

ANCIENT AWAKENINGS – PREPARE FOR CHANGE

6/9/2019 Sunday Call

You Are Becoming More Aware Of The Totality Of Who You Are.

**Sananda, Ashtar and One Who Serves channeled by James McConnell
Shoshanna - Joanna's Higher Self**

These messages were given during our weekly Sunday Prepare For Change group based in Payson, AZ on June 9, 2019. (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.)

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SANANDA (Channeled by James McConnell)

I am Sananda.

It is these times, these moments now, for everything within your universe, and I speak of the universe within you as well as the universe outside of you, but all is coming together. You are integrating all of the different parts of yourselves. As I spoke, not only the bodies that you have, but you are also more and more beginning to integrate those multi-dimensional aspects of yourselves.

Many of you are finding within your dream state a connection to those other parts of yourselves, those other worlds that those parts of you occupy at this time, and the connection that all of you are coming to understand more and more. Because as these energies continue to come in more and more as they ramp up, you are going to become more and more aware of the totality of who you are.

Many of you have come to realize now, or at least are beginning to understand, that you are *not* the physical body, but you are a spiritual being having a physical experience at this point.

There are many of your brothers and sisters who do *not* understand that. They think they have a life in this physical body and, when this physical body expires, their life as they know it is over.

But that is certainly not even close to the truth, because we are eternal—eternal within the source of our being, and as we are energy, pure energy, energy at conscious knowing.

And as this energy, we can neither be created, nor destroyed. We have always been, and always will be. The more you come to understand that, the mysteries involved in fully understanding who you are, what you are, what you are here to do, to realize that you are the ones who are here to bring in the lost ones, the lost sheep. You are the ones to herd those sheep in, to bring them back to the fold. We cannot do it without you.

So I, as Sananda, now, as The Shepherd, ask each and every one of you to bring my children back home, to bring all that you can, to do all that you can, to bring the light back into everyone that you come in contact with that is ready, that shows glimmer of awakening within them.

Not those who are not ready, and you will know those who are and those who are not. You cannot push yourselves on anyone, for everyone has free will.

But those who are ready to open up their free will to you, and invite you and ask you questions: those are the ones now to begin to give the answers to, answers that as you understand. And as you do this, those guides that each of them have will come more and more into their understanding, just as the guides came into yours. For *that* is what this is all about. You reach out to another, just as we reach out to you. And as you reach out to those others, they will then reach out to others further on, and further on, and further on.

So it is time now, my friends, not only for you to awaken from your slumber, but to assist all who you can to awaken from theirs. For this is how consciousness across the planet is going to awaken. It is not going to happen in one fell-swoop, in one overnight sensation. But it is happening gradually over a period of time, over a period of increasing vibration and frequency.

That is where you, each and every one of you, come in as the Warriors of Light to carry Michael's sword and together to help to sever all those ties and binds that still hold many to this three-dimensional illusion, to this three-dimensional matrix, if you will. And if they carry the sword just as you carry the sword now, then they will break the binds just as you are and have been breaking the binds.

The time is now. Be in the moment. Do all that you can. For the finish line awaits you. Time for you to cross the finish line, and then turn back, those of you who will, and assist those behind to come over the finish line as well. And those who will not, will not. It is as simple as that.

I am Sananda. I leave you now and open up to another, my brother, our brother, who wishes to also share with you.

ASHTAR (Channeled by James McConnell)

I am Ashtar. It is a pleasure to be with you.

Only briefly now do I have a message. That message is: look to the skies more and more.

Not only those of you who hear and resonate to these words, but many others across the planet will begin to see more and more of the visibility of our ships. Because disclosure is coming to you. But it is not coming from those of the governments. It is coming to the people directly from us.

And it will become so strong that more and more and more people across the planet will recognize once and for all that you are not alone in the universe, that that has been a fallacy, a program that has been instilled within you over a long period of time. That fallacy, that program, is ending now.

And it will be replaced by an understanding that not only are you not alone, but that you are connected to all of the universe, that you are a Galactic civilization becoming, and will be joining this planet and all of you on the planet will be joining the Galactic Federation of Worlds.

For it is up to each and every one of you now, as Sananda has asked, as Archangel Michael has asked, and others, it is up to each and every one of you to reach out to more and more of your brothers and your sisters whenever the opportunity arises and tell them to look up into the skies and see what before they would not have seen. For it is true that those who have eyes to see, shall see. But it is also true that more and more shall have the eyes to see, and the ears to hear as well.

I am Ashtar.

I leave you now in love, and peace, and harmony, and understanding, and to tell you that in this next time you come together, your next Sunday group, KaRa will be with you with a very important special message for all of you and a very timely one as well.

I leave you now in peace and love.

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 as we know it.

We are ready for questions, unless Shoshanna has something she wishes to add here as a beginning message.

Shoshanna (Channeled by JoAnna McConnell): No.

OWS: Nothing? Okay. Then we are ready for questions. Anyone have a question that they wish to ask? You can now unmute your phones. If there are no questions, then we will end this session here. Are there any questions before we do so?

Guest: I have a question, One Who Serves.

OWS: Yes.

Guest: I have noticed that as we go along our paths together, our family of Light, I have noticed what I am interpreting to be an increase in the unity of all of us because as we have our conversations, and we are all on the call together, I can feel when the frequency of the group drops. And I can also feel when it rises up as well.

My question to you is, because I know that we are all here in this physical reality, living within this illusion of separation, and we are still releasing those ties or the chains that are binding us to 3-D, we have these remnant things like irritation and things that our ego has an attachment to. I can feel when one of us drops back into the ego and feels irritation or feels like challenged, or something like that. I am noticing more and more that when our group is losing the high frequency, it becomes really evident.

My question to you is: (A) what other things can we do to be aware of that and to halt us all and to stay in those higher frequencies, and (B) the other part of the question is, how do you guys, because you are up in the higher frequencies, are you feeling everyone's resonance or feeling the frequency of all the beings on the ships like in that unity consciousness, are you able to feel when somebody's frequency has dropped, or does it not exist in that dimension?

OWS: We are certainly able to feel the frequency drop, as you are saying, and this is largely the reason why as to at this point you have not had the direct contact with those of us as well as those of us what you call the Ascended Masters, the Company of Heaven, as well as those of the Galactics and the Agarthans. They cannot be, we cannot be with you directly in a term of a physical form until those emotions, those lower frequency vibrations have been raised more significantly over a period of time. This is why this has not yet happened. So yes, we can certainly feel this.

But we also must tell you that since we practice neutrality, we do not have a sense of any connection to those lowering of the frequencies, you see? It does not affect us unless we allow it to affect us. And, we will not allow it to affect us because we remain neutral, you see? Do you understand this?

Guest: My understanding is that if we remain in the neutrality, then we are not attaching a "this is good" or "this is bad," or "this is wrong" and "this is right." Within the illusion, is it correct that there is no bad and good, and there is no wrong and right? And that is how you remain in this neutrality where you can just be the observer of all the experiences?

OWS: Within the illusion, as you are saying, within the matrix, there is right and wrong. You have it there. You have created it there. It is part of duality. As you leave the illusion and this 3-D matrix, you move out of the sense of duality, therefore the right and wrong becomes nonexistent because you are more in the neutral state more and more of the time. You see? Do you understand this?

Guest: Yes I do. Then that leads me to the next question which is: we have heard about the wars that are occurring in some of these other worlds and other civilizations and within the galaxy, so if there are wars happening, does that mean that there is not neutrality?

OWS: All of creation is not neutrality. There are many 3-D worlds out there, more than you can even begin to imagine, Earth, Gaia, herself, just being one of them, here. But there are also many higher-level consciousness beings, soul planets, galaxies, and all of these that are much more in terms of neutrality and love expressed here. So, there is all of this. It is all a part of creation, because there is free will in this universe. And free will creates exactly that: those to have free will and choose in a duality setting such as has happened here.

Shoshanna, do you wish to add here?

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

Guest: Yes please.

Shoshanna: One who has a heightened sense of awareness, as you do, as you say you can feel the discordant energies or the lower frequencies as opposed to the higher frequencies. We would ask you this, Dear Sister: what is it that you wish to do with these frequencies. What is it that you wish to do personally as you feel those energies?

Guest: My individual soul person here wishes to transmute those energies and surround them with love, unconditional love. I merely observe it. I know that all of us are working on the ego attachments and things like that. So I send love and light to all. But that's really it. I just observe it.

Shoshanna: We would say that this is your experience that you wish to have. You wish to have the experience of knowing that you, as a conscious-knowing aware being, can raise the energy and transmute the energy and surround the energy, surround that discordant energy with love and light to transmute it to increase the frequency. This is what you have requested of this experience, that you learn to do consistently. And, as your experience dictates and your agreements dictate, you will run into those experiences that create that for you that you could practice that. Does that make sense?

Guest: Yes it does.

Shoshanna: And that is all it is. So in the process of learning to transmute the energy effectively and raise the frequency effectively, you have met your mission. That is all we have for you, Dear Sister. Namaste.

Guest: Thank you, my Sister. Namaste.

OWS: We would say further that it is important for you to be the observer, but not be involved in the observation. Do not become involved in it. Just observe, be neutral, let it be what it is. Have no emotion about it. Or if there is some emotion, attempt to bring it into a neutrality state as much as you can. The more that you can move into a neutrality state—now that is not to say that you will become a robot and have no emotions or anything of this nature, please understand that.

We are not robots. We have emotions. But we learned to control them to the point where they cannot be detrimental or harmful to anyone else, including ourselves. Okay?

Guest: Yes, thank you. That is very clarifying for me. Thank you.

OWS: Yes. Would there be other questions, here? That was a wonderful question, by the way. Are there any other questions?

Guest: Yes. Hello Dear Brother. On the same kind of a topic, I am thinking about Jesus with the turning over the tables in the temple, you know, the money-lending tables. I think this has caused a lot of confusion among us, and I am not sure if this was an incident that actually happened, or an incident that was planted, or if there is something we are missing.

I am also taking it personally to my life. For instance, when I was teaching a group of students for two days last week and by about Day Two of watching this entire class sort of ostracizing one of their classmates. Being my normal kind of self of trying to address it in a way that is of love and light and whatever, finally on Day Two, I literally went right up to this girl and said “you are not going to publicly humiliate this person in front of this class, that is the end of this, this is done.” Then I also said a similar thing to the other folks that tried to chime in. I said “you are all going to stop it now.” So I am not quite sure.

To me, that is kind of like, yeah, I know that is not like this great love and light energy flowing out of me, but on the other hand it is a little bit like the money lenders and the turning over of the tables, because I finally got their attention and had it stop, at least for that time period. Can you shed more light on that whole question of that kind of an energy, or where that belongs or doesn't belong?

OWS: First of all, we would say that the understanding of what occurred at that time those 2000-plus years ago is not quite accurate in all respects. Some respects yes, but much of it was taken out of proportion and added to, to bring about the necessary control that they wanted to have at that time to show that he could get angry, and all of this.

But you also must understand that he was a man, just as you are a man, a woman, and had emotions, had feelings, had experiences, and it was not always in a term of neutrality, but mostly was able to control his emotions, and all of this. So there were those moments.

And what you would call *that* particular moment that you speak of would be considered such as 'righteous anger' in that respect. And not that it is right or wrong, it just is.

And for you to look at your own situation, as you have said here, and whether it is right or wrong to show anger, you do not need to show anger in terms of having a reaction, but in terms of having a response, a response that is necessary in the moment to bring about the desired result that you are looking for. So there does not need to be anger to go along with it, just the response that is necessary to bring that result. Okay? Shoshanna?

Shoshanna: Yes, we wish to share. Our Dear Sister, may we share our perspective with you?

Guest: Absolutely. What we find is that your great compassion and your great love of humanity showed itself in that moment, that it was with great love, with great compassion, with great understanding, that you took a stand, that you said, "no more of this, you may not do this to another." And that is what conscious aware individuals do when they see this.

You must in that setting be the leader. Be the one who controls. Be the one who shows what is appropriate, as these children who do those things have lost their way. They have lost their understanding of humanity, and you must stand up and say what you need to say. And we find it that you say this with great passion and great love for these students. Namaste.

Guest: Thank you, thank you. That really, really clarified it from both of you. I appreciate it.

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

Guest: Yes, I have one question. Both through dreaming and meditation, I have seen myself standing over concentric circles which usually change colors. And around me there are plenty of light beings. But I want to understand what does it mean or what am I doing there. Could you please enlighten me a little?

OWS: First of all, in order for you to reach enlightenment here, it would not come from us. It would come from within you. So what is your understanding of what was in this dream state?

Guest: Well yesterday, with the group that I attend every other week, we were working with the planetary logos. It made a lot of sense because we were integrating the energies from the Mahatma and the other logos, so I felt like I was standing there with all of them. And I could also see the Archangels there lighting each of their tunnels. I don't know

if I was working with the same energy previously through yesterday's moments. To my understanding of these, is that their exercise, the activity that we were performing yesterday in the group that I attend, which was with the Mahatma energies and the planetary logos, I have been working with that previously to yesterday? Is that so?

OWS: Are you speaking in terms of the energies, have you been working with them? Is that what you are asking?

Guest: Yes. If I have been working to integrate those energies together with others, and that is why I have seen these previously?

OWS: Yes. Now we understand. And, as we often do, we take one's individual experience and relate it to the whole.

And we would say here that not only are you working with these energies, as you are seeing them in your dream state, meditation state, but many of you, if not all of you, are also working with these energies in many different ways.

Some come in as physical energies that you would be feeling. Others you are experiencing within those dream and meditative states, and sometimes in your waking state as well. And you are experiencing these energies in many, many different ways, and will continue to do so. And they will manifest to you in also many different experiences and different ways of interpreting and feeling them as they happen, here.

Shoshanna, anything to add?

Shoshanna: We would like to share our perspective with you by asking a question of you. May we ask?

Guest: Yes please.

Shoshanna: Do you, in any way, doubt that you are having these experiences?

Guest: I don't doubt them, but I sometimes don't quite understand them clearly. It is just that I cannot recall the whole thing, just parts of it, so it is a little confusing.

Shoshanna: There is part of you, Dear Sister, that recalls all, that knows all, that is clear about everything that you are doing. It is the mind, it is the brain, that has a little bit of fog.

So what we would ask is that you trust that there is part of you that is completely aware and completely in tune with what is happening. And, that as you work with higher frequencies, they integrate fully within your body, within your soul, within your mind, within your spirit, and raise you up to have those experiences that you are having. And trust that that is perfection. That is exactly what you should be--(*there are no 'shoulds'*)--that is exactly what would benefit you in experiencing those things. The important thing

here is to trust that all is being integrated, and it is not relevant that you remember everything. Does this make sense?

Guest: Lots of sense. Yes. Thank you.

Shoshanna: Namaste.

Guest: Namaste.

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

Guest: I have a question. I want to ask about our other selves and what influence they have on me, and what influence I can have on them. Can you explain this?

OWS: You are saying your higher self, did you say?

Guest: No, my other selves.

OWS: Other selves. Your multi-dimensional selves?

Guest: How do they influence me, yes, and how can I influence them?

OWS: You have to understand that your higher self puts down (for lack of better wording, here) many different parts of itself into many different personalities and many different situations, and even in many different worlds. And all of those parts are making up the whole, here, in terms of all of the experiences that are occurring are making up the full totality of who the higher self is and is becoming. So everything is affecting everything.

Every one of your multi-dimensional selves are affecting you, and *you* are affecting every one of your multi-dimensional selves, which in terms affects your higher self, which in term affects the higher self of that higher self, and so on, and so on, all the way up to the monad. So everything is affecting everything. Does this answer your question?

Guest: Yes, thank you.

Shoshanna, do you have anything to add to that?

Shoshanna: We would say, Dear Brother, if we could share our perspective with you, may we?

Guest: Yes please.

Shoshanna: This is very much along the idea of co-creating. When you are co-creating, it is not just with your fellow human beings that you see and hear and touch and feel, it is with all your selves you are co-creating. The idea here is in each moment to work on becoming conscious of everything and aware of everything as much as you can, as you live

a life of awareness, of compassion, of love as understanding, of gentleness, of giving, of generosity. You change and affect all of the other selves that you are in a beneficial way.

When we are angry, frustrated, upset, creating pain for others, we are creating that for our other selves as well. So it is important to know that in everything that we do in this moment, *is*, as One Who Serves said, affecting all things and all other selves. Namaste.

Guest: Thank you.

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

Guest: I have a question.

OWS: Yes.

Guest: One Who Serves, what you were speaking of with the other aspects of ourselves, do our other aspects of ourselves, including our twin flame, do they all have a different higher self than we do individually?

OWS: What we can tell you is not exactly as you are saying it here. You have to understand that at one time there were... How do we say this here to help understand at the three-dimensional level?

At one time there was Creator. And Creator put down portions of itself. And those portions of itself then put down other portions, and so on, and so on, and so on. All of you trace back to those original portions of self that were put down by Creator, you see?

You are all a part of that. Each and every one of you, your personalities that you are now, are connected to many of the personalities all around you, not only here on this planet, but in many other worlds as well, including your twin flame, which is a part of you, but is also a part of Creator, you see? All of it traces back to the original one. This is why we say always at the end of our messages here, "be the one." That is to *be* and to *know* that you are *the one*, and have always been *the one*. Okay?

Guest: Very well. Thank you.

OWS: Shoshanna wishes to add some clarification here, maybe do better here than we did.

Shoshanna: Well, no. We would add that each as an individual is having the experience of being *the one*. That is what we have to add.

OWS: Yes. And we wish to add--the James is saying "no, no, don't want you to do this," but we need to do this because it is important here.

The James had a dream last night. He has not shared it yet. But it was very similar to what is being discussed here in terms of he was able to move freely between worlds. He was

able to leave this particular illusionary world and move through a portal, you might say, into a parallel world. And in that parallel world, all of the beings that were there were aware of the parallel world that he came from. In fact, they moved freely back and forth between the two.

But only the James, here, in terms of his dream, was able to go into their world. So they could move freely in back and forth.

And there were many different aspects of beings that were there: some human, some not human. And many that were not human would show themselves as human as they would come into this world here, you see.

So what we are saying here is all is connected, all is a part of the whole. And this is what this dream was representing, here, in terms of all of you are going to come to a point where you will be able to freely move between worlds as well and to be able to connect with those other parts of yourselves. They will not necessarily look exactly like you do. They may be completely different. But they will be a part of you. Okay?

Shoshanna, anything to add here?

Shoshanna: This is just a difficult idea to understand when in this planet on this 3-D realm we are taught individuality. We are taught we are different, we are not part of one. That program is running for all.

And that is a difficult thing because the truth is, as you have stated, we are all *one*. We are *all the same*, having an individual experience of the oneness. So if we could just understand that we are all one, having an individual experience of that oneness, maybe that would help sort this out. Namaste.

OWS: Very good. Would there be any other questions here now, before we release channel?

Shoshanna: We hear one more.

Guest: I have one more, (laughs) if it's ok?

Shoshanna: Yes.

OWS: Yes.

Guest: In a chat conversation this morning with another group I'm with, two different individuals had conversed back and forth (I missed that part). But one of them responded to the other one and said, "You are an Ascended Master, my dear." My question is, do we have Ascended Masters in embodiment right now on planet Earth?

OWS: In terms of your multi-dimensional selves, most definitely. There are many parts of your selves that are ascended. Now we would add to this, though, that even your self, you have been ascended before, not as your personality in this life, but in the totality of the being that you are, you have ascended previously. Some of you many, many times over. You have been there, done that many times. And this particular ascension process is another one that you are going through. But this one, as you know it, is different than any of the others previously.

But what is happening here on this planet has never happened before. And this is why it is so difficult for those of us to tell you exactly how this is all going to transpire, because we don't know ourselves.

And just know that it is happening, and going to happen, but that it has never occurred in this respect before.

For when ascension happens in normal cases (this is certainly not a normal case), but when it has happened before, the ones that are in the physical body leave that physical body. The physical body expires, and that one then is a consciousness and moves on into an ascended state.

This time, as you are coming more and more to understand it, not only is the planet herself going through the ascension, but is taking many of you, cannot say all of you, but many, many of you through this ascension process, taking your physical bodies along with you. Okay?

Shoshanna, anything to add here?

Shoshanna: We would add our perspective. Dear Sister, may we share with you?

Guest: Yes.

Shoshanna: We feel that it is important to be cautious here. That another cannot point out to another that they are an Ascended Master. This is not how that works. So I would say to be cautious of that. That person may very well be an Ascended Master and, if they were, they would not be in a chat room wondering about it. If that makes sense. Namaste.

Guest: Yes, of course. Namaste.

OWS: Yes. Anyone who is an Ascended Master, as you are saying here, on this planet will not tell you that they are. Okay?

Guest: (Laughs) Very good. Thank you.

OWS: Yes.

We are needing now to release channel. Before we do so, Shoshanna do you have closing message?

Shoshanna: We would just say in closing, (and thank you!), that once again we are so proud of this group of individuals who have come together as a collective to raise the vibration of the planet, to raise the frequency of all who would participate on this phone call and participate in this group, and bring that message to the world, and bring that message to all that we are all one, and we are all cooperating as *the one*.

We are so proud of each and every one of you. And *know* that your work is changing the world. Namaste.

OWS: Very good.

And we just close here now with this simple message: it is time now for you to reach out and touch someone. That is all.

Shanti. Peace be with you. Be the one.

Channeled by James McConnell
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"Believing is seeing!"