new Golden Age as you move into this that everything will be exactly perfect.

Now we know that from your three dimensional understanding this is very difficult to understand for you because you never have this situation where it is complete joy, complete love. But this is what you are moving toward people. You are going to experience this. This is coming. And it is going to be a drastic change from what you are used to but this is why you are being prepared, why you are being acclimated to these energies so it is not from one to the other overnight kind of aspect. You are being gradually introduced and brought forward here. You see? Okay?

Q: And just to double check, so there is no worry or concern about leaving him in charge of this. That won't be a problem. Am I getting that right?

OWS: There is no concern as we can see it at this time.

Q: [Excitedly] All right! Thank you.

Q: Thank you so much I've been enjoying the show. I like channels' way of delivery and sense of humor. He has enlightened an otherwise very dark mood today.

I've been on a healing journey I think forever. It started with the physical and I took on emotional, mental, and spiritual and have been on the spiritual path I think forever. I have worked with healers, and listened to channelings, tuned in activations, meditations I've done clearing work on myself. Anyway I'm so frustrated because I feel like I don't know why it isn't working. I've been told things like I have many gifts but I'm blocked. My physical doctor has done so many tests and she puts her hands up and just sees that my body is kind of just eating itself from the inside, is what she says. Anyway I have these teeth issues. I've recently worked with a healer who had claimed that he could help channel energies to have my body regenerate the bones and my teeth and heal the infections. But then I feel like it's been getting worse and one tooth is really out of whack and hurting a lot. I've had a bad experience with a dentist in the Fall who traumatized me and tried to scam me and did further damage so I think I'm having the effects of that. And I was trying to heal it naturally and trying

not to lose the teeth. I'm afraid of you know partials and full dentures and foreign things in my body. Anyway I'm sorry to go on. I'm hoping you can give me insight in what I need to do, why I cannot heal, and how I can heal and move past this and serve my purpose, whatever it is.

OWS: What we can tell you is you cannot heal because you are saying you cannot heal. That is number one. You need to let go of that. Again this is pattern that you brought into this lifetime and you hold onto it. And this heating up from within inside is part of that pattern. You have brought this from long ago. It has been a continuing pattern as we look back at the Akashic Record. We can see now it has been a continuing pattern that you have gone through lifetime after lifetime. You brought it into this lifetime and it is reverberating around you from others that are also around you. Not so much that they are having medical issues but they are exacerbating it within you in various ways as we find it. The idea that you have gone to doctors and these medical doctors tell you that there is no hope or they are giving you indications that they cannot do anything for you or they try this and they try that and nothing works because medical science is not going to solve this for you. You must go deep within yourself and find the answer within. Go to those ships as has been said earlier or to the City of Light. If you do not know what this is go within yourself and find it. It is there. And go to these crystal chambers, these healing chambers and be there in your astral or your etheric body. Be strong there. And the stronger that you are in the higher belief that you have, you will overcome this. But you will only overcome this if you believe you can. You see? This is a key here for you. You must believe it and then you will see it.

Q: Okay well I thought that in the past with trying different things I did have belief and then when I didn't feel it I became jaded and skeptical again.

OWS: Yes we understand and this is indicative of many in your culture.

J/S: Because the answer wasn't hers, it was someone else's. The answer must come from you not from someone else.

OWS: That is correct. Always healing comes from within not from without. Always know that. Even when Yeshua healed those that he worked with, he did not heal them. The healing came from within themselves. You see?

Q: Yeah. I guess I must be blocked in some way then. How do I get around the blocks?

OWS: By saying to yourself that you are not blocked; that there is no blockage. Or doing those things which are necessary to release the blockage. There are many ways. Work with crystals to release the blockage. Work with your acupressure and acupuncture to release the blockages. There is also past life experiences that you can do to find the source back there and go back and change the memory of it. All of these things are tools that are available to you but only if you use them.

But if you do what your culture has tended to do for a long period of time: take a pill and everything will be fine. Well that is not the case. Taking the pill only takes care of the symptoms at the moment but it does not get to the source. Even cutting it out such as in your surgery gets at the physical source at that moment but it does not get at the past life source. You see? So cutting it out does not necessarily cut it all out. This is why even at

times when this happens and they cut off an offending limb or something the cancer or whenever it might be continues to spread because they did not get to the source. You see?

Q: Yes. Well I've been trying to uncover my sources. Can you recommend something? Are there any healers or types of ... I'm not sure what you'd call it...

OWS: We just gave you that. Yes. We just gave you that; the acupuncture or acupressure would be helpful to release. You must release the energies. That is what is blocking here. You need to release the energies however you can do that. Shoshana you want to say something?

J/S: The source -- please find this in your heart if this is accurate for you -- is a deep sense of insecurity. Releasing the energy of insecurity. It's an illusion. It's not who we really are. All is well. You are very secure in who you are. Meditate on releasing the energy of insecurity. Release that! Blessings.

Q: I have listened to all of you for months now and I feel as though I know all of you. Thank you so much. Thank you for everything. This is my birthday today and since this is the first time I've ever called in this couldn't have been a better birthday present. God bless you all I love you all. When One Who Serves who I think is Robin came through [laughter] that just made it all so wonderful, if that is who I think it is. Because I have known him and loved him. And when you said 'hook' that was a game changer. That's all I can say. So with all of that said I do have a question.

I'm in the middle of the big city and a baby possum came into my office. What does *that* mean?!

OWS: What we can tell you is sometimes what occurs just occurs. There is not need to go deeper into meaning. A possum or any type of animal coming into office does not necessarily need to have a direct meaning, not necessarily for you. It might be a meaning for another, though, in that office if you understand this. So this could be possible here. Sometimes things are just what they are. Now, that is not to say that there are accidents. We are not saying that. Nothing happens by accident. So there are reasons for this but there is not a direct reason as we are finding it for you specifically to have this experience.

We also need to add here because he is saying over in the background did you mean to say Robin Williams is that who you are speaking of? [Yes.] He directly – and we know this for sure -- he is not Robin Williams or not an aspect of him directly, or Robin Williams being an aspect of him, but they are connected greatly. And as we have said previous to this group, this entire group is connected to Robin Williams in a soul group manner. This is why Robin Williams was able to briefly come through this one James and share at one of the previous Advances here because there is a strong connection between you all here. And this one, the other One Who Serves has had lessons, you might say, from Robin Williams [laughter] [inaudible].

Zoe: All right. So that clears up the question queue.

OWS: Very good. Then we are ready to release channel now.

Please utilize your Merkaba as has been given to you or being remembered by you because this is very important as you continue to move along here with these energies increasing and increasing and increasing. And it will help to hold off any negative type of energies as the use of a force field here. And it will also create a barrier for you to protect yourself within that barrier as if you were in a cocoon and you are waiting within that cocoon to be able to sprout into that beautiful butterfly that we already all see coming out of [from] within you.

Shanti. Peace be with you. Be the One.

Zoe: Well, as we've come to say: great questions lead to great answers -- and *that's* good for all of us. Great questions today. Thank you everybody.

And thank you all for joining us today and adding your lovely energy to this project of learning or re-membering the ancient wisdom.

So to join up, sign up at www.meetup.com/Ancient-Awakenings . Please rsvp there to attend the Sunday group meetings.

Our website is www.AncientAwakenings.org

Check it out for the archives of the Sunday call recordings and transcriptions. Which I *always* recommend you go to if you're new to the group. And especially if you've just asked a question, go back and listen to the recording. You often get a heck of a lot more out of it the second time around.

You'll also find some interesting blog posts on various topics we've discussed. The translations are there, and many other tabs to explore.

Our FaceBook page is [AncientAwakeningsonfb](https://www.facebook.com/AncientAwakeningsonfb) (as in face book). And apparently we have two so the second one is [AncientAwakenings.org](http://www.AncientAwakenings.org) (I'm not really sure how that works so I can't tell you anymore.)

And as I said earlier, our once-a-month BlogTalk call is the place for aspiring members, so invite your friends and anyone who seems interested and is looking for more information. You can find past call recordings on BlogTalkRadio.com/ancientawakenings-prepareforchange and also they'll be posted on our website. And since you can participate live in that call by phone or VOIP or Skype, it's a great avenue for anyone world-wide.

Our YouTube channel is Ancient Awakenings.

In other words it should be pretty easy to find us. Just use any form of Ancient Awakenings and/or Prepare for Change.

So that's all I've got. James, it's back to you.

James: Yep. Thank you so much Zoe. You did a wonderful job. Really appreciate everything you brought to us here. And Rita/Athena, thank you so much for everything you did. Peter, if you're still on here thank you for what you shared and I'm looking forward to what you're going to plan on sharing at the next Advance. And I just want to thank everybody for being with us and being a part of our family ... and actually, you know, bringing us all back together. Because that's what this is all about is coming back together as One and remembering who we are. I love what's being said now about 'Get over Yourselfs', and what Sananda and One Who Serves added to what Peter said earlier. It's really important for us to get into that observer-self more and more and more and not be so entrapped in our physical form and or what a friend of mine used to call our 'skin.' Because it's just a skin. It's just a vehicle that we're using right now, just as the Merkaba is a vehicle that we've used for eons and eons and eons of time and we're coming back to it. Coming back to remember, it's part of the remembrance process.

So I want to thank everybody for being with us and hope it was great for you. Sorry it went a little longer than normal.

Everybody have a great week. I'll be sending out the email ... once I get the transcription I will send that out as well as the Stanford reading I did earlier. That will go out to all members. It only goes to members, though, so everybody doesn't get that.

Anyway, thank you and we'll sign-off here. Take care. Oh and I want to thank Joanna/Shoshana for everything she brought here.

[Cue Music]

Zoe: Okay everybody. Thank you all for joining us. We'll see you next month or next week.

Love you, bye.

Channeled by James McConnell

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"Believing is seeing!"