

ANCIENT AWAKENINGS – PREPARE FOR CHANGE

19.06.02 Sunday Call

James & JoAnna McConnell

KaRa (Channeled by James McConnell)

I am KaRa,

And I so enjoy these times that I and all of my brothers and sisters, those of us that hale from the Pleiadian fleets, those of us within the various delegations that have been appointed to be the emissaries to those of you here on this planet.

We are you, and you are us. We continue to prepare the way and to prepare you for all that is coming here on this planet, all of the spiritual undertakings that you are going through, the changes within yourselves, helping you. All of the Company of Heaven, the Ascended Masters that work closely with you are helping you in this way to bring you to the point where you can take these energies that have been coming into the planet continually in waves and waves of energy, and many more yet still to come, and take these waves of energy into you and let them move through you and have their way with you.

Because all is in process. All is in flux. All *is* about vibration. Vibration is changing everything on the planet. Vibration and the ensuing consciousness with that vibration is changing all life.

You are evolving. You are moving into a higher state of consciousness. A giant leap, you might say, of evolution is at hand. And those of you, the Lightworkers and, even more importantly now, the Warriors of Light, the ones who are ready to stand forth in their power and spread the light wherever they can, spread the love, share what they know to those who are ready to hear, to those who have the eyes to see and the ears to hear. You are the emissaries here, just as we are the emissaries coming to you.

Many delegations have been and are being formed to bring the preparation that is necessary here to continue to raise the vibrations here on the planet and the consciousness of each and every one of you. We cannot do it alone. We can only do it with your help. And you, at this point, cannot do it alone. You can do it with our help as well. And we are here to offer that guidance, that help, and to assist you in the times ahead to begin to look to form those councils that you speak of, and for you to be a part of the delegations that are coming here, preparing the way as of First contact.

This is the first part of first contact: these messages, these communications. But we are rapidly moving to those times where first contact will be more than just simply this type of communication. It will be even to the point of physical contact to those who are ready for this. And to that end, we have been preparing you to be ready for that. Many of you dream about being on the ships with us.

But there is that voice within your head, that continues to say based on the old programming within you, that continues to say, “‘not you,’ ‘not me, I will never be able to be up on those ships.’” And that voice that comes in and says that is holding you back. Let go of that voice. Know that it is not only possible, but probable, that many of you will join us when the vibrations have increased enough within each and every one of you that you can then match our vibration and we can match vibrations together and be able to communicate—yes, telepathically, but also verbally as well, and to be in close communion with each other so that we can literally reach out and touch someone.

I am KaRa, and I release now to another of our brothers, who just wishes to speak to you briefly, another of the delegations that are coming together to be a part of this expression with all of you.

KaEl (Channeled by James McConnell)

I am KaEl,

And I appreciate this time to be with you now, to be able to share, to be able to open up communication with you as another who is watching over you and has certain responsibilities to be able to continue to work with this delegation, this group that has formed together, this Ancient Awakenings.

But also know that I and my brothers and sisters here upon the Pleiadian fleet: we are working with many across the planet. Some of us are just beginning now to move into our missions, just as you are beginning to move into yours. And those missions will continue to take a life of their own as consciousness continues to increase across the planet.

And vibrations, which you are coming to understand more and more, just how important vibration is to all things, and to be able to begin to understand what truly vibration is all about. Vibration is frequency. Frequency is vibration. Vibration leads to higher consciousness. Higher consciousness leads to continued higher vibration and frequency and into the higher dimensions.

As you continue to hold your high vibrations, you continue to move up in consciousness and into those higher dimensions. And once you are in those higher dimensions, you begin to connect more fully with those multi-dimensional parts of yourselves which in turn connects more fully with your higher self and the integration of all of you coming in to your higher self. For you are your higher self, and your higher self is you, has always been, and always will be. But it is up to each and every one of you to continue to allow this process to flow through you, to ‘go with the flow’ as the One Who Serves is fond of saying. Because when you are in that flow, you are in those higher vibrations and higher consciousness.

I am KaEl, and I release this channel now to your beloved One Who Serves.

All of my peace and love be with all of you. And I appreciate these moments that we could begin, or rather reconnect, as we have always been.

ONE WHO SERVES (Channeled by James McConnell)

Om, mani, padme, hum; om, mani padme hum; hum, hum.

Greetings to you! One Who Serves here. Shoshanna is standing by, or sitting by, maybe. But anyway, we are here to continue on to bring you hopefully the answers that you are looking for to your questions.

Understand that as you continue this process, everything is shifting. Even notice your questions have shifted greatly over the years. You have moved from a more individual aspect of looking at things to a more unity consciousness of looking at things, looking at things from the larger picture as we do. And just as we do, you are learning to do this as well, to see things from a higher vantage point, almost as if you were up here on the ships or up in the clouds you might think, and being able to perceive everything that is going on below, seeing the lights come on everywhere as more and more are awakening. And even though you may not believe that more are awakening because you are seeing the calamities, the catastrophes, all of this that is happening across the planet that is increasing, your storms are increasing in vibration higher and higher. They are causing loss of life and all of these things. But know that this is all purposeful. It is all purposeful that all of this must come down. Your three-dimensional illusion must fall. It must come down. It must be brought down in order for the new higher vibrations to take hold, take hold and take you all into those higher vibrations along with Gaia into the higher dimensions with her. This must happen.

So as all of this is being brought forward now, the negativeness, the darkness is being brought forward. The idea concept before that would have been astronomical in thinking of the possibilities that anyone could have this much hatred and fear within them that they could produce these things that are coming, these things that are being revealed slowly yes, but they are coming to the front. Darkness must be revealed. Darkness must stand aside so that the light can illuminate that darkness, and this is happening now.

So understand again, as we continue to say that all is happening as part of this process, all for a reason, all is being orchestrated, here. Okay?

We are ready for questions now. Do you have questions for One Who Serves and Shoshanna?

Guest: Yes, One Who Serves and Shoshanna. Hello Dear Brother and Sister, and KaRa and KaEl.

Last weekend I had an experience, which was on that day that I almost missed, by the way. We were out at the beach. I went off into the middle of the rocks that go into the water. I was sitting on the rocks and I was singing my song that I sing for when I kind of want to get a Native American kind of higher vibration going, this song, "Where I Sit is Holy." I was singing that in

my loudest voice over and over again. I felt, of course, that elevated sense, that amazing feeling of elevation and connection, and what not.

Then I noticed that on the horizon (it seemed like I was the center of it all around me on the horizon) was this film. It was like a gray film. It seemed to rise up from the horizon, not like it was coming down, but like it was rising up. I had this thought that perhaps I had created some kind of a vortex, and perhaps this was the negative energy that was rising up to be transmuted. There was a pretty good size to it. I was wondering if you could tell me if that is the case, or what was that? Was it anything to do with what I was doing?

OWS: Shoshanna, do you want to begin, here?

Shoshanna (Channeled by JoAnna McConnell):

Our Dear Sister, yes. Unequivocally, yes. The power in your being was calling forth that which you saw, and the power of your being to transmute the energy to light was present in that moment. Trust yourself, Dear One, as you are powerful beyond measure, and what you saw is as depicted in what you say. Namaste.

OWS: Yes. This is an example of, as we say many times, as you move into those higher vibrations and maintain that heightened sense of exhilaration and blissfulness and all of this within you, it is opening to those higher dimensional frequencies into, and getting those glimpses, we would say here, of what is beyond this dimensional illusion.

More and more of you are beginning to see such as Neo saw when he went through his ascension process, as he was seeing all around him. He was seeing the matrix for what it was. Do you remember this for the end of the movie? This is what is being depicted here.

Guest: Wow! Thank you. So cool. I'll have to do that more often, then!

OWS: Yes.

Shoshanna: We also wish to share our feelings and our heart about what you shared with us. We feel how close you are to your true connection with all that is. And that experience that you had, you gave us the experience of that connection. Namaste.

OWS: Very good. Would there be other questions, here?

Guest: I have a question. This morning early I woke up and came outside. It was probably about 4 a.m. in the morning. I saw a bright light. I am pretty sure it was a star ship, a light ship. I wanted to know if you could tell me if it was Pleiadian or is it not important who it was? I want to know if it was my family.

OWS: What is important here, not so much who it was, but what you believe it was, what you felt connected to. If you feel connected to Pleiadian, then likely it is so. But again, not so important where they are from, but just that they are here, and they are connecting with you in this way, and you are connecting with them.

Guest: Yes.

OWS: Shoshanna, anything?

Shoshanna: Yes. We will share our perspective, if we may?

Guest: Yes.

Shoshanna: the beings that you are today and the consciousness that you have attained through much work will attract other dimensional beings into your life that are not of this terrestrial planet, and they come to give you a message of light, to give you a message of connection, to remind you of who you are, to remind you that you are connected to those beings and all of everything. So we must tell you that in that process of getting up at 4 a.m. in the morning and noticing a light, it *is* a message for you. What you must do is process this to understand fully within your heart-mind what it means to you. Namaste.

Guest: Thank you very much. Namaste.

OWS: Would there be any other questions, here?

Guest: I have a question. I just wanted to ask. Personally, I don't feel very triggered or have emotional ups and downs, but I just wanted to ask for other ones and for our group about emotions. When is it a time that we should really go into and feel the feelings that come up and ...

OWS: We could not understand those last words. You were (what is the term...) breaking up.

Guest: Can you hear me?

OWS: Yes.

Guest: Okay. So my question is when should we allow ourselves to feel our emotions and go deep into these things that come up, and when should we redirect ourselves and let go? I wanted to have a higher perspective on that so I can help.

Shoshanna: We wish to share.

OWS: Yes please, Shoshanna.

Shoshanna: We wish to share our perspective with you. May we share?

Guest: Yes, please.

Shoshanna: Emotions are of themselves teachers. Emotions are ways for the human being to transmute and transcend feelings of trauma that are held in the body. Emotions are neutral in the

respect of what it means to have an emotion. So what you must understand is that when an emotion knocks on your door and wishes to have you feel it, there is a lesson there for you. There is something that is looking to explain or move you forward in a way that you would understand your own being more fully. So we say feeling the emotion is very appropriate. It is not appropriate, however, to take that emotion and hit somebody over the head with it, or be angry at another that you had this emotion, or take that emotion and cause blame in some way that someone caused you to have that emotion. The emotion is the lesion. It is there to transmute and transcend the feelings that are trapped. Does this make sense to you?

Guest: Yes. Thank you.

Shoshanna: Namaste.

OWS: We would add here that feelings and emotions are what makes humans human. So allow them to be, but don't get ensconced deeply within them if they are taking you down into lower vibrations. Okay?

Guest: Thank you so much.

OWS: Very good. Are there other questions here, now?

Guest: Yes. Would you comment on Brad Johnson and Adrona saying that the planetary myosis of 2037 is when the three days of darkness, and when the rainbow bridge appears, and according to them is when we enter the fifth-dimension. If you wouldn't mind commenting on that date.

OWS: First of all, we would say that the use of a date, here, is not something that you would want to relate to, or to become too involved with, that this is written in stone, or anything of this nature. The idea of those things that are coming, those things that are changing is a continual process. It is all happening now, and it is all in process of continuing to happen in the now. So allow for it. Don't think in terms of when will this be, but that it will be, and what it can mean to you. We are not speaking directly of the three days of darkness, because that has different meanings to different people. But there is a metaphysical connection here as to how it all pertains to the ascension process as you continue to move along. Okay? Anything to add, Shoshanna?

Shoshanna: We have something to share with you, Dear Brother. May we share this with you?

Guest: Certainly.

Shoshanna: As we see it, and as we understand the idea of creation, man has created time. There is no time. Time is an illusion. Time is a way that human beings have decided to recount the past, understand their present, and cast their futures. But all is happening now. There are those who have crossed the Rainbow Bridge. There are those who live in the fifth dimension. There are those who live on the third, fourth, and fifth dimensions simultaneously as multi-dimensional beings as you are. So to be so linear to cast this idea that

something will happen in that moment in the year 2037 and all will happen in that moment, isn't really truly a fact, because you can experience this immediately in the now if you are ready to experience it. It is a matter of consciousness, as you have been discussing. Namaste.

OWS: Yes. If you are operating within the NOW and you want across the Rainbow Bridge, then do it. Don't wait. Don't wait until 2037. Do it now. You see? It is all a matter of perspective, and all within the vibration with that one who is attempting to do this.

Shoshanna: And we must share further, and we apologize for this. Time is truly a distraction. Time is a way for human beings to wait for something instead of doing it, instead of taking the action necessary to manifest it in the NOW moment. Time is a distraction, and you must understand that. As you grow in consciousness, you will understand that time does not exist. Namaste.

OWS: Yes. Very good. Time is just a part of the old program. Let it go. Move beyond the idea of time. Everything is one. Past, present, and future are all together in the NOW, in the NOW moment. Be in that NOW moment, and do not be concerned about what is coming, just what is now. Okay?

Guest: So be it. Thank you.

OWS: Any other questions, here?

Guest: Hello. This is just on behalf of the collective, really, this question. How wonderful it was to hear from KaEl. I just loved that. We just would love to know more about KaEl. It is such a familiar vibration I was feeling from KaEl. So obviously, I would love to hear more about KaEl if that okay for you to speak about this beautiful soul who came in to give us such a beautiful message, and we are truly blessed.

Shoshanna: May we offer our perspective on this?

OWS: Yes, please do.

Shoshanna: Our Dear Sister, we are so joyous. We are so in joy over these two, known as KaRa and KaEl, as they are twin flames. They are one! And that is why they come together to speak with us. That is our perspective, and that is what we feel is true. Namaste.

Guest: Oh, that is so precious. Oh, that is absolutely precious. Thank you. That is so precious to hear that. I just love twins. Thank you so much for sharing your beautiful perspective, Shoshanna, thank you so much. I love you, and I love you, One Who Serves. And we love KaRa and KaEl! We love you! Thank you!

Shoshanna: Namaste.

Guest: Namaste.

OWS: What you are going to find, many of you are going to find, is that these ones that are coming through this one James to all of you are very much connected in many respects to all of you. You are connected to them, they are connected to you. So when you feel the names, and we say purposefully *feel* the names, here, KaRa, and KaEl, you begin to remember that connection that you all have.

Guest: Yes. Aw, we love them, absolutely beautiful. Beautiful, beautiful.

OWS: Yes. Very good. We are moving on. Are there any other questions before we release channel, here?

Guest: Yes One Who Serves. When I was reflecting on my question last week about the appearances of Pleiadians, it occurred to me that I really don't care, and I am not concerned about appearances at all. In fact, I just feel I am amazed and gaze in wonderment at the diversity of creation. I absolutely love it in every form.

But I guess I realized when I thought about it that what I wanted to hear, I guess, was that in the Pleiades or at least somewhere else that there are different aspects of my family that are living together in harmony and love. And so that is my question: is there anywhere where that it happening in the galaxy? I'll narrow it down to the galaxy.

OWS: In one word, yes.

Shoshanna: And may we share?

OWS: Yes.

Shoshanna: In our conscious understanding and knowing of other dimensions, we must understand that we are all present in many different dimensions. And that the higher the dimension is, the higher the vibration and consciousnesses of the being that is present on that dimension. So, all of your family, all of my family, all of all our family exists on different dimensions and has attained a great deal of understanding and knowledge and higher vibration in those dimensions and does live in harmony and complete love and understanding, and a complete love and understanding of all that is, and that all is one and one is all. So you must rest easy understanding that there is great peace, harmony, joy, and order above you. And, you can create that right here and right now. Namaste.

OWS: Yes. Very well said, Shoshanna.

Guest: I had a question. Sometimes when energy is very strong as today, it is really hard to deal with it, even if you ground yourself. I can feel the vibration but my body shakes or it trembles. Is there any advice on how to work with it to feel better or not to go to sleep? Some days it is really hard to stay awake.

OWS: This was, as we find it, in your earlier discussion in terms of these things that come through and, in the past would have created a sense of fear or a sense of you are becoming ill, or

you need to go to your emergency room, or whatever it might be. The advice, as we find it earlier, was the same thing we would give you now in that you need to just let it be. Let it flow within you. Ask within yourself, “is this anything to be concerned about?” Ask your higher self: “Do I need to be concerned about this?” And then wait for the answer and *expect* an answer in some respect, whether it comes directly as a thought process that comes to you, or it is revealed by another person saying something to you, or however it might come, even being led to a book on a bookshelf or something of this nature. This is how you can continue to allow the process to move through you, to let the flow move through you, to go with the flow, here.

And everything is being orchestrated. You must continue to remember that. If you do that, if you allow for the process, then it will simply move through you and out of you. It will release those pent-up energies. Your meridians will release these energies and never have to be concerned about it again, here. Okay?

Shoshanna, anything to add?

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

Guest: Yes please. Thank you.

Shoshanna: Our Sister, we find something within you that you must release. We find something within you that you feel great responsibility for all that come into your path. You feel a great sense of responsibility that you must help and bring higher vibrations to those that cross your path. We would tell you that your heart is in the right place, but it is causing a heavy sense in your being, a heavy heart. And we must say that for you to release this, you must find neutrality in all things that you do, backing away from being attached to the results, backing away from believing that what you did caused *that*, and what that did caused *this*. What you must do is work on that sense of neutrality that you are doing all that you can do, and all you do is enough for all that is asking. Does this make sense to you?

Guest: Yes, a lot. Thank you.

Shoshanna: Blessings, our Dear Sister. You are a very light and loving being, and we love you. Namaste.

Guest: I love you too. Namaste. Thank you very much.

OWS: Wonderful. Do we have anything further, here, before we release channel?

Guest: I do, please? Hi. I would like to ask the question if it hasn't already been answered, why are the Pleiadians seem to have the first name “Ka,” and is that an office or is that a family type of name that they use? And then the last is like KaRa and KaRee, so is that a question that can be answered?

OWS: We can tell you that it is part of an archetype that has carried on for a very, very long, long time. It matches to the archetype of the “ah” sound as well: Kumara, Sananda, Adama, etc., etc. The Ka, Kumara, all of these things, the “ka” sound is an archetype long, long ago. That is what we can say. It creates a vibration. Even when you hear it, does it not create a vibration to you?

Guest: Yes.

OWS: Do you not feel it?

Guest: Yes. That’s why I asked.

OWS: Yes. That is what we are speaking of, here.

Shoshanna: And within that archetype is an encodement. It is encoded with the highest vibration of love and compassion that you could possibly find anywhere. So that when you hear that voice, when you hear that name, the compassion and love that you feel is because it is encoded in that name, and it is being sent directly to your heart.

OWS: Yes. And we add here there is also the connection between the “k” sound, the “ka” sound, as well as the “ah” sound. It is a connection of two archetypes, here.

Shoshanna: And the archetype if pure. It is a pure essence of that archetype, which is phenomenal!

OWS: Yes.

Guest: Well, I knew it had to be something like that, because I sure did feel it, and I love it, and I get tears in my eyes when I hear it.

OWS: Yes.

Guest: That’s the truth. See, I get tears when I hear the truth. Thank you, and bless you all.

OWS: And you, Dear Sister, you have part of that archetype, with the “ah” sound at the end.

Guest: Oh. Athena.

OWS: Athena. Yes, there you go again. “A-the-n”ah.”

Guest: Thank you.

OWS: Yes. Anything further, here, now?

Shoshanna: We wish to give our message.

OWS: Yes, please do.

Shoshanna: We wish to give our message before One Who Serves releases the James...

OWS: Yes.

Shoshanna: ...to keep the energy in the room, as we *need* it.

OWS: Yes, very good idea, yes.

Shoshanna: Our Dear Brothers and Sisters, we are so proud of all of you. We are so proud that all who have stepped up to create a higher vibrational enjoyment and phone call and conference and group meeting, whatever we wish to call that. It has been glorious for all of us that listen in. It has been glorious to hear you. It has been glorious to hear your sweet voices.

We would like to caution all of you: be kind to each other, be loving to each other. Know that you are one in essence in all ways in a Divine Source and God and, that what you do to another, you do to yourself. So when you love another, you love yourself. When you give to another, you give to yourself. *Please* remember that, as the vibration will continue to soar when you realize completely that your brother and your sister and you and me, we are all one. Namaste.

OWS: Very good. And before we release channel now, we just wish to share with you all that you are on the right track. You are in the right vibration in terms of moving from your individual levels of consciousness to taking on an individual level of consciousness within the group consciousness.

And this is where we have been guiding you to do for some time, now, to realize that this group is more than just a group of people who have come together. It is so much more. It is a group of consciousness that has reconnected, that has brought together these archetypes, as we are speaking of here, have brought this back together again. The old souls coming back together again. This is you.

And the consciousness within this group—are you ready for this? We need a drum roll here—the consciousness within this group is going to *take this planet to another level*—drum roll end, here.

Guest: Wow!

OWS: Just think on that, how. Think on that, and what that means. The ramifications of what we are speaking of. Not to bring your egos into it, but to bring you beyond your egos.

Shoshanna: Bring your *heart* beyond your egos.

OWS: Yes, bring your *heart* beyond. Yes. Very good.

Guest: Beautiful.

OWS: We release channel here now. Shanti. Peace be with you. Be the one.

Shoshanna: Shanti. Peace be with you. Namaste.