

2020.02.09 – YOU ARE BEGINNING TO REALIZE YOUR POWER MORE AND MORE NOW

SANANDA (Channeled by James McConnell)

I am Sananda. As always, I appreciate this time, these moments that I can be with you and communicate with you, and share various messages with you to help you to continue to understand who you are.

And to realize that you are so much more than the body. You are so much more than the brain that you have. The mind is so powerful, powerful beyond measure. You have no idea yet just how powerful your minds are. Your ability to have an intention. And then to take that intention and make it into something that you want in your life. You are beginning to see that. Some of you, many of you, are beginning to see that you have that power, that you can have mind over matter. You are beginning to see that more and more. And I ask you now, each and every one of you, to begin to utilize that power more.

Begin to know yourself, so that you can come to the belief that you have these abilities, that you have this power within you to direct your bodies, to direct them in any way that you want them to be, to communicate with your physical body, to ask your physical body, “what is it that it needs,” and then to supply that need for it.

Your body is only as sick or in illness as you let it be. You have to come to understand that. The energies that have been coming into this planet for some time now are increasing your immune systems. You may not be aware of that, but all of your immune systems are becoming stronger and stronger.

But it is the *mind* that must control the immune system. You must come to understand that. The mind can even either increase the immune system, or it can decrease the immune system. And the mind operates from programming. And if the programming continues to hold you down to the belief that you can have hereditary illnesses and all of these types of things, then it will do that.

But, if you, as Lightworkers and Warriors, in these times and in these moments, if you can fully come to understand that you are in control. *You*, your mind, your *greater* mind, and the connection of your mind to the universal mind, is *everything*. Once you come to realize that, you can do anything. And I *do* mean *anything*.

Just as I showed those 2000 years plus ago when I walked the land as Yeshua, just as I showed at that time that the power of the mind is great, but that each time when I would assist another, I could only make a difference if *they allowed* it, if their programming allowed for it. If they released the programming, and if they let the energies come through, then anything was possible. Crippled walked again. Blind people saw again. But it was because of their *faith*. *That* is what brought them through it. *That* is what made them whole.

Just as your faith, your belief, and the belief that changes to knowing within you, just as *that* in these times now will see you through any illness, any sickness, any malady of any kind and be simply healed by the word, the word of Light within you. Just as I had you see the beginning of all of creation happened with the word, happened with the Light, began with all this (referring to the guided meditation just completed). So too do you have that creative

ability within you. You have the creative source within each and every one of you and that creative source within you can perform miracles if you allow it.

So let go of all of the programming now, all that has been placed in your consciousness for so many thousands of years, and so many lifetimes. Programming that keeps holding you down if you let it. See now all of the energy within you flowing freely up and down with no blockages within you, freed from anything that would hold you back now.

This, my friends, is the ascension process. You are in it, and you *are* it.

All of my peace and love be with all of you. Continue on. Continue on. Don't give up, no matter how difficult times might become. Always know that you can be in that eye of the storm, and let the storm continue to rage around you, but you are safe within your Light Body.

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. Shoshanna is here. And we are ready to go with your questions.

We do not have message directly. Do you, Shoshanna?

SHOSHANNA (Channeled by JoAnna McConnell)

Not at this time.

OWS: Very good. Then we are ready to move on with your questions, which often lead to various messages as well. Various ways to help you to continue to understand, as Sananda says, who you are. *That* is the most important thing: to *remember who you are*. And now your questions?

Guest: Yes. I have two questions from the e-mail.

OWS: Yes.

Guest: The first is from a brother who had an experience where he was told to put two crystals on a beach, and one was in a higher position than the other. He is wondering if these crystals had anything to do with the opening of the gateway, which was on 2/2/2020. This was also the date of the experience that he had.

OWS: Yes. On the date of your Feb 2, 2020, that was the opening of a massive gateway at that point.

And the particular direction that this one received to place those crystals as he did, and he followed the direction on this particular day, on this particular opening of the gateway. And this assisted.

He may not become completely aware of this, and you may not be fully aware as a whole, here, that one individual can make a difference, here, but that one can. And this one did in the use of the quartz crystals to be able to place them in a direct indication that was given. He followed this indication, one high, one low, one feminine manifestation, one masculine manifestation to fully understand what has occurred here. To bring the balance within this gateway.

And this gateway has opened up across the entire planet, you see, it is the connection there.

Not that you can simply walk through the gateway. You are not ready to be able to do that, or most of you are not. But you will be able to have access to this gateway as a gateway of light that is coming through. It is not so much that you can walk through this gateway, it is a sense that the light can come through this gateway, and that is what happened. And it came through on this particular area where this one had the experience, here.

But it was not only this one that was doing this at times. There were others who were also directed to do similar type of experience here, working with the crystals in this way, in augmenting, we will say, the light coming through the gateway across the planet, here. Okay?

Shoshanna, anything you can add here?

Shoshanna: We can share just one aspect of this, although you have explained this in very good terms, very understandable terms.

What we will share is that as all must already know that a crystal is an exponential instrument. It magnifies its presence where it is placed. It can magnify negative, and it can magnify positive, as it takes the energy from the area and magnifies it out.

What we find is that the place where these crystals were placed, near water, gives the opportunity for these crystals to magnify a great energy, as the area is pristine with energy. Water carries magnificent energy, and the area carries magnificent energy that would allow for a magnification to take place so that

whatever is happening in that area can happen more easily. That is all we have. Namaste.

OWS: Very good. And we will also add here that intention is very important in these aspects, in these experiences. If you have the intention, and you put that intention within the crystal, it can magnify this greatly. And the more intention you have, the more power that you put behind your intention, the more it can magnify it. And this is what this one did in terms of having the belief to follow through with this process.

And this goes for everyone here. Also, if you ever feel the need or the direction to do something similar to this, follow through with it. Do it. And realize that you have the ability to direct energy, to intend energy at great, great levels beyond what you may even begin to believe is possible, here. Okay?

Are there other questions, here?

Guest: Yes. There is another one from the e-mail from another brother. He was asking when are the ascension symptoms going to start to subside. And how long after the solar flash will dark beings start to be removed or be removed? He further wants clarification on the term, what does it mean to be 'consumed by the light.'

OWS: Very good. Actually, we will answer the second question first. In terms of those of the dark beings, the dark forces, and how they are going to be removed. Or rather, we should say they are in the process of being removed, and have been for some time, now. Not all, of course, have been taken off planet, but it is moving in that direction. And when the Solar Flash, The Event, happens, certainly that will be a major catalyst to finish the job, you might say.

And to understand when the saying has been given, those that come from the darkness will either join the light, or they will be consumed by light. What that means is if they are willing to allow the light to come through them and become a part of them, then they will not have to go through the great consummation process at the Central Sun.

And if they *do* decide, though, that they do not want to turn to the light, and they just are adamant about not doing that even after being given many, many opportunities to do so, then they will find themselves being consumed by the light in terms of being regenerated back to their beginning essence, we will say, with all of their memories, everything, wiped out. Their soul memory, soul record, would be gone. So that is how that happens, here.

And what was the first question here again?

Guest: Yes, he was asking when are the ascension symptoms going to subside.

OWS: Yes, ascension symptoms. We will say they will subside when they subside. We really cannot answer that question directly because everyone is different, so it cannot be said when it will subside. But certainly, as you come close to The Event, as you come close to that Solar Flash event, those symptoms will largely be gone at that point, and certainly after that. That is what we can share here. Shoshanna?

Shoshanna: We can add to this. The symptoms that many refer to are a result of resistance. When an individual resists their potential, resists their movement in consciousness, the symptoms will dig their heels in and be augmented by resistance. As we move forward as a collective and we embrace the movement of change that is taking place, the symptoms will calm themselves. Namaste.

OWS: Yes. Very good. Are there other questions now?

Guest: Yes, One Who Serves, and Shoshanna, hello Dear Ones. As long as no one else is jumping in quickly, I'll jump in.

I need a little bit of clarification, because this question mark is kind of blocking my ability to interact. I have had the experiences of having what I then thought was a twin flame, which occurred to me as looking like Yeshua or being Yeshua, and we would go traveling back in time to the days of Yeshua. And then along came this other that appeared to me more like Bob Marley, and we would travel into the inner Earth, and we still do. At some point I thought it was the same person, same thing. Then other times, though, I have come to think it is not the same individual, but there is a kind of a male-female experience to both. I don't want you to tell me who it is, but if you can just clarify are these the same individual? I think my 3-D thing of what is appropriate about interacting with different beings in certain ways gets in the way of my experience with them both. Can you give me clarity on this?

OWS: Yes. Shoshanna, do you want to begin?

Shoshanna: We cannot at this point. You must explain this.

Guest: I must?

Shoshanna: One Who Serves must take the lead.

OWS: Very good. Then what we will say here to this is, of course, we cannot say directly who is your twin flame, because that would of course be ruining the surprise for you, so we would never do this. We can tell you, though, that your connection here as you are finding it with the Yeshua and with the other one

that you mentioned here, they are not one in the same, as you are saying, but they are aspects that you are connected with in some ways here. Not that this one, they are directly your twin flame, we are not saying that, nor would we say that. But it is up to you to allow for the process to continue.

When the time comes, when the vibration increases enough within you, then you will have access to your twin flame directly, whether that is before The Event, or after The Event. Whether it is after ascension or before ascension, or during ascension rather, that remains to be seen here yet as far as how you continue to raise your vibrations over a period of time, here. Okay?

Shoshanna: We will share on this.

OWS: Yes.

Shoshanna: May we share our perspective, Dear Sister?

Guest: Please.

Shoshanna: The energy of the twin flame is a soul consciousness collective and can produce any experience that the human who is longing for the experience wishes to participate in. So you must understand that whatever you see, whatever you feel, whatever you are taken in your travels, that the being that you are calling for, as One Who Serves has indicated, is an aspect. So when you truly call forth the energy of the twin flame, the twin flame is a soul collective with *many* experiences, *multiple* personalities, *multiple* presences on *multiple* planets. So you see you can have any experience you wish to have, and that being that is joining you is a collective. Namaste.

OWS: Very good.

Guest: Thank you. I appreciate that. They seem to be coming sometimes together now, but separate from each other, but together to me at the same time. So now that explains it that they also must be somehow connected. Thank you.

Shoshanna: They are a collective. Namaste.

OWS: Yes.

Guest: Great. Thank you.

OWS: Would there be any other questions, here?

Guest: Yes please. I would like to speak.

OWS: Yes.

Guest: I would like to speak about a dream. I have memories of this. It tends to surface on occasion as this dream. The dream took place when I was a child.

Shoshanna: Yes. We will tell you two things, if we may share our perspective with you?

Guest: I would love it.

Shoshanna: You may do two things:

You may write about this. You may begin to journal this memory in great detail, and you will find that as you write about it, many details will be filled in for you that you do not have currently in your memory, so that these things will be filled in for you if you write about it.

The second thing we will tell you to do is ask in a dream to fill in more details and participate in the dream as a lucid player in the dream. We would tell you to attempt this and to practice this.

We can tell you that this is clearly, as you know, a past life memory. What you are seeking is a reason for the memory and a root to the memory. And you can do this by doing those two things we suggest. Does this make sense, Dear Sister?

Guest: Yes. I never had considered that it could possibly have been from a past life experience. Thank you.

Shoshanna: Yes it is. Namaste.

Guest: May I ask one more question?

OWS: Yes.

Guest: Okay. I have been noticing that there tends to be movement in the plates in my head, in my skull. And sometimes the right side will be in the back, or what used to be the opening in my skull as an infant. It tends to get larger. And then the other side gets smaller and it kind of goes back and forth. I heard some reasoning about this a long time ago, but I would like some

clarification. I'm sure other people might be interested on experiencing similar things as well on the shape of the skull changing as it progresses in their growth.

OWS: We did not quite understand. Are you speaking of a physical manifestation here of something happening within your skull? Is that what you are saying?

Guest: Yes.

OWS: And how do you know that this is happening?

Guest: By touch. It essentially is a plate. Because there are four plates in the skull. I am noticing that toward the back of my head that one seems to rise, and the one seems to lower, and go back and forth. I'm not sure how to ask it into a question other than that is this a common experience?

OWS: Are you asking is this a common experience?

Shoshanna: She is asking if it is a common experience as one grows in consciousness.

Guest: Yes.

OWS: Very good.

Shoshanna: We can answer. May we share?

Guest: Yes, Honey.

Shoshanna: We find *you* to be a very interesting specimen, Our Dear Sister. You are an experiment. You have come to this planet to be something different than most. And *you* are an experiment in consciousness. And those that wish to provide a broader experience for you are shifting your plates in your brain to attempt to reach you and provide more information to you on who you are, what your mission is, and how you can participate with humanity at a more expanded level. This is an experiment that is occurring, and you have agreed to this. And it is *is* for your broader understanding and your consciousness. This is what we find. Namaste.

Guest: Excellent. Thank you.

OWS: Very good. Are there any further questions, here, before we release channel?

Guest: Hi One Who Serves. What was just being spoken about her brain, which she was feeling with expansion and whatever was going on, I have been experiencing for about two weeks now, maybe, oh maybe not that long, a little more than a week. Anyway, discomfort in my brain area. The top, and now the back, way back, right above the neck. The discomfort comes and goes. So I pay attention to it, because I don't get headaches at all. So when something occurs around my head, I really pay attention to it, because then I realize they are doing work. Obviously, something is happening that is being needed to be looked at or worked on, and so forth, so I allow it, and so forth and acknowledge it.

Anyhow, a few nights ago while I was doing some work. I was in conversation, and I don't recall who it was, but I was in conversation with one of the higher spirits, and I felt their hands go back around my head on the back part of my head, and it stayed there during whatever I was doing with them at the moment,

and could really feel it strongly. I couldn't come out of what I was doing to break that, so I just allowed, you know, and acknowledged it for a moment.

But it happened more than once. It happened at least two or three times right after that. So my question to you is was that our beautiful divine Light Beings doing the work? Or was that the person I was in conversation with?

OWS: First of all, you already know the answer to that, because you have already said that they are working with you and on you in this respect.

But we are going to move this into more of a generalized understanding here. Not so much for this one who directly asked this question, but for all of you, to understand that there are various symptoms that are happening now, or are going to happen more and more to many of you that are going to be different. They are going to be foreign to you. They are going to be out of the ordinary, you might say. And they are going to happen with more frequency. Not that they will cause pain or anything, but they will bring your attention, it will get your attention, here. Just as these ones that are speaking here, it is doing for them.

And it is, as Shoshanna has said, an expansion of consciousness. And this is all a part of the ascension process that is occurring. So again, more and more of you will have these types of experiences. They are nothing to be concerned about or worried about. And certainly do not create any fear around it. It is just a happenstance that needs to occur as your consciousness is expanding, as DNA is changing, we will say, rather, it is becoming more back to what it was originally, in terms of the strands of DNA. And you are receiving various downloads that are coming in. And they are going to affect, again, more and more of you. We will leave it up to Shoshanna, though, if she wishes to be more specific here.

Shoshanna: We wish to share on this. This is very exciting news. May we share?

Guest: Yes, of course.

Shoshanna: We find that the one who shared before you, and the one who is sharing now that we speak to are part of the forerunners. They are harbingers of the change. You have both agreed to participate at a higher level to bring about the changes that are occurring in the world more quickly, and that you have given permission that you could be, we will use a term that is difficult to use, but you will be used as the ones that are reshaped as the harbingers of things to come. We believe this because of who you are and how you have participated thus far in these great changes that are occurring. Namaste.

OWS: Very good.

Guest: Thank you so much.

OWS: Is there any one further question? We need to release channel. One more question:

Guest: Well, I was going to say, if no one else is jumping in, can I ask one more, One Who Serves?

OWS: Yes.

Guest: Okay. I wonder if you could say a little bit more about the Kumaras. I know that theoretically most people think there are four, but then I've seen also that there are seven. I believe the gentleman that I do visit, my love in the Inner

Earth, may be one of them. Can you say more about the Kumaras, how many there are, and what they are?

OWS: We can tell you that there are many, not just four or seven, there are many. But you are speaking of are the Seven Flame Lords from Venus. And Sanat Kumara and Sananda Kumara are two of them. And there are certainly many, many more that have been assisting here with the planetary ascension process over a very long period of time. Many have gone on. Many have left this system and have gone on. But some are still here.

Sanat Kumara, of course, is one who said he would stay until the end here, you might say. Or in this case, more the beginning of the New Age. And he left for some time, and he returns here and there, you might say.

They are here. We will just say that. And they are here to assist mankind in any way that is possible to do so. And they are very, very strong and powerful in being able to assist here. Shoshanna?

Shoshanna: We can share.

OWS: Yes.

Shoshanna: May we share?

Guest: Please.

Shoshanna: Kumara is an achievement of body-mind consciousness that transcends all that you know. This is a state of what you might call supernatural. This is a state of mind-body consciousness achieved by these beings that is beyond three-dimensional understanding, and they have become

transcendent beings and, again, as you call it in your understanding, supernatural. They are beyond understanding. Namaste.

Guest: Thank you.

OWS: Then we are ready to release channel, here.

Shoshanna, do you have any message to give here at the end?

Shoshanna: Not at this time.

OWS: Very good.

Then we just simply say just a simple keep on keeping on. Don't give up. Keep it going. Do everything that you can to continue to raise your vibrations wherever you have the opportunity. Become aware of yourself. Become aware of your body. Listen to your body. Do not succumb to the programming of the medical profession or anything of this nature that continues to hold you to that programming and continues to keep your bodies sick and aging and dying. And that is *not* what the body was meant for. So take charge of it.

Shanti. Peace be with you. Be the one.