

Know Thyself Because in Knowing Thyself You Become The Self That You Know To Be.

Prime Creator, Sugat GuRaRu, and the One Who Serves as channeled by James McConnell

These messages were given during the Saturday evening session of the August 2018 Advance of Prepare For Change held in Christopher Creek, AZ on August 11, 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.)

Dear Reader,

This session began with a movingly powerful meditation, the middle of which was unfortunately unrecorded due to sudden storms cutting the phone service. We invite you to listen to the beginnings of it (see the Channelings tab on AncientAwakenings.org). Phone participants continued holding, knowing we would return. Their conversation is inspiring.

If you are following along with the recording, please pick it up at 36:56 for the balance of the meditation and remarks by One Who Serves. The channeled messages following the meditation are extremely impressive. Please read on.

James: Okay. There are no accidents. We're back. [Yay!] Let me ask you guys a question on the phone. When did you break off?

Q: Right when you took us to the universal sign and said I don't know what it's going to be like. It's the blinding light. It became so still. We were in that moment and then you guys really took off.

One Who Serves

Om Mani Padme Hum. Om Mani Padme Hum. Om. Om. Greetings to you! We are back again here and we're going to attempt this again. These things happen and what is you're saying? No worries. Just go with the flow. That is our saying. So no worries and go with the flow and it works out wonderfully. So just keep on keeping on here. So we move on and what we will do here is take you through the process that we were on. Those of you

that were already doing it it's going to be a little bit easier for you now. But for those of you that were lost in the moment then we will take you through it from the earlier steps. Okay? Here we go.

Meditation/ Tri-location Exercise

presented by The One Who Serves

[continuing meditation]

What we want you to do now is be aware of your consciousness in your body. You have already have the light in your body. If you do not, bring the light back up in your body. Just simply go into your breathing process breathing in exhaling out to breathing in exhaling out letting it all go.

Do not think in terms of anything going wrong. All of this, everything is being orchestrated no matter what. There is reasons for these things happening so just go with it here.

Now continue to breathe evenly and deeply. Let the light come into your breath move through your body the Golden White Light filling your body with light.

[Best experienced via the recording at www.ancientawakenings.org click on the channeling tab and then "hear" for the Saturday night channeling.)

OWS: [excepted from meditation]

... to be in three places at once.

As we said earlier you have done this before. This is nothing new to you. It is simply remembering. The programming is what has kept you from being complete and total consciousness and complete and total consciousness is infinite. Infinite consciousness. You are infinite consciousness. You are the universe. You are God. You see?

You hear many times from some that you are gods and goddesses and you are, but you are also the God Source within you. And as that God Source how can you possibly be in a finite body? How can you be limited in any way?

You are unlimited. You are multidimensional. You see? You are everywhere and nowhere. Pure consciousness. Pure neutral consciousness. Not good, not bad. Not light, not dark. Just being.

Now we ask again, and this time we can hopefully include those on the phone. How many of you have been able to separate into three different bodies here? [All respond affirmatively.] How about those on the phone? [All respond affirmatively.] Wonderful. Then as we said earlier also we picked the right group for this because

this hasn't been done. We have never done this with this large of a group before. It was always with just a small group or even simply individuals. But you are ready for much. If you have not already figured this out from those conversations you had today following what we gave last night; if you have not figured out that you have arrived, that you are ready for very advanced lessons here in this three-dimensional into fourth dimensional consciousness expansion, then... well, we will not say then. We will just keep it that. Okay?

Now. The reason again for doing this is focus. If you can focus now in three different places at once, it becomes much, much easier to focus in two places at once, especially if you practice this. You see in the eastern area of the world, you might say, in the Himalayas, in India, in those cultures there, this is much different there. When they practice their spirituality and they're learning to focus and intend and all of this and manifest, they do it much differently than you are doing it here. We work with you much differently here than we work with those in the Himalayas.

For instance, we give example here. Those that we work with in the Tibet and India and places such as this, they arise in the morning -- this is an example here -- one will arise in the morning very, very early, still when it is darkness outside and they will leave wherever they were resting. And they will move up the side of a mountain approximately 2, 3 miles up the mountain and they will arrive at the top where it is already set up for them, because they have done this many times before so it continues to be left and set up like this. And they will arrive there before the sun arises, so they are moving in the darkness (#1), up a mountain (#2). And they arrive there, the sun comes up, and they are immediately into their posture, you might say, of, not worshipping the sun but praising the sun, working with the sun, experiencing the sun. The sun's rays, the sun's energies.

And then as they are doing that, you could call it a salutation even to the sun. But it is not that sun, it is not this sun here, it is to the Great Central Sun of the Galaxy. And sometimes as you are finding out now even beyond that, the Central Sun of the Universe.

But that is only the beginning. This is only the first hour, two hours. They have an entire day ahead here. For then they will move into yes the yoga type of a situation. They will do yoga and they will do it for, not 20 minutes, not an hour, but more like 2,3,4 hours. All of the poses. All of the stretches. All of this. And you think they are done then? No! Then they go into a meditation and they will sit there in a meditation for hours. You get where we are going here? What you are doing is easy compared to this. But it is a discipline. And we are working with you as we can here in the Western culture. We are working to increase your discipline but not to the level that they are doing because you are not them. You are you. You are who you are and it is important for you to be who you are.

So in all respects here, be who you are but make yourself the better who you are each and every moment that you can. Work on that. You want ascension? You want ascension to be tomorrow? You want The Event to happen tomorrow? Then *be* The Event. Be the Ascension. Be it now! Do not wait!

Do not wait until the money changes to have the money. Do not wait until there is abundance given to you to find abundance now. It is everywhere.

And you your selves are powerful enough to command whatever you want in your life. But you have to do it. We cannot do it for you. No one else can do it for you. *You* must do it for you. And in your doing it for you, you do it for everyone else. You see? You see how this works? Do you see how ascension is an inside job? You get that?! Very good.

We hope this is recorded. We hope this is going to be transcribed because this is something that everyone needs to experience. Everyone needs to hear these words, read these words because there are so many out there that are waiting for the Ascension to happen.

They are waiting for The Event to happen. They are waiting for someone else to do it. They are waiting for the Galactics to make it happen. They are waiting for the Alliance to make it happen. But it is time for *you* to make it happen. Understand? Very good. We will get off our soap box here and return back to you here as far as you being ... are you still in three places at once? We hope so. We hope you are able to hold that focus. And if so that is wonderful! Wonderful. Because next time we'll do it four and five! How about that?

But for now come back. Come back. But come back first to your second body and then come back towards your first. If you want you can even integrate the two back into your physical body. But as you come back, make sure that you literally tuck yourself back in. All of your astral, your etheric, tuck yourself back in. Otherwise many of you will experience some unpleasant symptoms after this. So it is very important not to just jump back in, but come back in slowly, Tuck yourself back in, make sure everything is back the way it was.

Now I am going to release here to another who wishes to share with you. And we will be back here shortly.

Sugat GuRaRu

Om Sa Tatom. Om Sa Tatom. Om Sa Tatom.

Bet you thought this was going to be the One Who Serves but it is not. We sound the same somewhat but I AM Sugat GuRaRu.

And I come through this one James every so often, not too much. Only when there is a movement of consciousness, only after an initiation has happened, because I Am a Master Teacher in the Himalayas. I work in a monastery at times. I work in those caves, you might say, at times. We are surrounded by what you call the yeti. What we call the yetis as well. They are around us, so you can imagine and understand we are high, high up in the Himalayas.

But do we need to make a trek up the mountain as the One Who Serves says? No! We can be up the mountain or down the mountain whenever we want to be because we have the understanding of who we are, just as the One Who Serves is attempting to get you to understand.

Now I Am a teacher. I Am an Ancient One you might say. I have been in this body for over 1000 years. I have been doing the same thing for all of this time. And there at times, here and there, where I will venture out, you might say, beyond the Himalayas, beyond the home area here and come to a group such as this and attempt to assist in any way that I can. To be of service here.

Because those of you in this group have proceeded, have advanced, that is the best word here, you have advanced greatly for you to have the understanding from what was given last night -- and the conversation that ensued after this, was quite remarkable -- that you are at that point where you could begin to understand this.

Say that to the majority of people out there and they would look at you like what are you smoking? But you, your selves, are ready for this. You yourselves are ready to begin to understand the mysteries of the universe; to begin to understand and yes, even more so, *remember* those mysteries, because you *have* arrived. You have gone through initiations.

That initiation last night was a major initiation for each and every one of you. But it was not the only one that you have had. You have had many over lifetime after lifetime after lifetime. This particular lifetime that you are in this special. This is the one that ends it all for you in this illusion. But that is all up to you.

As the One Who Serves said, you want the ascension, *be* the ascension. What you need to do --and we gave this what, 25 years ago as we are looking here -- we gave two simple things here. Simple in terms of thinking about it but very, very difficult to grasp it, to begin to practice it. And that was, control your thinking. That was number one.

Control your thinking. Control your thoughts. Is that hard? Yes it's very hard! There are those that I mentor to that I teach here, my chelas (students), there are those here that will spend lifetimes working on that learning to control their thoughts. That is number one.

The other is, let go of all attachments. Let go of all attachments. Is that hard? Yes! That is very difficult. Again, my chelas spend lifetimes working on that.

What does that mean to let go of your attachments? Does that mean move out of your home and move into a cave? No. You don't have to do that. But if you're living in a home do not be attached to that home. In other words, if the call came to you -- and we will use an example because you have worked in this way and you are beginning more and more to think in this way -- if a ship landed in your backyard and beckoned you to come enter the ship, leave your home, leave your family even for just a time period. Not forever but for a time period. And yes, if you want, you can leave a note. You do not need to go and not tell them where you are. As a matter of fact you can even call them at a time and let them know where you are. But you would need to let go of that. You would need to let go of your TV, your computers, everything. You would need to let go of it for a time period. That is unattachment.

There are so many unattachments. Even attachments to your children, that is an attachment. Now that is not something that is wrong if you are looking after them, certainly you need to do that, but an attachment. You never need to be attached to your children. They do not belong to you! They are not yours. They are not your

property, they are your progeny. They are there because of you and you are there to protect them but they are not your property. You do not own them. Let them have their own life. That is important. That is an attachment that is very difficult to let go of. But you need to work on that.

The thought process. You need to work on your thoughts. You need to watch what you, not only what you think but what you *say* also. Your words are powerful beyond measure. You have to learn to control your thoughts and the words that you speak out. When you speak out a word it becomes real. Do you know that? When you speak out a word it goes into the universal mind, into the universal consciousness and then can be picked up by anyone out there. And if it is a fearful word guess what? You are spreading fear. If it is a word of lack of abundance of some type, you are spreading that. You see? You are adding to the collective consciousness.

And if you *are* adding to the collective consciousness, then add something positive as much as you can all the time. So do not say, I am sick. Do not say, I am sick and tired. Do not say, I am sick to death. You know you all say those things from time to time! But think about it. When you say those words they are powerful! You see? Your subconscious, we will say, hears this. The universe hears this. The universe will provide what you ask for even if you are not asking for it. You understand this? This is the law of attraction here and it is powerful. And it is more powerful at this point than you are.

That will not always be so. At some time you will gain control over the law of attraction because you will understand it and you will be able to work within it. But for now you need to really watch your thoughts all the time. If you are having a negative thought, let it go. Ask for it to be taken away. See it melting away, whatever it is that works for you but make it go away. Think of something positive. As soon as you think of something negative think of something positive.

Here is why you need to do this. Because as you are moving through this ascension process you are going to move from the third dimension -- you are already doing that. At times you are in the fourth and even in the fifth dimension -- but as you move fully through the fourth dimension guess what happens in that fourth dimension? Your thoughts become reality immediately. Do you really want to think of monsters and have them be created? You understand here? You really want your negative thoughts to become manifested? Here now, when you have a negative thought, there is a buffer period that allows you to have that negative thought and then change it to a positive. But what if you were to be in the upper vibrations -- not all the way to the fifth dimension but in that fourth dimension -- and you have these negative thoughts and they become reality to you?

Now, before you think, oh my goodness I have to learn to control all my thoughts before I can ascend? No you don't. That would be impossible for you to do. But you do need to learn to control them as best as you can. Work on it. Work on it, work on it, work on it.

And be aware of how powerful your speech is. Words have power. *In the beginning was the Word, and the Word was God.* You see? What do you think that was? He spoke out! He spoke out *the Word*. He spoke out creation. When we say he of course you know what we mean, he/she/it/whatever. You see? Prime Creator, energy, energy in motion, unmanifest energy becoming manifest energy, becoming conscious energy, and so on and so on. You are beginning more and more to understand the story, the story of creation. It is not Adam and

Eve but there is a connection there. Adam and Eve is an allegory of the entire creation process. Understand?
Very good.

We are pleased very much with all of you. Many of you here -- you may not know this, you have not heard me before -- but many of you have been my chelas in Tibet, in other areas previous in previous lifetimes. I Am your master teacher in that respect. You have many master teachers. You have Sananda, you have Ashtar, you have Archangel Michael, you have St. Germain, you have so many, Melchizedek, Metatron, on and on and on for many of you.

And many levels of this as well. Not in terms of authority levels or hierarchy levels but in terms of responsibility. That is the hierarchy that is here. The hierarchy that is your corporations is a ... pardon the expression, is a bastardization of the real hierarchy system. It is a control system here. It is *not* at the higher levels. It is *not* on the starships and the ships of Light.

We are finished for the time. We will release to another here. And we would like to come, I would like to come back and be with you more. And I shall do that if you are progressing enough to be able to do this. You will know when that time is.

Peace. Shanti.

Prime Creator

Greetings to you.

It is seldom that I, as the energy That I AM, am able to come through an individual to be able to speak to those in attendance, to be able to work with those that are special to me, special to me as my sons and daughters, my sons and daughters of Light. And you, my dear sons and daughters, are all of the Light. You came from the Light you are the Light. You can say you are the light of my eye. You are the expression of my love. And I AM the expression of your love.

From time eternal, from times in the beginning, we have been together we have been one, in times eternal as well, we will always be one. And you will come to a point where your consciousness will rise to a level that will be beyond your imagination, beyond your possible belief system. At whatever level that you are at at that time. Because life is always moving

forward. Life is eternal. Life is constant. Consciousness is eternal. Consciousness is constant. And as you heard earlier, consciousness is everywhere.

I AM consciousness. I AM That I AM. You are that you are. You are the I AM Consciousness just as I Am the I AM Consciousness. We are all together as One. One in the Light, One sharing the Light, One spreading the Light, One being the Light.

When you hear, my dear brothers and sisters, Be the One, that is saying to you to be who you are, to be the expression of everything that you can be, everything that you have always been, and everything that you are now. Because you are in the moment, the moment of the expansion of Love that has never happened here on this planet except for those times previous to the human condition at this time. In other words those ancient civilizations that you study, that you begin to remember of Atlantis, Lemuria and many other civilizations that you haven't even begun to understand, they are beyond. They are beyond what you are reaching for at this point.

But, in that knowing, you are reaching to a point where everything is going to become clear to you. Everything is going to become understood, revealed, because you are The Light. You are the Love. And as I said, you are the expression of my love for now and forever more.

I will leave you now. Trust. Trust in all that is within you. Continue to trust in yourself, believe in yourself, *know* thyself because in knowing thyself you become the self that you know to be.

One Who Serves

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

Well that was somewhat unexpected. Call it Source, call it Prime Creator, call it whatever you want but call it love. And the love that was expressed in this moment to all of you is beyond measure at this point. You may not yet feel it, some of you are, but you will feel it. You will feel it in your dreams to night. You will feel it in your waking moments in the next day.

At this point now ... what is your saying how do we follow up with that one? So we will take questions. You have questions here?

Q & A

Q: So, WOW! This is the only time I have to say that I was actually disappointed when you came in because I really didn't want that last moment to end because it was so powerful! I ... I just wanted to feel that. I mean I still feel that energy ... and I don't ever want it to leave so ...

OWS: Please, before you continue on, that energy never leaves. It is always a part of you. Always. And in *all* ways.

Q: And that last line He said about knowing thyself was just, wow, know thyself just be the self ... how do you....

OWS: To be the self that you know.

Q: Know thyself to be the self that you know. So it was interesting when at first I went into meditation I have to say I sometimes have a hard time following it exactly. Sometimes my consciousness goes somewhere completely different. But that was one of those days and it went to Tibet right away. I guess it went to the doorway before we talked about doorway and I was immediately on the mountain of Tibet. The whole door opened and there was a really big dragon but I wasn't scared because I remembered it was my friend. It was a friend who came down like a teacher. So we kept going through the cave then it opened up to the other side and I looked at a crystal city, crystal mountains -- not crystal mountains but those places that were just like beautiful and I'm not sure exactly where that was but I think that was the question. Where was it? So did we go there ... when you came in ... Sorry this energy is so intense it's hard for me to put into words because I feel the vibration of words right now. It's so interesting. Where was the cave and I was one of the students?

OWS: Yes. We will answer both questions for you. The first question, the city, what came to you? What did you get here?

Q: I was thinking like Shamballa.

OWS: There you go. You entered Shamballa. You have been in Shamballa before. In fact most of you here have been in Shamballa at one time or another. So it is real. It is an etheric city for the most part. It can be physical at times but for most of the time it is etheric. Just as yours Cities of Light are etheric and have not yet come down to the physical, or rather the physical coming up to that. There is a difference there. As to the second part, the dragon that you experienced, you are one of the chelas that he spoke of, the Sugat GuRaRu.

Q: I wanted to get your perspective on what recommendations you have for us for us to be the ascension, be what we want to see and any specific practical suggestions. Do we continue group meditations what's your opinion?

OWS: You are already doing it. You are doing it more and more and more. This is not only for you who is asking question but for all of you. Many of you are doing it. You are finding yourself in the higher vibrations more and more often. Not all the time. You go up, you come down, you go up, you come down. You go up you slip. You go up you slip. But the thing is you keep getting up. You see? You fall and you keep getting up. That is important. It was in your "Rocky" movie the James is sending here. He always has the movies! But it is very good that he does this because there are things that are helpful for you to understand how the mass consciousness of this planet is going here and working here. You fall you get up and up and up. And the more that you get up and stay up longer and longer and longer the closer you will come to the higher vibration, or the more you will be in the higher vibrations and the closer you will come to being in that higher dimension, fourth, high fourth and into fifth dimension and more and more stay there. Isn't that the goal that you want to stay there? *[Right!]*

No! That is not the goal. The goal is to be in the "now," in the now moment. Be exactly where you are now but work. We tricked you there!

You need to work though toward being in those higher vibrations more as you can by seeing the beauty all around you. Do not see the ugliness. See the beauty. Do not see the cabal as the cabal, as the darkness, as the ones that are forever to be in the darkness, as the ones that are to be persecuted and imprisoned and executed and all of these things. No they are your brothers and sisters too. They were once Light and they turned to the darkness. But they turned to the darkness -- now this is not all of them, you must understand, but most of them -- they turned to the darkness to work in the play that has been developed by humanity here. See? To work on this free will zone. To create the free will zone. To create this play that you are all a part of. You are all actors in this play. You see? In any play in every movie isn't there always the one side and the other? Isn't there always the villain? And don't you always hate that villain? You always want the villain to get it in the end. Right?

Well that is the culture of this society that you are in now. But that is not going to be the case. And when these ones are brought forward, and they will be brought forward whether it is here on this planet or whether they are taken off planet without you even knowing it, they will be removed one way or another. But as they are being removed they are being given the opportunity to turn to the light. Every opportunity is being given them ... Every one of them. There is no exception. You see? But it is up to them because they have free will. They can choose to either turn to the light or as we have said before be consumed by the light. And that is the light of the Great Central Sun. In other words they are then brought back into the sun, merged back into the sun, and re-animated or reborn you might say but at an earlier level density level and have to start all over again. Can you imagine? But that is their choice if it is. You see? Does this answer your question?

Probably not quite the way you wanted. You wanted the magic pill is what you want. Magic pills. You see you had about the magic bullet in the JFK thing, you want the magic pills. Just so you know there is no magic bullet. But we are not going to tell you who did it. But we are going to tell you who did not do it. And the one Lee Harvey Oswald did not do it. Now we're not telling you anything. Right? We're what, speaking to the choir here. [Laughter] Preaching to the choir.

OWS: Please the one next to here must stop the movement here or leave the building. Just joking. We know it's you Cynthia.

Q: I was just getting out of the way because Riya came up and I kind of had to move back. I'm sorry.

OWS: Riya? Yes Riya. Hello? *[Hello!]* Hello? Is there an echo here?*[Inside joke]* [Laughter]

Q: I'm even in the room and they're saying that!

Okay. Earlier on we had an interesting conversation with the James about aspects. Two new people asked the question about aspects and how does it all work. And really we could go in circles. James suggested we ask you, One Who Serves.

OWS: Please be a bit more specific in your question here. What do you want to know about aspects?

Q: How aspects work ...

OWS: They work very diligently. [Laughter]

Q: Well you know you have your higher self and we're aspects of our higher self. And we were trying to explain how two persons can have the same higher self. This is where it gets confusing when trying to explain it.

OWS: What we will give here is what the James gave earlier to a point and we will expand on it. You can take it back from the beginning.

From the very beginning there was creation or before that rather there was no creation. There was non-manifest or un-manifest energy. Simply energy in motion but no consciousness attached to that energy. And that energy was un-manifest energy at that point. Then that un-manifest energy began to become somewhat aware of itself. But as it became aware of itself it realized that it did not know itself as anything. It had no concept of who it was. So it said basically, 'Let there be light. Let there be manifestation. Let there be creation. Let me know who I Am. Because in order to know who I Am I have to have something outside of myself to compare to'. You see? And as the expression from Prime Creator became manifest as creation, that was the beginning of all of this.

And Prime Creator then created a creation. A creation being, we're not going to say who that was but your Archangel Michael was quite a bit far up there. Very far up there you might say. The archangels, they were among the first to come forward. The Elohim before them. You see? But then the ones that were then created decided because they had the ability to create as well, they were the God Source as well, and just as Prime Creator created them, they could create from themselves. And they created consciousness to help them realize who they are.

And in terms of a spark or an energy form or even a personality, they created. And they continued to do this out further and further and further out. The James gave the example of a pyramid structure. (Not your corporate pyramid structure of today. That is also a bastardization of what is real. Your corporate structure is not real. It is a control process.) But the pyramid that we are speaking of now started with Prime Creator, worked all the way out down, down, down. From every level down the one created another one, and the one created another one, and the one created another one, and so on and so on and so on.

So then from that one beginning of Prime Creator and then more sparks coming from that sparks of energy, sparks of energy that then gained consciousness. Then those sparks created more sparks of energy who gained consciousness. And in the gaining of the consciousness by the ones below them, they created more consciousness for the ones above them and so on and so on. So as the sparks of consciousness were continued to be created down, the personalities set down and all of this, these became the aspects of the ones higher above them.

Higher in terms of levels of consciousness. Nothing else. Not that there is a general above and a private at the bottom or anything of this nature in your military structure, or a CEO and a worker at the bottom. None of this. You see? So the aspects themselves, or rather the aspects – there are many aspects of the one that presented them down, or put them down you can say. You see?

So when you hear you are an aspect, or another is an aspect of a higher one, for instance Yeshua is an aspect of Sananda. You see? In a sense Sananda created the personality of Yeshua. He became the Yeshua. But now the Yeshua and the Sananda, although being one and the same, they are also separate personalities. Separate personalities that have gained fuller consciousness as a result of those things that they have done in their existence. You see? Are you understanding this? [Audience affirms] Does this answer your question or was there more to this?

Q: I think we are all clear on aspects now. Yes. [Laughter] It's a confusing question and many get confused about aspects ...

OWS: The one that's really going to bake your noodle from "*The Matrix*" movie is who created Prime Creator.

Q: Yes. Who came first the chicken or the egg. So are you gonna tell us?

OWS: We could tell you but you would never understand it because it is beyond the three dimensional understanding. It is even beyond our understanding at this point. For example, the one Yeshua, when he went

through the process, when he ascended and he went to meet with eventually meet with his Creator he realized had he met with his Creator that he was already his Creator. You see?

When you go through the dying process and you go to the Gates of Heaven, you might say, and you expect to meet St. Peter there waiting for you, guess what? When you see St. Peter you are seeing yourself. Yourself is waiting for you. Tell that to the ones out there that are believing in that particular fantasy.

But you know what? (We'll just add this here.) Those that believe that they are going to see that when they get there, they're going to see St. Peter. They are going to do it. It is going to happen. And they will go through these gates and they will understand that they have reached heaven. But once they realize that they are now in heaven they realize that there is so much further to go. That this isn't the heaven that they were expecting. Yes it can be wonderful and everything but it is simply a level of the astral plane. You see?

So in a sense -- this is really gonna rock your world -- when you have done these expressions, these experiences, these out of body experiences in your astral body, you've been in heaven before. You see? People are gonna be going from that and saying, 'What?! We're in heaven? That didn't seem like heaven to us! And then we have to come back here again? What is this going from heaven and back to hell?'

You know we are joking here because you can certainly make a heaven of any place that you are in any moment that you are. And that dear brother Moses is the answer to your earlier question, a more fuller answer. Make heaven a place here on earth. *[Amen!]* Again he is saying, but I want the answer that tells exactly how to do it. I want the pill! I want the crystal that does it for me. We love you Moses. We love you so much. We love all of you.

Q: And we love you.

OWS: Yes. You'd better! [Laughter]

Q: If I may ... I think a lot of people might be thinking about this. Thank you, I get it, I'm grateful. If you could indulge, do you have any practical advice on how to make our time here, while we're here, a little more bearable? There are so many light workers suffering intensely. Thank you.

OWS: You know what we're going to say here. Be here. Just be here. Just be here in the moment. Because you are expecting to be here now and expecting everything to become wonderful just because you are expecting it to be. And that is true. You can do that. But you also have to believe as you are doing it. That is the difference here. You are wanting it, you are thinking it can happen but you are not believing it fully that it can happen because it is not yet happened. You see? So there is a leap of faith here that is needed.

You must first believe and then it will happen. You will then create it. And as you are creating it you will realize that you never needed to create it from the beginning because it was already there.

Think on that one! Can't wait till you guys read your transcript of all of this.

Q: We'll have to read that one point over.

OWS: Yes. More like 20 lifetimes over. [Laughter] No, we joke about that.

And the reason this is being given to you, these understandings, these revealings, these deeper level consciousness understandings, is because you are ready for it. Sugat GuRaRu said that. And if Sugat GuRaRu talks, you'd better listen! Did you feel his power?! [Yes] He's used to being in control. Not in control of another being. He's never going to do that. But being in control of the situation in any way at that time, in that moment, that he can help another.

Q: Is that part of the Dragon Family that they talk about? That are like [audio interference].

OWS: [slowly, deliberately] Oh my goodness! [Laughter] We are hearing here, we are being given direction by those that mentor to us that we need to tread lightly here in this respect. Because we cannot begin to reveal to you who these ones are. There are some revealings that are already occurring. You are hearing, you can hear from certain ones, we are finding here from the James that there is a one called the Benjamin Fulford that is revealing some of this. Not the direct question that you have asked but revealing who these Dragon Families are and where they come from. And this was just in a recent one of his reports. That is the best we can do on this at this time. See what that one says see what others might say and then ask your question again at a later time.

Q: During the meditation earlier today something unexpected happened where I felt compelled to deviate from what we were being directed to do. I went into my Merkaba and traveled -- I didn't know where I was going -- and ended up in Washington DC and joined a circle of other light beings in Merkabas. It bifurcated into two circles, one was around the White House and one was around the Pentagon. It felt like there was some intense developments happening within both structures. I just felt guided to send a very amplified Violet Flame toward both structures (I was joining with the light workers surrounding both structures) and sending into the corridors and into all aspects of both structures. So I was hoping you could elaborate on what happened for me.

OWS: Yes. You hear about wanting to be a fly on the wall. You were the fly on the wall. You were given this opportunity to experience a council meeting of those of the Alliance, one particular council meeting, there are many that are occurring at this time. And you were given first-hand understanding of what is occurring at that time although we believe you do not remember all of it. Do you? [No] Yes. And that is purposeful because you were not meant to remember it but you were meant to experience it to know that it is happening. Because there are many times, and this is part of the entire orchestration of everything here, there are many times we and all of the sources out there have been saying that things are happening in the background. There are so many things going on. So many revealings coming forward. Many things happening. And this is an example of this for you to be able to witness this directly. You were the fly on the wall.

Q: And can you tell me what why I was meant to experience this?

OWS: Because of who you are dear brother. That, we leave up to you though. You must go within yourself and understand and come to the answer for that. Who you are in terms of how you represent or how you connect with this particular light alliance and why you have been brought here to this group and to the endeavor that is ahead for you and for others here. You will understand more in the weeks and months to come here. It will all come together for you.

Q: Thank you One Who Serves. That really resonates in a very deeply emotional way for me.

OWS: Yes. If you want you can call us TOWS [phonetic t-owwz] just as Robin Williams does. The-One-One-Who-Serves. T-O-W-S. [Laughter] We are joking here. That was a Robin Williams original.

Q: My question refers back to the trip coming up here and the ordeal that I went through and the outcome and the process that I went through. Without going into too much detail, as I neared the end of the journey the long arduous stressful journey I heard clearly in my head you have just endured a mental, physical, and emotional test. My question is can you give me some insight into this test. And my other question is did I pass?

OWS: First of all the answer to the second question is what do you think here?

Q: I think I passed.

OWS: Are you here? [Laughter] Did you make it here? Then you passed. [Laughter] Now your first question the part of why did it happen to you. It happened to you because it did. Because it was meant to. Because it was a part of your journey, a part of your expression. Not to test you. We weren't testing you. None of the ones who work with you were testing you. Ready for this one?! [Audience responds with **OWS:**You were testing you.

Q: Oh boy. Well you know what I learned ...

OWS: [to audience] You're starting to sound much like the yogis in the Himalayas when they come back with these wonderful expressions and things.

There is a bright light here. What is that light? [Audience responds in movie voice: Moses!]

Moses! The burning bush Moses! We are joking here. We are trying -- not trying -- we are having fun with you.

I, the one that is predominantly the one who works through this one James, I have over the time because of being with all of you, working with all of you, somewhat softened you might say. I used to be -- and you can ask

this one James and Cynthia sitting next to -- very serious. Were we not? Yes. But now he that you are getting to know me a little bit I can let my, what's the saying, hair down a little bit.

Okay please, go back to your question. Is there more?

Q: I was just going to say that at the end of my journey I did learn a lot about myself and the fact that [audio interference] emotional maturity. And that to me means going through very stressful situations handling it in the best way I can as calmly as possible. When people all around me were falling apart and freaking out and I just keep saying everything's going to be fine. Just wait and see it's going to work out. And that was my attitude through the whole thing. And when it got to the point where I couldn't handle it by myself I called for help. And within minutes after calling for help from my higher beings and anyone who is listening up there, I saw little angels come out and little miracles performing all around me and it was just a beautiful thing to witness. So there was a great deal of personal growth from that experience.

OWS: So now you have answered your own question. Funny how that works. What we should start doing here is you ask your question and we'll just be quiet. [Laughter] You will get your own answer.

Q: I've been called to assist others in many endeavors in their life and I find myself being in no fear of darkness. I just want your opinion on that. The second part of the question is, is Inner Earth a safe place to go here?

OWS: Why, are you wanting to go there? And what would make you think it wasn't safe?

Q: I just don't know, that's all I guess.

OWS: And if you are wanting to go there, then there is something within you that is telling you it is something that you would like to do, something you would like to experience. And if there is something that's telling you that you would like to experience it then it must be okay for you because you would not mislead you. See here? There is only ... there is no fear. What is that saying about fear? False Evidence Appearing Real. Fear is in the programming that's all. Let go of all fear and you will let go literally you will let go of all pain and suffering in your life. Because when you let go of fear there is what? Nothing but love. For fear is the opposite of love. That is not an original from us. That is from Yeshua many years ago. Does this answer your question? Very good. Now other part of question.

Q: The darkness ... I, um, [reconstituting the earlier thought] that I have no fear...

OWS: Now you're afraid to ask the question! [Laughter] Very soon we are going to have you not even wanting to ask any questions anymore.

Q: The question is I have no fear of darkness as I help others and the question was should I be cautious.

OWS: About helping others? Never! Never be fearful about being helpful or being of service to others for that is what you are here to do. That is what this is all about, to learn how to be of service to your fellow man and the animals and the plants and all of life itself. Be of service. Never be in fear. Let go of all fear in every circumstance.

Now, that does not mean that if you come face-to-face with a bear that you should walk up to it and pet it or something of this nature. Unless! And this is a big unless! Unless you can eliminate, let go of the fear and replace it with love. You would be amazed then how you could walk up to a grizzly bear and go up and do exactly that, pet it, love it, hug it. You see?

There is a story, we're going to give you this, it was on your internet. The James read it. Or rather it was a video of this. And in this video a one rescued an alligator, a young alligator in the swamp. It was caught and he rescued this alligator and took it and protect it and began to feed it and nurture it. And as it grew it became a friend. It became a pet, a very close pet, just as a dog would become close or a cat. And this alligator and this man became inseparable. They would swim together -- and this is a full adult alligator now! But it imprinted on him. It became his friend because he did what? He loved it. He loved it beyond it was unconditional love. He looked past what it was or what it could do to him and in so doing the alligator never realized that it could do it or would even want to do it. You see?

There is another one where it was a grizzly bear and this one befriended a cub and the cub grew and grew and grew and became huge and was a friend to this man. And this man married and the wife even became friends. As a matter of fact the bear was the Best Bear at the wedding. [Laughter] True story! Not joking here! It would've been a wonderful joke but no, it is real. He was really the best bear/best man. They were inseparable. Anyway, how did we get to this? [Laughter]

Let's go back to fear. We need to move on here and give others a chance here. You can tell your story at another point but we need to ask those here on the phone if you have any questions.

Ones on the phone here. They need to have opportunity. Fair play for everyone. Okay? [inaudible] That is weird saying. You do not even say go on dates anymore, do they not? They say let's go hang out. Anyway your question? [Inaudible] ... at these advances, your Sundays we do not have this opportunity to interact directly with you so much as this. And we enjoy these times. You have question?

Q: When I close my eyes I see darkness inside. I was initiated into meditation in 1970 by [name unrecognized] and have never seen anything inside but darkness. We were told us at initiation in 1970 that he takes us up on the inside dimensions with blinders on and that we could look at everything on the way back down instead. He said it's too easy to get distracted otherwise. Do you have any comments about that?

OWS: First of all what is your question?

Q: Is that preventing me from seeing inside? When I close my eyes I see darkness so, because he wants me to see everything on the way down instead of the way up, is that a program that I'm being prevented from seeing anything inside?

OWS: We are chuckling inside here because the one sitting here next to this one James has said this for ages, you might say. I close my eyes and I see only darkness. I do not see what everyone else is seeing. I only see darkness. And then we say what? We say well, think it. Think it and make it so. Do not be concerned about whether you are seeing or not seeing and we have said this many times during the guided meditation because if you are seeing only darkness it is because you are not ready yet to see the light beyond. You are not yet ready to see what is out there because you are not at the point yet where you believe that there is much out there. Now that is not putting you down or anything of this nature. We are not doing that but you asked and we are giving you an answer here, an understanding. Now, for you to go beyond this you must think in terms of whatever that one gave you, it is time to undo it. Do not think in those terms. Just because someone tells you something does not make it so. It only becomes so when you believe it and know it within yourself because it is only yourself that can fully guide you as you need to be. Okay?

Q: Why would he want to take me up with blinders on and let me look at everything on the way down? I'm confused on that.

OWS: Hear what we are saying: Discount anything that was given to you previously about that. That was past. You are now in the present moment. You have changed. You are not that same person that you were at that time. You are a different person now. You have come back to a family here if you decide to stay with this and you are among a bunch of people here that have come to understand more and more who they are. And in so being with this group of people and these lessons these teachings that are being given here you are ready to move beyond any of the old programming if you are ready to do it. If you are ready to do it. And once you are ready to do it and forget what one told you before, because in that moment they had a reason for it, but in this moment now there is no reason to have this anymore.

Now there is another thing. Very similar to this one Cynthia here, you come from a, we'll say a civilization, not on the Earth not here with the Earth. Not even necessarily here in this solar system, out into the galaxy you see. And in that place that you came from, you were not associated with sight as much as you were with feeling, feeling of energy. Understanding energy. Not understanding any type of three dimensional physical sight. So this is -- just as it is with her/ has been with her. She is changing. She is changing because she is believing that she can change. She is finally listening to us after all these years. Right Cynthia? *[Of course.]* Of course. Is she seeing like many are seeing? Is she seeing like the James is seeing or the Joanna or the Vydia or any of the others here? No. She is not there yet because she has not fully let go yet. You yourself, dear Orv, you need to let go now. You do not need to wait this 20, 30 years here. You can begin right now, right now in this moment and say to yourself I can see. Even if you have difficulty doing it. You see?

OWS: We are in very good energy here. Prime Creator created an influx of energy here. Do you all feel it? Those of you on the phone as well, you can feel it too if you allow yourself. Wonderful. What you did not know,

those of you on the phone, when Prime Creator came in through this one's body he almost could not take it. It was too much energy at once. But Creator, Prime Creator can do whatever it wants. Right? So he just simply said, "Be at peace," and then this one was at peace. [audio interference]

Q: You were reticent earlier or you were being advised not to talk about our dragon family and I've noticed a lot of reticence within our family to talk about that aspect, that side of our family. But I look upon whether it's our dragon family, or my snake family, or whatever branches of the reptilian family or my avian family or my feline family they are all just family to me. And I don't judge them and I don't say this is -- well okay sometimes I do -- maybe this is the ones that have been playing a darker role. But I love them all and I want to tell people about them. I just need to know if I can because for some reason you just don't want to talk about them. But I enjoy all aspects of them and I know that they are all just light and love regardless of what guise ...

OWS: My dear sister what is your question?

Q: I just want to know if it's okay if I talk about them?

OWS: Why would it not be okay? You are assuming something here. Are you not? And we must need to throw this in here, just because we can. What happens when you assume?

Q: Make an ass of you and me.

OWS: Very good! Yes. Wonderful. Now you are assuming something here. You are assuming that the dragon families are bad, are evil, are darkness. Did anyone say that?

Q: No. And because I know that there are aspects of them that are, and I know there are aspects of my bird family that are, and aspects of my feline family that are but I just don't understand why you were reticent to talk about the dragon family. I love my family. I'm proud of my family and I guess I just want to know because I know I ...

OWS: We will answer your question here. And the answer to your question why we cannot say certain things is because we're not allowed to. It is as simple as that. We have to hold back on certain things until you, the collective you, and even you this group are ready for it. Now we have given much information especially over this time here at your Advance, much more than you may have expected at times and we will continue to do that. But there are times that we cannot say. For instance, we cannot tell you exactly who shot JFK. We cannot tell you exactly what happened at your 9/11. We cannot tell you exactly what happened in your Fukushima, etc. You see? But we can give you hints and glimpses along the way. We are not here to tell you what to do and we are not here to tell you exactly who you are and what has happened because you must come to that understanding yourself. And the revealings are coming forward and particularly the Dragon Families are coming into revealing. Two years ago no one even heard of the Dragon Families. Think about that for a moment. You never even heard of that. You understand what we are saying? But now you are hearing of that and you are

wondering more and more who they are and as you wonder who they are, the revealings are going to come forward. They're going to come forward first at your alternate levels, your alternate media. And then they will come forward in your mass media, your mainstream media, or what the James calls the lame stream media.

Joanna: It's like giving a child an answer to a math problem.

OWS: Yes very good. The one Joanna has said it's like giving a child a math problem, an answer to a math problem rather than letting them figure it out for themselves. Or your fish story. Why give a person a fish when you can teach them how to fish. That was ancient Confucius saying. It's on your fortune cookies.

Joanna: Which is the most empowering energy? Giving or teaching.

OWS: Teaching. Teaching, yes.

Q: Okay, well I will do the best, I'll do my best to tell my entire family's story and I just hope I don't make too many mistakes. And I just hope that love comes out.

OWS: If you make mistakes, you make mistakes.

Joanna: there aren't any.

OWS: That is correct. There is only what you do in the moment. And what you do in the moment is exactly what needs to be in that moment. (There's another saying for you Randi.)

Q: I have a question. You're probably not going to answer my question. When everyone was asking questions I had my eyes closed and was listening to everyone, it came to me that there's something really, really deep/big coming. This is big event, something really amazing coming. Are you going to give us a glimpse of it or are you not?

OWS: You're saying that something amazing is coming or we have said something amazing is coming? Is that your question?

[Audience repeating for clarity] She said that she feels that something amazing is coming and if you could give her a glimpse.

OWS: Well, what have we been saying for quite a while now? Have we not been saying get ready? Have we not been saying fasten your seatbelts because Kansas is going bye-bye? Have we not been saying the storm is approaching? Have we not been saying over and over and over so many different things in so many different ways to prepare you for what is coming?

Q: It's something different.

OWS: But what is most important and we have to keep reiterating this because you keep going back to what is coming, you have to keep coming back to what is here now. What is here now! What you are now. You see? Do not be so focused on what is coming, because if you keep focusing on what is coming it may never come. Create it. You are the creators. You see? Did not Prime Creator tell you that? Did he not say that he is the Light and you are the Light and he is the Creator and you are the Creators? [Yes.] Do you not believe that?

Q: I do believe. But sometimes I feel like a kid who was trying to play a new game.

OWS: We could not understand that last part.

Q: I will repeat. I feel sometimes like a kid who started to play a new game.

OWS: My dear sister, the game never ends. [Laughter] The game of life. The game even beyond that is the game of existence. The game of consciousness. You are the game. Be the game. Please come to understand that. A part of the game is coming to an end, yes. You are coming to the end of a certain part of the game. You are coming to the end of an act of the play or a scene in a movie. You see? And then once the scene in the movie is over when that has been finished what happens? The director says cut, that's a wrap, but that is only that day, that experience. What happens the next? They go right back to it again. The end is always the beginning and the beginning is always an end.

Q: I don't think you heard my one part where I was saying I feel like a kid like a kid like a little child for starting playing a new game. This is what I was trying to say. That's all.

OWS: And your question though there?

Q: [Laughing] No question! [inaudible] So I guess I will continue to do it. I will continue to play.

OWS: You are saying you are continuing to play. Yes! Wonderful! You answered your own question. Yes, continue to play until you no longer need to play. Continue to play and play, and have fun, enjoy and enjoyment in every moment. And then as the play begins to change, decide whether you want to be a part of that next part or not. That is up to you. Does an actor not have an opportunity to say they want to be a part of this or they do not want to be a part of this? Right?

OWS: We are needing to release channel. If you want to go out -- and we strongly suggest that you do -- go outside after this. Go around your fire, be around each other, be in comradery, and yes, bring that wine and all that out. Party and have fun and relax. Let go. You're so serious some of you. Let it go. Let it be. Go out and sing ... oh better not because you wake up the neighbors. We were going to say go out and sing '*Let It Be*'.

Q: I have a question One Who Serves. I was wondering if you are going to reveal another name to us of the One Who Serves collective like you did last time?

OWS: We have given James another name here. He did not know directly who that was. He had heard that name but did not know who it was, but then did your Google search and found it there and was quite surprised at this. And this was one of our other comrades here, our other brothers here, not myself, but he is not quite ready to reveal it. Not yet. The time will come and you will understand in that timeframe why he is giving it at that point and why he is who he is.

Joanna: And James kept the name Moses secret for decades.

OWS: Well we told him to or we would stop channeling. [Audible gasps] We kidding. We joking! Now we need to release channel.

We had so much fun with you and we hope this was enjoyable for you because we purposefully made it so. We were going to have the other one come in and do the crackup and the standup comedy and all of this but decided that I would be the one for this time because I was following the Prime Creator. And if that one had followed Prime Creator, who knows what would've happened! [Laughter] [inaudible] giving you all ... [Laughter] He probably would have told you who the families are ... [inaudible] He probably would have given you all that information before we could pull him off the stage...

Shanti. Peace be with you. Be the One.

Channeled by James McConnell

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"Believing is seeing!"