

2020.05.03 – ANCIENT AWAKENINGS – PREPARE FOR CHANGE

Sunday Call (Sananda, OWS, Shoshanna)

James & JoAnna McConnell

SANANDA (Channeled by James McConnell)

I am Sananda. I am here at this time, and in these moments to continue this awakening process with all of you. To continue to guide you, assist you wherever that is possible.

You all have a saying, “the times they are a-changing.” And these times are certainly about that. It is about change. It is about awakening. It is about remembering who you are.

But not only you, the Light-workers and warriors, but the Collective Consciousness as well must come along. And you are the Way-showers to bring this about.

But you can only do so much. You can only do what you are able to do in the moment. Do not feel in any way if you are not making a dent. If you are not making a difference. Do not condemn yourself for this. For you must awaken first, and *then* assist others in their awakening as they are ready to do so.

But as you are finding out, not all are ready at this time. Not all come to understand what you have come to understand. So many are still continuing to sleep. So many are continuing to be within their slumber, and have been for many, many lifetimes, and continuing in this one.

But do not fear at all that everything is not going to change, because it is. You *are* coming out of the storm. The storm is upon you now, and you have been in the eye of the storm. Many of you have been very comfortable there.

But the comfort is now leaving for many of you. You are finding that you can no longer be in that storm and be comfortable in it. You must go beyond it, now. You must realize that everything is certainly happening for a reason and being orchestrated. And that The Plan is continuing to be in the works. Do not despair, as many of you are tending to do, now.

Many of you find yourselves becoming ensconced again within the three-dimensional illusion at times. But at other times you realize that you can come to your center within you and you can feel the Universal Source of your being fully enveloped within you. And in those times, you realize that everything is exactly as it needs to be, and you are in the exact place in that moment that you need to be there.

So have heart, people. Have heart that you are moving ahead exactly as you need to right now. There is nothing to be concerned about, even though it appears that all around you are bringing concern to the picture. All around you are continuing to hold fear.

But is up to you, the Light-workers and warriors, to help to extinguish that fear, to help to raise it to be higher vibrational frequencies within you, and to help them as well to come out of that fear. Not in a way that is detrimental to you. We would never suggest to take a chance like that to bring anything to you that is not for your better and highest good. But know that as you are working for

your highest good and for the highest good of all around you, that you have everyone's best interest in mind.

So continue to trust in The Plan because it is exactly The Plan that you have been a part of creating for many thousands of years. And that plan is coming to a culmination now. It is not far off at all, where you will find salvation, and all around you will find that salvation as well.

You will find your freedom. Because freedom is what your destiny is, what your right is. Freedom. Freedom to be whoever you are. Freedom to reach to the very stars above you. Freedom to become the highest good within you that you can be in the moment. It is your birthright. It is your destiny. It is The Plan.

I am Sananda, and I leave you now in peace, and love, and harmony, and joy. And ask you each one now to continue to reach out to your brother and sister, to reach out and bring them the Light whenever they ask for it.

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 here. And we are ready to answer your questions if you have them.

We do our best when we have these question/answer sessions to be able to alleviate your concerns, to be able to assist you in helping you through this entire process. We know this process is difficult.

But you also each one know that you came here for this. You came here to be a part of this. You knew the travails that would be a part of you, although you were not quite aware how difficult your lifetimes could be coming into this one. But you knew that at some point that you would reach the culmination, you would reach the end. And this is it, people. This is the times you have been waiting for. This is the times that you have been preparing for. And you are exactly in the moment right now where you need to be, right here, right now in this moment.

Now we ask for your questions if you have them. Anyone here on the phone, here, that wants to ask their questions? You can unmute your phones now. Yes?

Guest: Hello. Can you hear me?

OWS: Yes we can.

Guest: Okay, good. So I would like to ask a question. I don't know if it is a good question or a bad question, or whatever, but I'm going to ask it anyway. There is a little chagrin, I think, when you consider people who have done such dark, dark deeds, and then it sounds like they are going to get off scot-free, if you will. Which I know is not a very enlightened way to look at it, and that's why I'm saying this, you know, as I am.

But I do believe, and I would like some validation of this, I kind of believe that the life itself of such an evil person who harms children or does all these terrible things, I have a sense that the life itself is a punishment. It is just such a misery of a life, I would think. And I think that if we know maybe a little bit about how miserable a life folks like that might have had, then we can have a little more compassion. So can you say anything about the Law of Karma and the lives of people that do evil deeds like that?

OWS: Yes. First of all, they are not going to get off scot-free, as you are giving, here. No one can. Because everyone is in judgment, but of themselves. It is not any *one* or any council, or anything that will be in judgment of them. But they will find the judgment within themselves. And they will need to relive all the past hurts. All that they have done to ones before them.

Just as anyone, when they pass to the other side, go through this judgment process. Again, not any *one* judging them or even the Source judging them, but themselves judging, because that is the real karmic debt to pay here, as you are saying, here.

It is the judgment, it is the knowing that they have harmed another, and that is against Universal Law. And when they go against Universal Law, then there can be nothing but a final judgment within themselves, you see?

Shoshanna, can you add to this?

Shoshanna (Channeled by JoAnna McConnell): We can share on this. We can share. May we share, Dear Sister, our perspective on your question?

Guest: Yes, please.

Shoshanna: It is important that in this life, as one life, that we view an entity as eternal. That that which you see is an eternal being that has lived multiple lives and will continue to live multiple lives, and will seek ultimate balance.

The Law of Karma is a balancing act, you see. So the human that is profoundly evil as One Who Serves has given, will meet the experiences that are required to rebalance that soul. We are a compound entity that lives within the soul and ultimately the being will have to rebalance itself to balance the soul and the light within the soul. So you see, as One Who Serves has given, there is no scot-free, and we must not focus on one entity's life, as we are all multi-dimensional and

will be accounted for as we experience all other experiences that balance one to the other. Namaste.

OWS: And remember, it has been given many times here: those who will not turn to the light shall be consumed by the light. And that is their final destination if they will not turn. Okay?

Guest: Yeah and, can I say one more little quick thing?

OWS: Yes?

Guest: Would you say it is also correct that the life they must live without love, without joy, with complete fear all the time, it must be in some ways its own punishment. Would you say that that is true?

OWS: Not so much at the conscious knowing level, but yes, it is true at the higher levels within that one. Because they are in darkness. And darkness is the rest of the light, and that is a place that you would not want to go to. Let's just put it that way.

Shoshanna: May we also contribute in some way to this?

Guest: Yes, please.

Shoshanna: Dear Sister, the idea of punishment is a 3-D concept. It is not about punishment, it is about balance. If we wish to increase our vibration and live as divine beings, the idea of punishment must be left behind, and we must seek to be compassionate.

We also must seek to understand that the individual that is living in fear, that is in pain, that we must be compassionate toward that being for just one reason: because as you become more compassionate toward that being, that being

changes, you see. The being that you give compassion and love to has an opportunity to re-invent itself into a higher vibrational being. When a being is suffering, to cast upon that being a punishment will decrease its vibration and send it into a spiral of pain that is worse than what it was feeling before, you see.

So as a Light-worker, the job of a Light-worker is to find compassion and love and understanding toward that being to uplift it. And the Collective will benefit from that completely, you see. Namaste.

OWS: This is why we say ‘forgive, forget, and move on.’

Shoshanna: That was the simple way to say it (laughs).

OWS: Yes. Forgive, forget, and move on.

Guest: Thank you so much.

OWS: Speaking of moving on, is there another question, here?

Guest: I have a question I could ask.

OWS: Yes?

Guest: So when I’m at the supermarket, when I am in public places sometimes, places where I feel a lot of density from the collective, sometimes I feel like this energy rising up in me. And I feel the need to imagine dragon fire, like dragons breathing fire. So I see all this density, and then suddenly I feel the need to image a dragon breathing fire. And when I imagine that, suddenly the density clears up. Suddenly the whole atmosphere changes. I would like to ask what is this about. Is there a relationship to dragon energy? What happens?

OWS: The reason you are certainly having that is because you have a connection, here, to that dragon energy, as you are saying. And that is something that is very *strong* within you, and a very strong memory, even if it is beyond your conscious knowing self.

But, we would say for you, because it is so strong, go with it. Whatever works, then do it if it is not harmful to anyone else, and certainly this is not. For this is simply your memory bringing this idea of the energy, here, back to you, and a way to protect yourself—to shield (we will use this word better here) to shield yourself from the dark forms and the collective dark miasma that is around you in those times. Okay? Shoshanna?

Guest: Thank you.

Shoshanna: We can share on this. May we share, Dear Brother?

Guest: Yes, please.

Shoshanna: Dear Brother, the dragon breath, the fire, is to cleanse. You are cleansing the area around you, as has been given by One Who Serves, so that you may maintain a balance within the darkness, you see, within a public place where there is much darkness, much fear, and much trouble. So you will use this energy to cleanse your auric field so that you can maintain balance, you see. Namaste.

Guest: Thanks.

OWS: Very good. There is so much that particular who is asking this question could gain from looking back at some of your past lives which are attributed to this connection with the dragon fire and the dragons themselves. For they are certainly not simply a myth within your mythology, here. They were very real,

and are still, at this time, very real. So if you wish, you could do some research and look into this further for yourself. But that is up to you.

Guest: I will do that. Thank you.

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

Guest: My question, I had an experience last night with another nice big ship. I've seen new ones coming into our atmosphere lately. They are different ships. And so knew that there were some different star family coming.

So last night, as I was laying down, I was looking out my window and I saw a big bright light. It was moving slowly, real slow, and it's low. And I'm like, wow, okay, that's too bright to be a plane, so I kept an eye on it. All of a sudden it stopped right in midair. And *that* has not happened. I have seen that happen, but that was the very first ship I ever saw that actually did stay in one place for periods of time.

Anyway, this ship started to blink in and out to let me know, 'yes, it's me, I'm here.' So I grabbed my phone, ran out to the front door. Called to my sister. She was laying on the couch sleeping over. Come on, come here, come here! There's a ship! A huge ship! Now she was a nonbeliever of it. She kind of believed it, but whenever I show her one, "no, that's not it, that's not it." So I called her to the door, "you gotta see this, a big ship! It's blinking in and out!" So she came to the door, and sure enough, it kept doing it for her while she was watching as well. So it was really great. So then she went back to what she was doing.

I ran and grabbed by telescope and ran outside to view it longer. So anyway, as I was viewing this, so excited, welcoming them, made sure they were of the Light. It wasn't anybody that I normally ask if it's them. And so I didn't know

who to ask who it could be. And so I said from the Orion? And it was given a 'yes.'

So I just wanted to ask you. Now the feeling and thoughts that were coming through me was that this ship was sent here (I don't know, how do I say this humbly) to me, to see me, and it was going to be stationed there for me. So I want to hear your side of it.

OWS: This is an example of what we have been saying for some time in that there would be the glimpses, the glimpses between dimensions. And that is what you are beginning, and more and more often, as we find it, to be able to ascertain, here. You are getting those glimpses because you are believing. And the more that you believe, the more that you will get these glimpses, and therefore it will lead to more belief, and more of the glimpses. And pretty soon you will be able to see interdimensionally at a whim whenever you want to. This is what is coming for you. Maybe pre-Event, but it may likely be after The Event where it will become more fully prominent for you to be able to do this. Okay? Shoshanna?

Guest: Yes.

Shoshanna: We wish to share, Dear Sister. May we share?

Guest: Yes, Shoshanna.

Shoshanna: Dear Sister, we shall call you 'Commander.' (Whew...) We are filled with emotion because we know that those beings that you have invited into your experience are wishing to communicate with you fully.

You command a fleet. You do not know this power yet. You do not know who you truly are yet! You have *workedhard* to expand your consciousness so that these beings of light can enter into your sphere of influence to be *commanded*.

You must begin to understand this, as these beings that have entered your perspective, entered your consciousness, wish for you to ask them for help. To ask them for guidance. To ask them to help the planet. They have come to you many times, and you know this. You have seen the glimpses now for a long time, here. Now it is up to you to remember who you are, Commander, and realize that you have the power to communicate with these beings and bring them to the Earth to help the planet ascend. This is what we have to say to you. This is *very* important.

You, in your state of humbleness, do not realize your power. Being humble is important, but being powerfully humble and humble in your power is the most important, here. Namaste, Dear Commander.

Guest: Thank you.

OWS: And we wish to take this a little bit further. Not just for this one who has asked the question, although that has prompted this, but for *all* of you, all of the Light-workers, the Light-warriors, here. You have to understand where you have come from. You have to understand the importance that you need to give to yourselves. You are not the meek and mild, here, although in this lifetime you tend to be that. But remember, as the Yeshua gave, “the meek shall inherit the Earth.” *That* is what this is all about.

You were the volunteers. You volunteered for this mission long, long ago. And as you volunteered for the mission (and there were many, many that volunteered, but maybe that were not chosen for this), you were the best of the best! You were chosen for this.

So you have to understand that when The Shoshanna says ‘Commander’ to this one, many of you are also commanders in your higher aspects of yourself. And when the times comes as your missions continue to unfold here, when the time comes, many of you may very well take your seats upon the ships again.

That is all we can say on this. We cannot give more. But just a little glimpse of what is coming for you because of who you all are, you see?

Would there be any further questions here, now? Anything further from those here on the phone audience? What is your saying, 'going once, going twice.' Very good, then we ask for those e-mail questions here, we can now answer them.

Guest: Thank you, One Who Serves. My first question is from a Brother asking for you, and perhaps Shoshanna, to elaborate on the exchange process that will be coming our way because of the RV and the NESARA.

OWS: The exchange process, as you have come to understand it with RV, global currency reset, NESARA, all of this, is in the works. It is all still in process. It is not something that is going to occur overnight, here. It is something that is, and is going to continue to take some time, here, time as you understand it. Not so much time as *we* understand it, but time for you in your third-dimensional illusion.

But that is the idea, here. It is in your third-dimensional illusion. So it is not something that we would suggest that you would continue to focus on. We would say for you to just let it be. Let it be, whatever it is going to be, and be grateful for it as it comes, however it comes. Do not focus on date, do not focus on, 'oh, *now* it is going to be announced,' or '*now* it is going to be shared,' here, and '*now* we are going to hear all about the NESARA,' and all of this. No. Just let it be what it's going to be. And before you know it, it will be hear within your reality because you have created it to be so. Okay? Shoshanna, anything you can add to this?

Shoshanna: We can give a perspective on this as gently as we can.

Because what is of a higher vibration, we would say, is to understand that what you have given, One Who Serves, is the exchange process is a very third-dimensional concept, as suggests a hierarchy, suggests that some will have assets and some will not.

What the divine plan is, is an attempt at balance that all will be given what they deserve. All will live freely. All will be in balance. All will have what they need. All will be given abundance. The playing field will become level.

Many do not wish for that, as they wish for an exchange that will give them riches. They wish for an exchange that will keep the secure.

You see, those are third-dimensional concepts. The exchange is an idea of survival. One must give up those terms. One must give up all of that and wish for compassion and understanding, and that all will receive what they require to live freely and to live abundantly. Namaste.

OWS: Yes. Very good.

Guest: Thank you.

OWS: Would there be any other questions, here?

Guest: Yes, please.

OWS: Thank you, One Who Serves and Shoshanna. Blessings. So the topic has come up that we will be experiencing two suns. Now I have become aware that man of us are experiencing shifts in our sleep time. A friend of mine I talked to yesterday who experiences similar. I am awake until like 4 o'clock a.m., and then I'm ready to go to bed. And then I'm up around Noon. So it occurred to be after this conversation with my friend, I'm wondering if the shift

in our sleeping patterns may be preparing us for the second sun and the light.
Thank you.

OWS: What we can tell you is the shift in your sleeping patterns is prominent across the board, here. Many are having this particular ascension symptom, if you wish to call it this, and are experiencing this as the dimensional shift continues to happen, here.

Whether we can associate it, as you are asking about the second sun or not, we cannot do that for you yet, at this point. But understand that because you are coming up with this concept here, it must have some validity. And that is all we can give as somewhat of a hint here for you.

Guest: Wow.

OWS: Shoshanna, anything you can add?

Shoshanna: We can share. May we share?

Guest: Of course, My Sweet.

Shoshanna: We must tell you that the sun that has nurtured the Earth, has brought life and has sustained the Earth, is the Mother of the Earth. The sun, that is the mother of the Earth, will ask for the sister sun that is behind her to appear when the time is right. As we find it, the mother sun has not requested the presence of the sister sun at this time. What we know is that the second sun has been there all along, but is behind the mother. When the time is right, and when the Earth is required to have a second sun appear and nurture it and sustain its life, that will happen.

What you are finding in your sleep pattern *is* a preparation. We do not know the time of this preparation, but we do know that the sister sun is alive and well, and just waiting to be called. Namaste.

Guest: Quick question: What just occurred to me, is our sister sun going by the name of Alcyon?

Shoshanna: We cannot give that at this time. Namaste.

Guest: Okay. Thank you.

OWS: We can give you, though, Alcyon is the name of the Galactic Central Sun. That is the name for the Galactic Central Sun.

Guest: Thank you.

OWS: Yes.

Shoshanna: Be ready! It will appear when the time is right, and those who have eyes to see will be gleeful and joyous at its appearance.

OWS: Yes.

Guest: Indeed.

OWS: Would there be other questions, here now?

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

OWS: Yes?

Guest: The next question is in regard to the United Kingdom: what is the real reason that Prince Harry left the Royal Family, and is Prime Minister working with the cabal?

OWS: The Prince Harry knows the truth, and the truth has set him free. That is all we can say on that.

And the one that you are speaking of as Prime Minister? Whether is cabal or not, we cannot give that directly. That is something that must come to the truth of the Collective Consciousness when the moment is needed, here. We cannot give that here. Shoshanna, we do not know if you want to.

Shoshanna: We wish to share. We wish to share for all to here. There is duality on this planet. This is the principle that this planet was founded on, to teach one to choose Light, you see. It is a choice. The family known as the Royal Family has both elements: has the Light and the dark, as most families do on this planet. When one of the members of a family move away from the core of the family, it is most likely that that one has chosen the Light, and has chosen the truth.

We cannot say whether this one has chosen that, but we can say that the movement and consciousness that requires one to choose Light over darkness is heavy upon this planet, and you will see many breaking away from those that you call cabals. Namaste.

OWS: Yes. Very good. Is there another question, here?

Guest: Yes. The last question is, when will the pandemic be over, and when the world finally opens up, will President Trump be able to tell us the truth about what really happened?

OWS: First of all, we would say to you to not use that terminology, 'pandemic,' Because it is not such. It has never been that. It is more of what The James and others have called here a psy-op, a mass hallucination or a mass hypnosis, here, and creating a mass illusion to bring fear into the project, into the plan, here, by those of the dark forces to continue to hold control. That was what this is largely about. There are many facets of this, but it is mostly about control, and bringing mass hypnosis of control to the population of not only here in this country, but the entire world.

But as you know, they have largely failed, here. Because much of what is happening, or has happened, and what is happening is being shifted and changed by those of the Light. To bring diversity or bring something more positive to the situation as a result of this, by what you call The Alliance. They are deeply involved in all of this, and are a part of bringing the expression through here of the Light and overcoming the darkness. That is what we can tell you here on this. Shoshanna?

Shoshanna: We can share. We would like to share our perspective on this. The human asking the question is forecasting a future, is requesting that we forecast a future. And what we are going to ask again for all that are listening and all that wish to raise their vibration to its highest level of divinity is: please live in the moment. Please find joy in the moment.

You will find that a planet such as this will expand and contract, expand and contract, fight for the Light, fight for the dark, chaos, drama, etc. What you must find is the neutral point. What you must find is joy within yourself. You must live in the moment as much as you can and sustain appreciation, gratitude, and joy in those moments, you see. When you have achieved that, all will change for you, regardless of what others are doing. Namaste.

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

Guest: Yeah, I have a short question. Hello One Who Serves and Shoshanna. What you said about Harry, about leaving England and the kingdom and his past. I left Germany and my whole family over there in 1976. Is that also the reason why I did?

OWS: We cannot say what your reason was, because only you know the reason. But we can tell you, from a higher perspective, you are right where you need to be. Okay?

Guest: Yeah. Yeah, and I know that.

OWS: Yes.

Shoshanna: We wish to share.

Guest: Of course, please.

Shoshanna: Dear Goddess, we find it amazingly interesting that you have asked this question, because you know the answer. You have been in pursuit of the Light since the time of your birth, you see. You walk as a goddess, not knowing you are a goddess, you see. You must acknowledge who you are. You must know your power. You must maintain humility in that power, and you must use it for the Light, for the upliftment of all. And we find that that is what you do, you see. It does not matter where you are, what your environment is, what country you are in, where you left, and where you stay. It is up to you to know who you are, that is your mission. Namaste.

Guest: Yeah. Thank you. I know that. And I know I needed to get away [from] there, because there were too many strings attached.

Shoshanna: Of course. We know you know.

Guest: Thank you.

OWS: Very good. And now that we know, we are ready to release channel, here. Shoshanna, do you have any final parting message, here?

Shoshanna: We wish to ask all that wish to be in the Light, share the Light, be warriors for the Light, to do just that. And to do that, one must rise above the chaos. One must live in the Light. One must find the joy in the moment. One must disregard the drama, as the drama is a distraction to pull you away from the Light. Live within the Light, in the moment, in gratitude, love, compassion, and understanding for all. Namaste.

OWS: Very good. And we just simply say to keep on keeping on, here. Don't let those things which are going around you hold you down, hold you back, bring you to depression, all of these things that are tending to happen. Because you are seeing the inequality of man, sometimes at their worst, here.

But if you look beyond this, if you look for the silver lining that is there, then you will see that in these moments everything is certainly working out as it needs to. And it is the calm before the storm—or rather the darkness before the dawn—that is a better analogy to use. Because even though it appears dark around you at times, here, and it tends to bring you into what you call the 'doldrums,' do not allow that.

Because if you find yourself in the moment, and find that neutral place within you in the moment, then you will certainly see that the sun is shining on the other side of that storm.

Shanti. Peace be with you. Be the one.