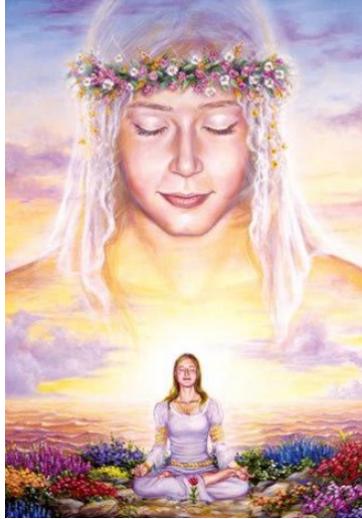


ANCIENT AWAKENINGS – PREPARE FOR CHANGE
Sunday Call 19.10.13 (Sananda, OWS)
James & JoAnna McConnell
Remember Who You Are



SANANDA (Channeled by James McConnell)

I am Sananda. I appreciate this time to be able to be with you, and to share this meditation with you.

For it is all about coming to remember who you are and what you are, that you are the source for all of creation. You are ONE with that source. You are not separate from the source except for what you find within your mind. What your mind, what your lower ego-self tells you. You are ONE.

You have been feeling more and more the energies that have been coming into the planet. More and more of these waves of energy have been bombarding the planet for many, many years now. But they are intensifying.

It is as if you look at the ocean and you see a small wave coming in. And after that, a larger wave. And after that, a larger one, and a larger one. Until there is that tidal wave. But it is not a wave of destruction. It is a wave of love. A wave of consciousness. You are feeling now the beginnings of that wave of consciousness, that tidal wave of consciousness. that tsunami of love, that is approaching.

As had been said before, it will not be in your third-dimensional realm. It will be when the vibrations have increased enough to allow for this energy.

For if this energy were to come now as the event, many would not survive. For they would be continuing to be ensconced within the lower dimension within the third-dimensional illusion. And within that illusion, they would not recognize. For their central nervous system within their bodies would not be able to handle those energies.

But you, the Light-workers and -warriors, those of you have been acclimating to these energies, coming stronger and stronger with each one, stronger in a spiritual sense. Coming alive within yourselves. Coming to remember more and more who you are and what you are.

For you are the embodiment of the Source itself. We all are. It is time more and more now to continue to trust, trust in yourselves, and trust in each other.

It is not that you look or listen to all that is going on around you and you become involved in it: that is not for you. That is not for you, the Starseeds, for you to do. For that has been being of the world. You are not of this world. You are in it, but you are not of it. You are making this your world. You are making this everything that you want in an existence, in a life in consciousness here.

So I say again, trust in yourself and trust in each other that all is according to plan. All is being orchestrated as part of the greater plan, the universal plan. The plan of THE ONE.

You, each one, are operating within that plan. Helping to bring it about as best that you can. All that you can do, is all that you can do. But all that you can do is enough. Remember that.

When you feel like you are not doing enough, when you feel that someone else is doing more than you, that you are not having an ability to bring change to the world. You are.

In every given moment you are bringing change to the world, whether it is a positive change in your eyes or a negative change. You are bringing change every moment. And if you remember that, if you remember that every single thought that you have goes out into the universe, goes out into the collective consciousness, universal mind, and that thought is reflected back down to all beings here on the planet, and in the solar system, and in the galaxy, and so on.

You have an effect, my brothers and sisters. Everything you do, think, and say has an effect on the greater whole. For as you continue to realize that, then be in those moments at a conscious level, be the ONE.

I am Sananda, and I leave you now in peace, and love, and harmony, and joy, and oneness, and ask you all to continue to remember who and what you are.

Peace and love be with all of you.

ONE WHO SERVES (Channeled by James McConnell)

Om, mani, padme, hum; om, mani, padme, hum, hum, hum. Greetings to you.

One Who Serves here, absence of Shoshanna. But we will do our best to fill in the gaps here, if you will.

Do you have questions, here, for One Who Serves? You can now unmute your phones and we can move on with the show, so-to-speak.

Guest: Greetings.

OWS: Greetings, yes. You ask question?

Guest: No, I just wanted to answer you when you said greetings. I wanted to, but I was muted.

OWS: Very good.

Guest: Hi One Who Serves.

OWS: Yes, Dear Sister, yes, wonderful to hear from you! You know, we had many times together, you and we.

Guest: Thank you. Yes, I miss those times.

OWS: Yes.

Guest: I just wanted to maybe add a question, but I wanted to make a comment of the realization I had in the meditation, by the way, which was fantastic.

At the last Advance, I kept going on the breaks around the side of the cabin and staring at these threes. It is like the light was shining off the trees. I came into James and I said, "Oh, I think my third eye is open!" But then I went back out. You know, I did it every day and was really enjoying it. I went back out, and came back in and said, "Oh no, I don't think it's my third eye, I think it's just the sun glinting off of the leaves, and the breeze was making it shimmer."

But I realized during the meditation that I need not do that anymore to discount myself that something's not happening because of the way he described trees and the sunlight hitting it, that I am not going to do that anymore to discount what is happening. Because Shoshanna said during the Advance that when your third eye is open, it's not only just seeing, it is your perception becomes brighter, and everything. So I just wanted to say that. And it was fantastic.

My question is, James always says to move when we go out in these meditations, and movement in consciousness equals awareness. I don't have much movement, and I think some day I will, but I feel like I go in through inside of myself through the heart, a portal between the magenta and the blue-green, and go inside of myself, and that is where my universe is. That is where everything is. Can you give me some sort of answer as to about the movement, and it okay the way I'm doing it?

OWS: What we can tell you, Dear One, is what we would tell everyone here, there is no right or wrong way of doing any of this. It is just what is right for you in the moment. And in that next moment, it becomes something different, and something different again. Because you are building on each experience that comes to you.

So just be in the moment. Just be who you are, and do not be concerned about is this right, is this the right way, is this wrong. There is no right or wrong here, there just is. And if you go into it with that respect, and realize that as you are looking at the trees and the plants, and all of this, it does not matter how it appears to you, but as you are accepting the consciousness that is coming back to you as a reflection back.

It is all about the reflection, here. It comes from your lesson earlier in your mirror lesson. Life is a mirror, here. So as you are looking at this, just let it be whatever it is. Because the more that you let it be, the more it will become what it is meant to be for you. Okay?

Guest: Yes. I agree. Thank you.

OWS: That was quite profound, was it not? Anyway, yes, you have question:

Guest: During meditation I spaced out, and I just wanted to know who message was channeled today.

OWS: That was Sananda.

Guest: Oh, okay, I thought so. Okay, thank you, One Who Serves.

OWS: Yes.

Guest: One Who Serves, I have a clarification, please.

OWS: Yes.

Guest: What you just said to the earlier Guest resonates so much with me, because I have a feeling that this is how it is for me as well. Because I'm going to give you an example of what happens to me, just for me to try to understand, if I understand correctly what you are saying. That's what I'm trying to do.

For instance, I spaced out as well during part of the meditation. But I know I was diluted on the Central Sun, or something like that, right? But all of a sudden, a lot of wind came to me, and then I came back to my consciousness that I can remember. And then at that moment, I said, but I am the Eternal Flame." Then at that moment I heard Sananda saying to come back to your consciousness and to return to my body. So when I returned to my body, I said, "wow, I heard that I am the Eternal Flame." So here I am in my full physical consciousness, and my question is how true is it that I am that Eternal Flame?

OWS: Very true. Extremely true. You are that flame. That flame has always been within you and has been you. Never has it not been. From the moment of creation there was the flame, the light, the beginning of everything came from that first (what is the word we are looking for, here) that first incantation, or inclination to allow for the light as opposed to the darkness. Not the darkness and light as you understand it now, but the manifest from the unmanifest creation in beginning to know and understand who and what the Prime Creator was and is. And from that there has always been the continuous creation, upon creation, upon creation. And you are that creation. And you are also the creator. That is what you must come to understand. You are both the creation and the creator. And the Eternal Flame is you, and you are the Eternal Flame. You are the Violet Flame. You are the Golden Flame. It does not matter what color you give it, you are it. And the eternal is exactly that, eternal. Has always been, is now, and always shall be. Okay?

Guest: Wow! I am just in shock. I really felt that that was it. But it is so beyond my physical comprehension. Because it is a lot!

OWS: Yes. We understand it is beyond the three-dimensional comprehension. But, please understand this: each and everyone of you: you are not the three-dimensional consciousness that you were several years ago. You are a consciousness that has moved into these higher vibrations, higher dimensions on a more regular basis, and therefore you are now able to understand more and more these higher vibrations and the consciousness that goes with it so that you can begin to fathom the unfathomable (that is a hard word to use, here, through this one).

But yes, you are able to do that more and more. So, when that happens, we are able to give you more understanding because you can receive it and accept it. And as you continue to become more and more awakened in this respect, you will be able to receive more and more, both from us and from your very every-day lessons that you are finding within every moment of your lives. Okay?

Guest: Right. Well, that's the greatest thing. Because now—I had been receiving all these wonderful things, but I said, “no, you can't.” (Laughing) You know, I wasn't believing it. But now that you confirmed what I kind of already felt that it was the truth, or my truth, therefore I just go with the flow. That's the meaning of 'go with the flow' whatever comes from that level, that is truth. Is that correct?

OWS: Yes. That is correct.

Guest: Ooooohooo! Wow, that's a great revelation! Thank you!

Another Guest: One Who Serves, what you just said to the other guest, goes to all of us because are all creators and all have the Eternal Flame. It always has been, but I guess being in 3-D we got lost from the realization of who we are. Is this correct?

OWS: That is correct. Yes. When we speak to one who asked the question, mostly we are speaking to everyone, here. Not only that one who asked the question.

Guest: Okay, thank you. I just wanted to confirm, that's all. Thank you One Who Serves.

Another Guest: Hello One Who Serves. I have a question about Andara crystals. I bought what I believe to be an authentic blue Andara crystal on a website called 'Elemental Ascension' and was gold in a channeling that it was not a real true Andara, that it was actually a fake. I am very connected to Lemuria and Mt. Shasta, and I would prefer an authentic Andara. I am trying to find out how we can tell where we can get a true authentic Andara, or is it not even that important. I wonder if the seller, or that one, knows she is selling fake Andaras, and if I should mention it to her or leave that alone. I'm trying to figure out where to get a true Andara and how to proceed with this.

OWS: First of all, the answer to the second part of your question is keep it to yourself. Do not share this with anyone else, because it is not for you to do this. That is No. 1.

No. 2: There is no need to worry about this, whether they are fake or real, or whatever it might be, because it comes within your consciousness. And your consciousness creates what the reverberation will be from this particular crystal. In other words, what you put into it you will get back out of it. See? So you do not need to be concerned about the concept or idea whether something is real or fake. It is what it needs to be within your consciousness in that moment, and will reflect that consciousness. Do you understand this?

Guest: I do understand that. Working with this not-true Andara won't harm me in any way because it depends on what energy I put into it.

OWS: That is correct. It will reflect back to you the energy that you give to it.

Guest: Could you just say, and you don't have to answer this, but the person, 'Michael Love' sell authentic Andaras?

OWS: What we can tell you about this is you need to use your discernment, here. We cannot tell you one way yes, one way no. We can tell you that if you look into this further and utilize your discernment, and also know that there have been several within this group that have purchased their Andara crystals through this source and have had wonderful experiences as a result of this. So in that respect we have answered your question.

Guest: Thank you so much, One Who Serves. Blessings.

Another Guest: Hello. Hi One Who Serves.

OWS: Yes.

Guest: Yes, One Who Serves. Something happened to me when we were doing the meditation. We were doing the meditation when we were far in the galaxy and, as soon as I was on the Central Sun, my daughter made a noise here in the house that messed up my meditation. While I was there, I tried to stay but I couldn't because of the noise and I had to get out of the meditation, and I came out. I told her she really messed up my meditation and I couldn't be in the meditation. I went into my living room and continued to listen. I was very emotional and crying very, very hard. My body was very wobbly. I could not come back. My daughter came to me and hugged me and said, "Mom, I'm so sorry," and I was totally in peace. It was like I never cried and that never happened to me. That's why I am calling for you to say something about it or tell me why anything about why that happened.

OWS: Are you speaking of why the noise happened here, who interrupted the meditation? Is that what you are saying?

Guest: I really don't know what happened. I was very emotional and crying, and as soon as she gave me a hug I was totally at peace, and I don't know why that happened.

OWS: Because you are coming more and more to a point. And again, this is not for just you, but for everyone here. You are all coming more and more to a point where you can go into your meditative state and be more fully into it. And even though there is a noise that happened or something that may pull you out of it, it did not completely pull you out of it because you are already within the consciousness in that meditation. So therefore there was no annoyance or frustration on your part, because you realized it just was in that moment, and nothing more than that.

So do not focus on the interruption, but rather the deepness that you were able to go into this and be able to stay within it in terms of staying in the higher vibrations as a result of being in the meditation. Okay?

Guest: Yes. Thank you so much, One Who Serves.

OWS: Any further questions, here?

Guest: I have a question. I have been having a lot of experience of energies, and have been taking a mediumship course. I have been seeing energy more and more clearly and hearing which obviously somebody is trying to contact me, very loud in my head. I have a new puppy and she has been growling at the “empty space.” I was wondering if you could help me. I am trying to figure out who this is. I want to communicate with them, but I have no idea who this is that’s trying to talk to me. I get muffling in my ears, and it sounds like whispering, and that kind of thing.

OWS: We need to ask you a question, here. When you say in terms of “mediumship course,” what are you referring to?

Guest: It is Mediumship 101 with Medium Michael Forbes.

OWS: Is it learning to channel, as this James is channeling here, and others? Or is it to communicate with those that have gone beyond?

Guest: No, it’s more to communicate with Jesus and Archangel Michael, and higher.

OWS: Then we would call this channeling, then, yes.

Guest: Okay, then channeling. Yes.

OWS: That is different. But, understand that when you are doing this, you must always have the—what—with you? That is a fill-in-the-blank there. Come on, now. What is always done before the meditation here.

Guest: Oh, protection.

OWS: Protection of the ____?

Guest: The tube of Light and the flame.

OWS: Yes, the Light. So if you have the light and you know that you are protected by the Light, then you do not have concern here. It is when you do not have the Light and you simply call for something outside of yourself, no matter what it is, you do not necessarily know what is coming as a result of this. So this is where discernment comes in. This is where you must trust in those that are working with you to be able to reach you, to be able to come to you.

But, now here is a big but for you, Dear Sister. You interrupt a lot, you see? You interrupt, even when we are speaking you interrupt, and we know that this was on a particular personal call that you had through this one and Shoshanna that this was also brought up. So what we are saying here is not so much about the interruption here, but the interruption that you are creating when you are attempting to call for those Ascended Masters, we will say here, as you have referred to here. And when they are speaking to you, you are speaking, you are not listening, you see? This is one thing you need to work on. Ask and you will receive. But if you ask, and you continue to ask, and ask, and ask, and talk, and talk, and talk, and keep that chatter going within your mind, you won’t hear anything. See?

Guest: I just wanted to say that I wasn't afraid, and that I was trying to find out who it was. I feel fine protected.

OWS: We understand that and we are not in the process, though of telling you who it is because you need to come to that on your own. That is important for you to do so. It is one that is attempting to, actually not one, there are several, that are attempting to get in touch with you and be able to reach you. But the chatter is too much for them to move through. Stop the chattering.

Now this is not only for you, but for others, many others that have attempted to do this before. And always it is this: there is too much chatter going on within the mind. You see, if this one we are speaking through, James, had all this chatter going, we would not be speaking with you in this way. You see?

You must learn to blank the mind. Or, as some have said about this one, 'become a blank slate.' Okay?

Guest: Yes, thanks.

OWS: Yes. Would there be any other questions, here?

Guest: Yes, One Who Serves. As I was laying here listening to you, I have a crystal in my window from Sedona. I was noticing that in the particular angle I was at and, while squinting my eyes, it was making all kinds of wonderful patterns in an orange color. I could literally see like the cells or something of this color. It almost looked like water under a microscope or something like that, or like a bubble. When you blow a bubble real big and you can see all these different colors like that. It was really beautiful. I was thinking of stringing up more of the Sedona crystals up at my window. Is there something particular that that is, or that that is doing for us, for why I want to do that? Is there something in particular that is happening there?

OWS: What we are going to tell you here may become somewhat of a shock to some of you. But what you are experiencing in terms of those crystals that come from the Sedona area? Many of those are in a sense coming from the Lemuria area as well. Because a long, long time ago that area of your country here, United States, that Sedona area Grand Canyon area, all that huge area there was a part of Telos. Not the Telos that you know of in the mountain in Mt. Shasta, but Telos the outpost, you would say, between Lemuria and Atlantis. Many that came from Atlantis, many that came from Lemuria, came to this area and settled there. There were many crystals that were worked with in that area.

What you are feeling is the energies coming from not only the crystals themselves there, but the archetype that was created there with those crystals, you see?

Guest: Wow. Yes. What is that doing for us, like particularly for our body, or our feelings, what it is actually doing?

OWS: Amplifying. Amplifying the energies, whether they are more positive energies or negative energies. Crystals will amplify whatever you are sending to it.

Guest: Wow. Okay. Great. So more would be better, then?

OWS: More positive energy, you mean?

Guest: No, I mean more crystals.

OWS: More crystals? Not so much. No. Not so much in that respect. It is not the quantity, but the quality. But it is even more than that. It is the energy that you put into it that you will receive back out of it.

Guest: Great. Thank you.

OWS: That is a life lesson, people! What you put into something you will get back out of it.

Guest: One Who Serves, I have a question about the crystals.

OWS: We will take one more question if it is what you call “quick,” and then we release channel.

Guest: Yes. I put the crystal in my hand and I felt like the crystal was biting me. What does that mean?

OWS: The crystal was biting you?

Guest: Yep. Like crystal was feeding from my energy.

OWS: Yes. All it was doing was amplifying your energy in that moment. If your energy was not positive as you would understand positive, then it was amplifying that energy which would be in your case considered negative at that point and was amplifying that energy back.

Guest: So are you saying negative energy or positive it was amplifying?

OWS: In that case, it would be considered more negative energy.

Guest: Really? Interesting. Okay, thank you.

OWS: We need to release channel now.

Before we do, we simply want to say that you are moving ahead more and more, more and more up in consciousness, more in vibration. And as these waves of energy continue to come in, and they are coming in, they are going to get stronger and stronger, and stronger. And you are becoming stronger, and stronger to be able to take those energies within.

Shanti. Peace be with you.