

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

19.09.15 Sunday Call (Sananda, OWS, Shoshanna)

James & JoAnna McConnell

### **SANANDA** (Channeled by James McConnell)

I am Sananda. As always, it is a pleasure to be with you, and to be able to share with you in these ways, to be able to come across through many different sources and bring information.

For that is what this is all about, this vibrational experience that you are moving into now. It is all about releasing information, remembering who you are, and the creator being that you are. And as this creator being, there are no bounds. There are no limits. You are indeed a limitless being.

But you have forgotten, and you have created within you limitations that you are a limited being. But you are certainly not. And all of the guidance that is coming to you from all of the many different sources that try and attempt to reach to you, and the whispers that you hear within you are all about bringing you the understanding, the awakening process within you that you *are* unlimited, that you *are* god, that you are *not* a created being, that you *are* a creator. Know this.

Know this as you continue to move forward now and finding within yourself every moment that you are in to be that perfect moment, even though there are times of travail, even though there are times of distress when everything doesn't seem to be exactly as you want it to be. Know that even in those moments they are happening for a reason. They are happening to help you to learn and to remember once again who you are.

It is time, my friends, to fully begin to believe in yourselves. To believe in your creative abilities. To believe that everything that is happening within this universe is happening because of you, *all* of you, and all of us. For as you have heard many times, we are all in this together. Yes, it seems at times that nothing is happening. But that is when you are looking, when you are wanting to see before you believe. But when in reality, it is that you must believe first, and then you shall see. And that is the higher vibration. That is the higher dimensional understandings. Believe it and you create whatever you want. So within even this three-dimensional illusion that you are still in, you can create within that illusion. You can

create. And in that creation, you find yourself moving out of the 3-D world and into the higher 4, and even the fifth dimension.

And there are those periods when all of you have experienced that fifth-dimensional vibration, that *bliss* that goes with the fifth-dimension. And you *long* for that. You may have had it within your dream state. Many of you have said within that dream state, "I want to stay, I don't want to go back!" But yet you go back. Just as you came here to begin with, volunteered to come here. You left that dream state. You left that perfect state that you were in and came here. Just as in your dream state, you return again, and again.

Knowing that because of the vibrations increasing all across the planet now, and consciousness also increasing, you know that you are moving into these higher vibrations. And that those dream states that you have had, those blissful times of being in the fifth-dimension, are becoming more and more prevalent now.

That is what this entire ascension process is about. It is helping you to have those glimpses here and there, so that you long more and more for not only the glimpses, but the actual full reality of being in those higher dimensions. And as you find yourself in those higher dimensions, you begin more and more to remember that you've been there before.

Many of you have had these, what you call 'de-ja-vu' experiences. "I've been there, I've done that." And yes you have. You have all been there. You have all been with us before. The times are coming now when you will be with us again, and we with you. For there are happenings that are fast approaching now. You can call them announcements, you can call them experiences, but they are coming. They have already happened at the higher levels. We have spoken before that The Event has already occurred in the higher vibratory levels, in the higher dimensions. And it is not going to come to the third-dimension.

But the third-dimension, all of you within the third-dimension, are arising out of that third-dimension and coming into the higher vibrations, the higher frequencies where you will experience, and even are experiencing, the wonders that come in those higher vibrations. The wonders of no aging, of no illness, of no distress, no *de*-struction of any kind. Only *con*-struction. Construction with your mind, with your imagination. And all of your world will be only limited by that imagination, by that thought process within the fifth-dimension.

Continue to trust in yourselves, my brothers and sisters. For all is at hand now. Continue to believe, and you will more and more continue to see what before you were not able to.

I am Sananda. I leave you now in peace and love, and all of the wonder that is coming your way.

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

Om, mani, padme, hum; om, mani padme, hum, hum, hum. Greetings to you! One Who Serves here with you, and we believe Shoshanna is standing by, yes?

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

**OWS:** Yes. Very good.

**Shoshanna:** But one moment please, I received a text saying that they couldn't hear you, so I just want to make sure everyone can hear.

**Technical Guest:** Yes, the issue was resolved. Thank you.

**JoAnna:** Okay, thank you. Okay.

**OWS:** Very good. Are we alive and in person, here now?

**Shoshanna:** Yes.

**OWS:** Then we are ready for questions if there are any. We do not have a direct message at this point. Any questions?

**Guest:** What type of questions can we ask?

**OWS:** It depends on what type of question you want to ask. You can ask it, and then we tell you if you can ask it or not. How's that?

**Guests:** (Laughter)

**Guest:** I have a question just on focusing on our mission, our missions on charity work, or bringing about awareness to causes. What would be like a beneficial place to start in focusing our intention and our mission toward helping others?

**OWS:** My goodness, that is such a broad topic, here. Where would you start? But then the question becomes, where would you like to start? Where have you been guided to start? And we would even go further than that. You have started a long time ago. This is more of the end rather than the beginning, here.

Now you are speaking of starting in terms of separate missions here, maybe one that you have been guided toward. As far as that goes, then you begin wherever you need to begin. Wherever it feels that it is right for you. This is where your discernment comes in. Whether you are hearing it right, whether it is coming from your Higher Self, whether it is coming from some other place within you or even outside of you, it depends on the situation. You would need to be more explicit if you want more explicit guidance, here.

But, in general, here, we tell you to listen to your guidance, hear it, and then go and use some discernment here as to whether it is the guidance that you are needing to follow at this point, okay?

**OWS:** Shoshanna, do you have something to add?

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

**Guest:** Of course, of course.

**Shoshanna:** We would tell you, as we would tell all beings that wish to pursue a mission, the same thing that One Who Serves said, is you are *on* the mission.

What is important here is not to think too much. One thing that human beings do a lot is they think about things rather than doing things. The important thing here is to *do*, not to *think*. So to do is simply doing what is in your heart.

So, an example can be that you are driving down the street and you see a being holding up a sign that says, "I cannot eat today, I do not have money,

please help me.” In that moment, your heart recognizes what you wish to do, but most just drive by and do not do what their heart tells them to do. Even a dollar would help this being.

So we find in your heart, Dear Sister, that you wish to do many things. There are many things going through your mind every day: where to start, what to do, how to begin. But what we would tell you is to not think too much and just do. And, as you do, your mission develops right before your very eyes in the moment, and you can do the next thing, and then the next thing, and then the next thing as it comes up.

Because what we find in this universe is that when one begins something, another thing shows up, and then another, and then another, and then another. We hope that this makes sense to you, Dear Sister. Namaste.

**Guest:** Thank you so much. I appreciate you very much.

**Shoshanna:** Yes.

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

**Guest:** I have a question. I know that you guys don't usually give advice, but I was hoping I could have a perspective. I have one of my son's friends who is wanting to live with us. She doesn't feel safe at home, and things have gotten kind of intense lately for her and her family. I am not in a position to take her in at this point, and she might end up in foster care, and it is breaking my heart. So I just wondered if you could give me some advice of how I can help her. Thank you.

**OWS:** Shoshanna?

**Shoshanna:** First of all, we must ask you if we may share?

**Guest:** Of course.

**Shoshanna:** Your heart is very big. Your love and compassion for all beings that cross your path is very big. And you know this.

The one that you are speaking of that is in need of protection, you must neutralize the challenge that you are having of whether to take her in or not take her in. Because the parents would have to give you permission for this. What we would tell you, and this is so important, what we would

tell you is that you must contact her parents and you must ask them if there is something that you can offer them in terms of refuge for this child, as you are hearing only one side of the story. So you must ask the parents to see if they are open to this. If they are not, the next thing to do is talk to a Social Worker. You must have those where you are. And see if they have recommendations for you and for this child. Is this child 16?

**Guest:** No.

**Shoshanna:** Is she younger?

**Guest:** Thirteen.

**Shoshanna:** Thirteen. Okay, so she cannot be emancipated. But you must ask the parents to give you information on what is going on in the home and get that perspective before you pursue anything. And there is always room for one more. If they allow you to have this child in your home, there is always room for one more. It is your thinking that creates that there is not. Namaste.

**OWS:** We ask you, though, Dear Sister, did you not say that you were not in a position to take this one in?

**Guest:** No, not at this time.

**OWS:** Yes, that is what we thought we heard here. If that is the case, then it becomes more of a situation of do you help or how can you possibly help. In some cases, there are those times when you are not able to do anything directly, but indirectly you can assist. And that can be, as Shoshanna has given, contacting the parents, seeing if there is anything to be helped there.

It is difficult, though, to become involved in the system, here. We would not suggest to necessarily become involved in the system with this one. But this one does need protection, does need help here. So this becomes a part of your discernment as to how far to go here to assist with this one. At some point, you can either go for it or not. That has to be your choice, here.

You say we do not give advice? We do give advice. We just do not plan to do it for you. We will give you direction at times. We will assist you, give

guidance here, nudges here and there, but we are not going to tell you how to do it or what to do. That is not for us to do here. Okay?

**Shoshanna:** May we also share another thing for you, Dear Sister?

**Guest:** Yes, of course.

**Shoshanna:** We have a question for you. Are you thinking this is not your business?

**Guest:** Um, somehow it has become my business. I even have the mother calling me now. So I guess Spirit wants me to be involved with this. I don't know.

**Shoshanna:** Well, you have choice here, because you are in a free will zone. But we would tell you that we find in your mind that you may not want to assist because you believe that maybe this is outside of what you can do. Is this correct?

**Guest:** Um, I'm just not sure what to do, really. I want to assist. Like you guys said, there are two sides to every story, so I guess I'll just try to help both sides, then, and see if they can resolve it.

**Shoshanna:** Yes, and you must lead with your heart. Each time you speak to the daughter or the mother, you simply lead with your heart. And you must understand that everyone is on their path, and whatever is before them, they have agreed to at some level and, perhaps you have agreed to at some level to assist. So you must watch the development in a neutral way, if that makes sense. Namaste.

**Guest:** Thank you, guys.

**OWS:** Very good. Are there any other further questions here? We are wondering if that one question is going to come up from those in your discussion earlier.

**Guest:** The photon belt, is that it?

**OWS:** Yes, if it is something you wish to pursue here further, then we can give some more assistance in this. It is somewhat important, here. There needs to be question. You have to come with question.

**Guest:** Yes, One Who Serves.

**OWS:** We knew you would come for this!

**Guest:** (Laughter) Yeah. Obviously you heard what little we kind of really know about the photon belt, and it gets very scientific and everything. We don't really want to know that part. What we would like to know is, okay we know that we are experiencing all these symptoms and stuff because of the effects of the photon belt. But is it true that we are going to hit, like, you know, some real big part of the photon belt that will really activate it and will have maybe not THE Event or mini-events? Or what does it mean to be in the photon belt, and how does that relate to our experience?

**OWS:** What is happening here is you are moving into this belt of light. And this belt of light is enabling the process of ascension to occur here in terms of having it be with your physical bodies ascending, and not in the old ways of having to leave your physical body in the death process or in simply ascending from the physical body and leaving that behind. Because of moving into this belt of light and this special energy that is there, it is enabling all of you here on this planet and even the entire solar system to be able to experience this raise of consciousness that is occurring and is going to occur more continually here, as you continue to move into this belt of light. And the belt of light is enabling this ascension process to move forward more rapidly than what it would have before, you see?

So everything that is happening as a result of moving into this area of space, and this incredible energy that is there, and this light that is there for the 26,000-plus year cycle here is enabling for not the end of a world in this case, but the end of an age here, and the beginning of a new Golden Age because of this. Because of the energy that is there, because of the gamma light that is there to come into your physical bodies and change your DNA structure.

Now, does that mean you are going to go through a period of calamities and destruction, and all of that? In the past, that would have been the case. That was the timeline that you were moving along. But that timeline has shifted now, as you know, because of all that the Galactics especially have been doing to allow you to move through this area of space and not have those particular catastrophes and destruction that would come with it. You are not going to move into that period of darkness that has been spoken of.



There may be a little bit, yes. There will certainly be some discomfiture for many across the planet, but many of you that are resonating to these words and understanding these things now, as you continue to move through your own ascension process, you are going to be the ones that are going to take this light, these gamma rays, into you and it is changing your DNA structure. And as it changes your DNA, your information, or your remembrances are returning as well, which is enabling you to more fully move into the ascension and be a part of the first wave of ascension. And that is as much as we can give you here. Shoshanna, do you wish to add?

**Shoshanna:** We have a small thing to share.

What we would like to advise is that each person that wishes to experience more of themselves to begin to ask before you go to sleep to have the experience of being in the photon belt. We would ask that you ask that so that your imaging will begin to connect in your neurons to see what that is like and to feel what that is like if you wish to intensify or speed up the experience, you may assist this process by asking in what you call your dream state for information on what this is like.

Also, we would advise you that when you meditate, if you do, to ask before you go into a deep meditation to understand and connect with this photon belt that will begin to retool your DNA to reveal to you more information than you've ever thought possible about who you are, what you are, and where you're going.

So those are two things that we would advise to do if you wish to intensify and speed up the process. Namaste.

**OWS:** And as Shoshanna is saying, Sananda specifically and purposefully took you in this guided meditation that was done here to experience the photon belt and experience what these energies are like, and for you to have your own experience with it, your own knowing about it. That is for you to be able to continue to experience, as Shoshanna is saying, in your dream state or your meditative state to have this continuing experience as you can, here. Okay?

Does this answer your question, Dear Sister?

**Guest:** Yes it does. I guess all except for is there ever a point where we are kind of like in the most extreme point of it and something more

eventful happens? Or is, for instance, like when we are in kind of the thick of it, or the middle part of it, or whatever, is that like the 1000 years?

**OWS:** Well, know that as you have been moving through this belt of light, you are in it now, you are not in the extreme intensive light yet, but you are moving there. So you are going to experience more and more of these energy waves as they are coming in, and they are going to get stronger and stronger, and stronger. And there will come a point where you will have reached possibly the middle area, you might say, when the energies will become so strong that that will be when the division comes within your timelines, and those that can handle the energy will continue on, and those that cannot will not.

**Shoshanna:** We must add something here that we have been given. It is difficult to put this into words. The thousand years of peace that is spoken of historically is a metaphor. It is not actually a thousand years. It is a dimensional shift that could last as long as you are in the dimensional shift, and it can be forever. But it is a third-dimensional reference that is a metaphor. Namaste.

**OWS:** Very good.

**Guest:** Okay, thank you for clarifying that. Yeah, my family seems to like to use a lot of metaphors, and so I am always trying to figure out what their metaphors mean. But yes, thanks for clarifying that kind of the thick of it, what I call it, is kind of when the separation is, because I think I am really, really hoping for the separation, but it is kind of like it, well, beware of what you hope for, because you never know who will be left behind kind of thing. But thank you for clarifying that. I do have a better understanding. Thank you.

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

**Guest:** Yes, Dear Brother and Sister Shoshanna. I am going to ask this for a lot of us who have maybe been through extreme experiences. Many of us who have come through extreme experience of pain, abuse, violation, etc. have built our world, if you will, I believe, around the concept that some day we would be able to give back. We could make it through because some day we would actually be able to make a shift for other people in that same arena. But now there are all these energies coming in, and there is all this new, I guess, world arising, and the question is, how

much really in a 3-D sense is there really for us to do? How will this be conscious? It is going to be in the way that we might have imagined? My belief seems to be maybe that if struggle and hardship is a part of it, which has been a part of trying to make it happen for *me*, by the way, then maybe that's not actually the 5-D way. So I would like to hear a little more that will put us at ease a little and allow us to, I guess perhaps release some of our sort-of stuck idea of how that's gonna go, if you will.

**OWS:** First of all, struggle and hardship are not part of the fifth-dimension, not part of the higher dimensional experiences. Struggle and hardship are in your third-dimensional illusion. And the more that you attempt to make it to the fifth dimension through struggle and hardship, you will not make it. You cannot do that, because there needs to be the release of those attachments. And those attachments are anything that holds you back. Anything from your past that holds on to you that keeps you in that same story over and over and over. And not to say that you are needing to forget, but you are needing to let it go. You are needing to move beyond it. You can still hold the memory, but do not let your memory hold you, you see? That is the difference, here. And that is very important for you to recognize. You cannot make it into the higher vibrations by moving through the lower vibrations. You must raise yourself up out of those low vibrations and embrace the higher vibration whenever you can, okay? Shoshanna?

**Shoshanna:** Yes. Dear Sister, may we share our perspective with you?

**Guest:** For sure.

**Shoshanna:** We would tell you that all things that you said are true. All things you said are accurate. What we would tell you is that if you wish to help someone that cannot understand or feel what it is like to use fifth-dimensional tools to heal, then you can revert to third-dimensional tools. Everyone is on their path.

There are people who will not understand what the heck you are talking about when you try to use light. But they will feel it. What we would tell you is that you have the perspective and the ability to reach everyone if you wish. But it takes a lot of energy to do that. There are still people on this planet that will remain as third-dimensional beings who wish to traverse the path of trauma, wish to have the experience of trauma, continue the story because that is their path. If you wish to get off that

path and not pursue that experience or that level of help that you could give, then you can choose not to. Do you see what we are saying?

Everyone is on their path. Now, that does not mean that with your understanding of who you are and what you are capable of doing, that you can use some of these tools that you wish to use on those who cannot experience those tools, if we are making sense. So what we would tell you is that if you reach someone who wishes to have higher consciousness and is ready for that, then you can use your influence in *that* area. If they are not ready, it does not matter what you tell them or what you use, because they are not ready. Does that make sense?

**Guest:** Yes, I totally get it. I have seemed to think I was hearing that there was no place for three-dimensional tools, but maybe that's not exactly what I've been hearing. By what you say, there is some place for it, but it's discriminating who is ready to try to move to that next place. Is that correct?

**Shoshanna:** Yes, but you have both perspectives, you see. You have all of those perspectives, so you can bring someone along if they wish to by starting with what we call those third-dimensional tools and moving them past that if you wish to do that.

We see you in the drum circle, Dear Sister. We see what you did there, and we see your fifth-dimensional perspective is very high, and that you can help others rewire themselves to understand what that is. However, on a one-to-one basis, you may have to start a little 'not in the drum circle,' if we make sense.

**Guest:** That does make sense. I thank you so much. It really does provide something. Thank you.

**Shoshanna:** Namaste.

**OWS:** Very good. Are there any other further questions? We will take one more, and then we need to release channel. No other questions? Then we will be releasing.

Shoshanna, do you have any final message here—or not final, but last message?

**Shoshanna:** Yes. We wish to tell all to heed the messages that have been given regarding the photon belt, or the belt of light, or the bands of light that the earth is fringing upon right now. You are in the fringes of this. And you may strengthen that and speed that up by doing the things that were suggested in your alternate reality, or your dream state, or your meditation state, which are all valid states of reality that do not use the third-dimensional mind to experience things. That is why it is important to move past the waking state of third-dimension and move past that to experience at a higher level the light belt. So we would ask you to take that seriously as you move on the ascension path. Namaste.

**OWS:** We will just finish up here with as you continue moving into these higher vibrations and find yourself there more and more, embrace it. Embrace the light that is there. Embrace the feelings that you have there, and find that you are more and more wanting to be in those higher vibrations, and less and less in the lower vibrations. And the more that you want to be there, the more that your intention is to be there, then you will be there.

Shanti. Peace be with you. Be the One.

**Guest:** Thank you. Shanti.