

## **ANCIENT AWAKENINGS - PREPARE FOR CHANGE**

19.07.28 Sunday Call (Archangel Michael, KaRa, OWS, & Shoshanna)  
James & JoAnna McConnell

### **Archangel Michael** (Channeled by James McConnell)

I am Archangel Michael. It has been a bit of time since I have been with you. But of course, we're not measuring these instances by time.

We are measuring these instances by vibration, and how vibration is shifting and changing across the planet, and how the timelines that you have been experiencing for some time now have been merging together until there are but two timelines left. That is not complete yet, but it is coming to that point where there will be two timelines merging together, and then splitting off. And they are coming to the point now where they are going to begin to split off: one time line leading to the higher vibration and the higher dimension, the other timeline leading to remaining in a three-dimensional understanding and frequency, and therefore the continued illusion.

This is what is coming now, rapidly, where you are moving. You, those of you that resonate to these words, are moving rapidly into the timeline that is taking you into those higher vibrations. You have all been experiencing more and more a sense of a heightened vibration, a sense of heightened frequency.

You have been feeling it in your bodies. You have been feeling it through your central nerve system. You have been feeling it, giving you the understanding and the knowing through those symptoms of ascension that you have calling this. And yet they *are* symptoms of this ascension process. Many of you are being able to handle these energies more and more, which may be the reason why you have not been having many of the symptoms as much lately. Some of you still are. But some of you have not been. And this is going to continue. Those that are having these symptoms, they may continue yet a bit longer.

But know that everything is moving according to the great plan at this time. And those of you that have been acclimating to these energies and continue to do so, and continue to move onto this new timeline that is drifting apart from the old one, the old one that you have become accustomed to that has given you a sense of comfort, a comfort zone that

you have held on to. Because this illusion, this three-dimensional illusion has been somewhat of a comfort zone. Some of you may look at this and hear these words and say 'not so comfortable to me.' But know that it is something that you have become accustomed to.

But you are moving away from this, and you are going to move out of this comfort zone. And as you move out of this comfort zone, change is coming into your lives. And the change is going to increase rapidly throughout all of you. And as this change continues to increase, as these energies continue to multiply, and the waves of energy keep coming in, and they *are* coming in and they are going to get stronger and stronger, because those filters that have been being used throughout by those of what you would call the Ancients that have been holding these energies back are not holding the energies back as much any longer. They are still filtered, but the filters are being taken away more and more, now. And the energies are coming in stronger. And they will continue to come in stronger and stronger.

And those of you that continue to take these energies in, and I *do* mean take these energies in, *accept* them, *allow* them to come into your central nerve system, *allow* them to come in through your meridians in your body to release those energies that have been blocked up within those meridians as if there is an acupuncture or acupressure that is coming in and releasing those energies. See it as this. The energies are being unblocked, because they must be. And as these truths are coming forward, it is helping to unblock these energies as well. Because the truths are coming out. And they will continue to come out. Those dominos, that have been spoken of, have begun. Not the biggest ones yet, but some small ones have started. And they are going to continue, and it is going to lead to those larger dominos. Or, as some have called it, the avalanche that is gaining momentum coming down the mountain.

All of these visualizations, all of these ways of understanding what is happening. And we can give you different understandings, different visualizations, different pictures to begin to understand this, but *none* of this will do the righteousness to all that is coming that will give you the complete understanding, complete picture. Yes, a picture is worth a thousand words. And we can give you thousands of words, and give you many, many pictures, but nothing is going to come close to what is actually going to occur.

So, all we can continue to say is continue to be ready. Continue to be ready, continue to take these energies in, *continue to work on yourselves at being in the NOW moment*. Because as you continue to be in the NOW moment, you will find yourself in those higher vibrations and higher frequencies.

And, as you are in those higher frequencies, you will find that the illnesses, the symptoms, the various things that ail one that is in the lower vibrations will no longer affect you. Know this: know the illnesses of the past will be gone. Know that the medical conditions of the past will be gone. The cancers, the immune deficiencies, all of these things will be gone as you continue to move into these higher vibrations, so do so in every waking moment find yourself in those vibrations. Just simply raise your vibration: you can do it with your mind. You can do it with your visualization ability. Do it more and more. And if it helps to be out in nature, and often it does, then do so. Whatever it is that helps to work for you, do it. Don't delay any longer. *BE* in those higher vibrations. *BE* those higher vibrations.

I am Archangel Michael, and I leave you now with my Sword of Truth to continue to hold you steadfast in your journey forward, to continue to allow for this Sword of Truth to cut through all of the vibrational frequencies that continue to hold you down, those ties, those binds, those psychic ties that continue to hold you back into the third-dimensional illusion which many of you, most of you, have now almost left for good at this point.

I leave you now for another to come through, your Beloved Sister, Pleiadian Sister, KaRa, will speak momentarily.

**KaRa** (Channeled by James McConnell)

And I am KaRa. I enjoy these times when I can be with you and share with you, and continue to give you parts of the bigger picture.

I say 'parts' now, because we cannot give you the entire picture all at once, but we can give you the parts. The parts that we are playing. The parts that you are playing. And you are all playing your parts to the best of your abilities at this point. So allow for all of this process, this ascension process, to continue to move you forward. And if you allow it to move you forward, it will.

Continue to find yourself in those higher vibrations, as Archangel Michael has given, as much as possible, whenever possible. And know that the energies, as they continue to come in, are leading more and more and more to disclosure. Not only disclosure of those of us, what you call 'the ET's,' but disclosure of all of the truths that are coming forward. Because these truths must be revealed. The truth shall *indeed* set you free. And *that* was given long ago and has been reiterated many, many times over.

And those truths are coming forward now and bringing those that have been in the shadows for so long, bringing them into the light. And as they find themselves in the light, they cannot handle the light. They cannot handle the truth themselves. Because as they try to understand the truth, it brings them right back into the old illusionary comfort zone that they are used to. And that comfort zone they will remain in. And that is not something for you to be concerned about.

The only concern [is] with where you are in this entire process and to this entire vibrational lifting-up process that you have all moved into. Because as you continue to do so, you will continue to find yourself moving closer and closer to matching those of our vibrations. And as you match our vibration, you will come closer and closer to full contact with us. And *that* is the process that we are working on now, in bringing that contact to you, as you bring *your* contact to us.

Be ready. Be ready to open up to the higher vibrations so that you can meet more fully with us in a more physical fashion. Those of you that want to do this, then you can bring this about. Simply create it within your minds. Choose it for yourselves, and you will move closer and closer to making that a reality. Those that came in with the contracts to allow this to happen will, of course, bring this about as well.

But even those of you that did not create this within your contracts before coming into this lifetime, even those of you now can choose to do so and can bring this about. You can alter the contract that you came in with as you are ready to do so.

And that is what *this* group, and many other groups, are working toward now at this point. For we, those of us, all of the civilizations that come from outside of this planet, are working toward bringing this contact to you, and you to us.

All of my peace and love be with all of you as we continue to move closer and closer together.

**ONE WHO SERVES** (Channeled by James McConnell)

Om, mani, padme, hum; om, mani padme hum, hum, hum. Greetings to you! One Who Serves here, and Shoshanna is also standing by, as she has just said "Greetings" also. So we are ready to 'rock and roll' as your saying goes, and move forward here.

We are so looking forward to this next Advance that you are going to have here in your next month. We are looking forward to it. Many are looking forward to this.

And we can tell you that there are going to be many, many, many bystanders there that are watching the proceedings there, that are participating in the proceedings. You are going to have many visitors, many guests that will be in attendance. They will be all around you and within you. So get ready for those energies, because they are going to be monumental.

We are ready now for questions here. We know there is one question coming from your email, and we will start with that, okay?

**Guest:** Yes, One Who Serves. This question came through the email and here it is. When the event happens, meaning when the large energy wave flows across the earth and the people are knocked down and there is a major wave coming through, what is going to happen to those ones who are not stationary, as like those who are driving cars or flying in airplanes. What will occur with those ones?

**OWS:** What we can tell you is many of you are watching too many movies. Many of you are seeing those things that are being depicted by those that are more bent on that type of scenario in that it is going to happen, or they are religiously brought into that understanding that the rapture or somethings of this nature will occur. And if so, when that happens it will be instantaneous and people that are flying in planes will disappear from their seats, and all of these kinds of things that have been in your various movies.

And we can tell you—no, that is *not* what is in the plan here. That would be something that would not be for a loving Source. That would be something that would not be beneficial to mankind. So do not think in terms of what would happen in that sense, but what would happen over a period of time.

It will not be so instantaneous that those that are flying, or those that are driving cars will instantaneously disappear. No one is going to disappear. It is not going to be in *that* respect. You would still be able to do whatever it is that you are doing. And those that would *not* be in the process of moving forward, in the First Wave, let us say, they will be moving into higher energies as well at this time, but they will be held back from this. In other words, if there is a pilot flying a plane and this energy comes through and he or she feels this energy but they are not ready for this at this time, it will not affect them in that moment, but over a period of moments. In other words, more when they have landed the plane, you see? Or that one that is driving, when they have stopped their car. Or whatever it might be.

So do not think in terms of catastrophic events here. Think in terms of *spiritual event* that would happen. Okay?

Shoshanna?

**SHOSHANNA:** (Channeled by JoAnna McConnell)

We agree with you completely, and so we wish not to contribute anything to this.

**OWS:** Very good. Then we are finished with this question. We move on to are there any other questions, here?

**Guest:** Hi. I just want to get clarification of what we spoke of. As a matter of fact, in this class, about being wizards, and I was told to find out who I was as a wizard, and the first thing that came to me was the name begins with an M, because that is *my* initial, MM. So that is all I could think of. But the name of the wizard that I attune to does begin with an M, and I am wondering if that is correct?

**OWS:** As always, as we entertain these types of questions, we would ask you to look back at yourself, here, and know that as you are coming to these understandings, because you are moving into those higher vibrations, these understandings are coming to you more and more. And

as they come to you, it is as an intuition, an inner knowing that is coming. And this is certainly bringing you on the right track. As you listen to those whispers within. *That* is what is important, here, as it comes from the heart center.

So as it does so, your higher self is speaking to you and giving you a remembrance here, as we find it. And this is exactly what it needs to be at this time. It does not need ourselves or anyone else to confirm for you, because you have already done so, as you are asking this question. Okay? Shoshanna:

**Guest:** Oh. Okay. Thank you.

**Shoshanna:** We wish to share. May we share our perspective with you? Can we go forward?

**Guest:** Yes please.

**Shoshanna:** The idea of wizard is an archetype that is with all of you. There are many famous wizards that brought forward the energy of wizardry into the culture and taught many how to use this magical power. One most famous wizard was known as Merlin. And everyone knows Merlin. Everyone has heard of Merlin, because he is the archetype of wizardry. What we will tell you is that it does not matter what your name is. It does not matter what you call yourself: that is a human idea that you must have a name. What is more important is that you practice the art of wizardry in a white fashion, in a loving fashion, to heal others and to uplift all. That is what we have for you. Namaste.

**Guest:** Thank you very much.

**OWS:** Very good. And we add here that understand that all is vibration and consciousness. And within that vibration and consciousness, you have been in Lemuria, you have been in Atlantis and other civilizations here on this planet, not speaking of anything beyond this at this point, but here on this planet. And at those times, you were in those higher vibrations, into the high fourth dimension and fifth dimension, and sometimes even higher than this. And in those instances, you had access to these wizardry arts. You *knew* of magic—'magik' with a 'k,' not with a 'c' as you know it now. So this was something that many of you experienced before and are moving in this direction again. So as you continue to move into these

higher vibrations, and therefore higher consciousness, you will have access again to these wizardry arts. Okay?

We move on now with the next question if there is one.

**Guest:** Thank you *very* much.

**Another Guest:** Hello Dear Brother and Sister. Yes, we were talking about dreams today. I remember that throughout my life there have been times when I would be coming back from a dream and I literally cannot move my physical body. It's like I would sit there and try to think, try to make it move, try to force it to move. It used to panic me a little bit when I was younger. And then it would take maybe 30 seconds to a minute and finally I would gradually regain the ability to move the physical body. And as we were talking about dreams, it occurred to me, and I wondered if this had anything to do perhaps where I was traveling in my dream state, or high deep I was in my dream state. Is that at all related in any way? Can you say more about that?

**OWS:** Very much so. And we would say in that particular instance you were in high gamma state and even beyond that in many respects. And your consciousness had not completely come back to your physical body, here. So you were 'way out,' you might say. And as you come back, you become aware of your physical body again, but yet you are still 'out there,' so-to-speak, and you have not fully merged back in.

It is very similar to when you are working with the astral world, here, and you are astral traveling. You come back into your body, but you do not fully bring yourself back in, and you are partially out and partially in. That can bring about a sense of dizziness or other types of symptoms until you have thoroughly merged back in, you see?

Shoshanna, we know you want to add here.

**Shoshanna:** Yes, we have something to share here. May we share our perspective with you, Sister?

**Guest:** For sure.

**Shoshanna:** What we would tell you, and all that One Who Serves has given is absolutely the story behind what was happening to you. What it is, is it is exciting to know that you have traveled so deeply and so far and

have accessed some other dimension that it takes a while to merge back into the physical body. So this is a good thing. This is a fun thing.

What is wrong with this, is that the culture that you live in has named this something negative. The culture that you live in has named this that you experience a thing called 'sleep paralysis' which is very far from the truth. It is simply the idea that the conscious mind that operates within the waking state has been put to sleep and is waking up slowly to merge back in with the physical waking state body to pursue activities in the physical.

So this is very normal. And if you experience this again, relish in it. Know that you have access parts of yourself that are deeply not available in the waking state, and this is an exciting thing. Namaste.

**Guest:** Wow. Thank you, thank you. That's great.

**OWS:** Very good. We move to next question if there is one.

**Guest:** I have a question also relating to dreams, and the dream state I was just in since the meditation. It has happened to me a lot in the past. Sometimes it doesn't, and often it does. I mean, I do my extent of meditations so it does not happen much, but today the moment James started to guide the meditation I was out. Then I come back at some point, and I am trying really hard to stay awake and aware, and I go in and out constantly. What the heck is it?

**OWS:** It is very simple. You are moving into a higher frequency state, into a higher brain state, as we just said here. And your conscious knowing self is not available to you for a brief period of time. Even though you might catch little phrases here or there or something, you are largely out of the picture. Largely you have 'left the building' at that point.

**Guest:** (Laughs) Yes, that's exactly how it seems. But I don't want to miss anything.

**OWS:** And you come back in at a certain point, and then you are back. It is that simple. Almost as if you are moving through the dream state at that point. But you are simply moving into higher brain wave states.

It is nothing to be concerned about. In fact, it is something that is quite wonderful, because you are moving deeply into those states and, in those states you actually accumulate a great deal more than you can possibly

imagine. So even though you are not consciously hearing what we are saying or others are saying, you are still getting it at some level, here. Okay?

Shoshanna?

**Shoshanna:** Yes. We can share on this if you wish us to share our perspective?

**Guest:** Please, Sister.

**Shoshanna:** What we would tell you, Dear Goddess, is that all that has been given by One Who Serves is extremely accurate, and you must listen to this, as what we know of you is that you will tend to potentially analyze with your conscious mind what is being said.

Your Higher Self, and we apologize for giving you this so directly, but your Higher Self prefers that you set your conscious waking mind aside so that that which is given is assimilated at a higher dimensional level where you go. You still benefit, no—you benefit *more* from your conscious mind being aside than you would benefit if you could hear the words in a waking state.

So this is a good thing. We hope we have helped and clarified. Although we are just regurgitating what One Who Serves said. Namaste, Dear Sister.

**Guest:** Yes. Thank you, and namaste.

**OWS:** We would add here that in this state that The James is in and The Joanna, here, with Shoshanna is in, is similar in some respects, although they can hear what is being said here. They do not necessarily remember it. But they are in a place where they can remember it at deeper levels. In other words, it is getting into them. They are receiving it and it comes back possibly at a later time as to the relevance to what was given in that moment. Okay?

**Guest:** Yes, thank you.

**OWS:** We move on now. Is there another question?

Very good questions, by the way. We so enjoy these higher vibrational questions that have been coming in in these last months here, we would say. Anything else?

(Pause) That scared people off!

**Guests:** (Laughter)

**Guest:** I have one question now that we are all speaking about dreams. I don't feel like I am really awake. I am taking a while to adjust myself. Is there something that I can do in order to come back completely? Because I feel like if I have a part somewhere else and a part in this dimension.

**OWS:** This is what we were speaking of earlier in terms of being far out there, and not fully coming back in, not fully merging back in your consciousness into your physical body. Nothing to be concerned about, just let it be.

And notice though, and this is for all of you now, notice as you continue to move into these higher vibrations more and more, out of the third dimension and, as you heard from Sananda last week, you are largely out of the third dimension. You may not think so. You may think this is the same old, same old, but you are not. You are largely in the fourth dimension now more, and more, and more.

In the higher vibrations, you are going to find that your dream state is going to become more and more vivid over a period of time as the vibrations continue to increase. So get ready. Your dream state is going to become vivid. Your waking state is also going to become quite vivid. This is where we have said previously where the veil is going to be thinning more and more, and you are going to be able to see through it. Things that before you might have called 'going bump in the night.' But you do not have to be concerned about this, because you are just simply going to be able to see into other dimensions. And as you continue to ready yourselves for this, you will be prepared for it to be able to understand what is happening, here. Okay?

Shoshanna, do you have anything to add, here?

**Shoshanna:** We have a perspective to share with you, Dear Sister. May we share?

**Guest:** Yes please.

**Shoshanna:** We heard you say that is there something that you could do that would quicken the process of coming back and merging into your physical body. What we must tell you here is you must *not* rush the process. You must *not* ask for a quickening here, as what is happening in this in-between time is processing time. You are processing all that has been given to you outside of your waking state to bring back to your waking state.

So what is required here is a patience to allow the processing to occur, and actually even relish in it and enjoy it, rather than ask for it to become quicker. Does that make sense to you, Dear Sister?

**Guest:** Yeah, it makes a lot of sense. The only hard part is when I have a meeting to attend on something related to my 3-D work and I am not able to catch up on work because I simply can't. I even feel weird; out of place. But I understand.

**Shoshanna:** Yes, and we understand your concern. You must perhaps give yourself a later meeting time so that you can process.

**Guest:** Yes, I was thinking about that. Thank you very much.

**Shoshanna:** Yes. That is the perfect solution. Namaste, Dear Sister.

**Guest:** (Laughter) Namaste.

**OWS:** Very good. Are there any other further questions before we release channel?

**Guest:** One Who Serves? Hi. Right before you said 'things that go bump in the night,' I just uttered those words right before you said it, like one second before. It was crazy! Anyway, it made me laugh, Oh my goodness!

Well, here are the experiences that I have been going through recently. When I look around my space when outdoors in the dark, I see a lot of things happening. So there is a lot of movement, shadows, things flying past me up in the sky or close by.

Sometimes if I just focus in my closer vicinity, I see a lot of things. A lot of times I am looking at the stars or for ships or something, so I am out further. But I have noticed that when I bring in my perception or my focus of my vision to a certain area, I see more things in those areas like parallel

something. I see things come in and out. Just crazy, crazy. It's wild, and I *love* it, I just absolutely love it. Yeah, a lot of things.

But here is one thing that has come past me twice now. And it is a white object, very luminous white. It is not a bird, but it's big. It's big like a bird. It's not a ship, either. It's just going by, not too high, just like a bird would be, at a little high distance, but not too high. But it is big and it is moving kind of quick, but almost like a bird, but it's not a bird. I don't see the flapping or nothing like that. Twice now. Now when I saw it the second time, it was quicker, smaller, but the same thing. So any ideas what that could be?

**OWS:** Can we be very frank with you on this?

**Guest:** Yes.

**OWS:** Do you know when we have said previously that some of you would literally be seeing dead people?

**Guest:** Yes (laughter).

**OWS:** Seeing beyond the veil. Seeing beyond into other dimensions. This is what we were talking about. And you specifically are being prepared for this process. You've been prepared for this. You set this into your contract that you would be one that would move ahead of others, not everyone, but others, and you would be in a position where you would be taking these energies in working with them, and then be able to open up those portals that take you into those higher frequencies and therefore through the veil and into that dimension where those that have passed over are waiting. And you will be able to see through that, not too far off, as we find it. You are moving quite rapidly in that direction, here. So be ready for it.

You are going to be seeing shadows at first, but they will begin to take more and more form as you continue to allow the process. And we say very importantly, *allow* the process. Because if you do *not* allow it, if you attempt to stop it, you will stop it. Okay? It is up to you if you want to continue in this direction.

**Guest:** I do. Yes.

**OWS:** But get ready, because there will be those things which in the beginning will make you startled, we will say, here.

**Guest:** They have already (laughs).

**OWS:** It will take some learning and working through this as you are ready for it.

Shoshanna?

**Shoshanna:** We have something specific to share with you if you wish, our Dear Sister. Do you wish for our information?

**Guest:** I do.

**Shoshanna:** We must tell you that there are two individuals that lived in the third dimensional bodies that have passed over into other realms that you knew, that you knew at a very, not intimate meaning sexual, but at a deep level. There are two. And we would tell you, you know who we speak of because you have dreamed of these individuals, meeting them again, and perhaps the lights that you are seeing are their lights connecting back with you at a light spiritual level. Does this make sense, Dear Sister?

**Guest:** Um. Okay, these were individuals that were walking the earth me, now they have crossed over: is that what you mean?

**Shoshanna:** Yes.

**Guest:** Or something from another lifetime?