

2020.05.24 – ANCIENT AWAKENINGS – PREPARE FOR CHANGE

SANANDA (Channeled by James McConnell)

I am your Sananda. I am here at this time to continue to assist you and guide you along the way. just as all of us have been doing. Not only through this channel, but through many other sources as well. As we continue to bring further understanding, so that you are more equipped to be in the higher vibrations. That you are more prepared to be in the higher dimensional frequencies.

But in order to do that, we have been working with you diligently to bring you to the point where you begin to understand more and more that it is all about the attachments that have held you back. It is all about the programming that holds you to this third-dimensional illusion.

And once you are able to free yourself of the programming and find yourself in that perfect moment in the NOW moment, and no longer focused on the past, and no longer looking only to the future, but being in the very perfect NOW, and in that neutral state in that now moment—*that*, my friends, is when you ascend.

When you are able to hold that frequency, hold that higher frequency in that now moment—that is when you find yourself not only in the Ascension process, but in the full Ascension, in that first wave of Ascension that has been spoken of. That is what you are all being prepared for, those of you in this group, as well as all of the many other groups that are meeting across the planet, and all of

the individuals that are finding the higher levels of knowings within them coming back to them.

And I say now “coming back to them,” because you have all had it before. You have all been in the higher vibrations before. You have all been in the higher dimensions before. You have allowed yourselves to come down to let yourselves be brought down into this third-dimensional illusion because that was what was necessary as you volunteered to come here.

You have heard this many times. You volunteered to come here. You volunteered to be a part of this evolutionary process, to be able to assist those that are here, those that are *not* the ones that come from the stars, but those that are here. And you are here to assist them. To bring them into the higher vibrations with you.

Can you bring them all with you? No. You will not be able to do that. But that is not up to you. Because if you believe that you have to hold onto that understanding that you can bring everyone with you, that in itself is an attachment. You cannot bring *anyone* with you that is not ready to come with you. But understand that *everyone* will be accommodated, *are* being accommodated, in the realm that they need to be in those moments.

So just let it go. Let it all go. Go with the flow, as you have heard many, many times. And just be yourself. Do not try to be something that you are not. Do not worry about being the savior of all of mankind, because you cannot be, unless it is destined for you to do so.

There are certain ones that rise above the rest. Not in terms of lower or higher, but in terms of coming to a higher level of knowledge and knowing within themselves so that they can reach out to their brothers and sisters more and more. And those of you in this group and, again, many other groups, are attempting, or are learning to do so, are *remembering* how to do so.

Remembering that you were, and are even, at your higher vibrational selves, you are already commanders. You are already ambassadors and emissaries from other worlds. You have already done that. And you are already going to be going back to that if that is what you wish. Because it is all about choice.

And the choices that you have, you have been held back from for so long to be able to make the choice for freedom. And I speak now of freedom. Freedom to make your own choices in every moment of your lives in your entire existence. That is what free choice is.

And all of you will have that opportunity. You have it now, but you do not yet realize that you do. But no one can make you do anything that you do not want to do: *no one*. And that is what you have to come to understand. Because when you do, you come into your power. And when you come into your power, you speak that power out. You speak the god source, the power within you out. And no one, when they hear or feel that power coming from you, can do anything to assuage you from being who you are in that moment.

And in that power, in that moment, you can do much to assist others and to guide others into coming to their power as well. And *that*, my friends, is what this Ascension process is all about, is coming to the remembering of the power within yourselves, and to assist others in coming to the power within them as well.

For it is no longer about the love of power. It is now the power of love. *That* is what this is all about. And when you fully come to understand that, there is nothing, and I say *nothing*, and *no thing*, that can stop you. Just as there is no thing that can stop this plan from moving forward.

All of my peace and love be with all of you. I am Sananda, and I am always with you, just as many of the others of us are always with you. We are here and

ready to assist you, and you only need to whisper our names, and we are here with you.

Peace and love to 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 here. And we are ready for the next step and in process here. And we are ready for your questions. We do not have necessarily a message at this point, but your questions often do bring messages forward. We will see. Do you have questions here for One Who Serves and Shoshanna?

Guest: Yes, One Who Serves and Shoshanna.

OWS: Yes?

Guest: My question is just about the seven-day portal that we are going through, if there is any guidance you can give us, or any better understanding of it so that we can utilize it for the good.

OWS: Yes. We would say to you that this is a very strong vibrational portal that is in the process now of being opened. It is, as you say, seven days. . But it can be even more than this as well. For it is a connection, now, to the higher vibrational frequencies of the higher dimensions that you are moving through. And this is an opportunity for you to become aware of all of those various attachments that you have, and to be able to begin to let go of those.

It was not by happenstance that this topic was given to the James, here, to be able to be a part of this expression of the seven-day bridge, as you want to call it. We call it a portal, not so much a bridge. But it is a portal that has opened, now. And it is a very opportune time, we will say, for all of you to become aware of those attachments, consciously aware, and begin to not so much let go of them, but to begin to neutralize them. Because that is what it is all about: coming to a neutral state within yourself in the very moment that you are in. And when you are in that very moment, you no longer are concerned about the past, and you are no longer only looking forward to the future, but you are being in the very moment in that joy in that moment, you see? Shoshanna?

Shoshanna (Channeled by JoAnna McConnel):

We can share. May we share?

OWS: She is asking if she may share?

Guest: Sorry, I got muted, and I forgot the number or how to unmute. But yes, please, I do want her to share.

Shoshanna: Dear Sister, our perspective is one of balance. When you see the day that this started, and the day that it will end, the so-called seven-day bridge, you will see that each day begins with the number 2. And the number 2 is the number of balance. JoAnna recalls that you asked what to focus on, on each day of the seven-day bridge, and we will give our perspective that what you focus on is balance.

In the third-dimensional consciousness of man, the main focus is duality which causes an imbalance, you see. Because one is always trying to decide: what to choose, right, wrong, ... third chakra, the 24th is balancing the fourth chakra, the 25th is balancing the fifth chakra, the 26th is balancing the sixth chakra, the 27th is balancing the seventh chakra, the 28th is balancing the eighth chakra.

And at the conclusion (which adds up to eleven), the 29 date is *mastery*, the number of mastery.

So our perspective is that in every seven-day cycle we must focus on balance. And when one achieves balance, one moves past duality and moves past the attachments of third-dimensional consciousness. Namaste.

OWS: Wonderful perspective. Yes.

Guest: Yeah, thank you. That was absolutely beautifully put. Thank you.

Shoshanna: Namaste.

OWS: Would there be other questions, here?

Guest: I have a question, please, Sir?

OWS: Yes?

Guest: I have often wondered. I have an idea, but I'm not sure, and I think others on the call do too. Why is it that we go into incarnation after incarnation after incarnation till we reach a time of Ascension, if I understand it. And what is it for, and does it have to do with the twelve signs of the Zodiac, with the twelve lessons? Could you please answer that, please?

OWS: What we can tell you, Dear Sister, is as you continue to move through incarnation after incarnation after incarnation, you have become ensconced within the evolutionary process here on this planet. And it was necessary for you to do so to become fully embedded in that of the consciousness of man here, and to realize the duality that exists here, and to be a part of that duality. In other words, there are times when you have been more on what you would

call the dark side than the light side, and the next time you balanced that out. It is all about coming to balance.

And you have been doing that lifetime after lifetime after lifetime. You call it karma. There are those things which in order to bring about balance, you have to work through. You have all worked through all of that, and come to the point now where karma, as you have come to understand it here on this evolutionary process here, is not over. Now that is not karma that you can create now. You can still create karma here in this lifetime now. It is speaking about the karma that is over from past lifetimes. You have a clean slate, in other words, here.

And since you have a clean slate, you are able now to focus on those attachments that you brought in from past lives, and that you are now working on to free yourself up, to let go of and to neutralize, here. That is what this whole Ascension process is about is coming to the point where you have neutralized all the attachments that continue to hold you back, you see? So you are letting go of all of that. And that is why you have come from lifetime after lifetime after lifetime, seemingly spinning your wheels at times, but really not. You are not spinning your wheels at any point. You are always about moving to balance. Shoshanna?

Shoshanna: We can share. May we share?

Guest: Yes you may, Sweetheart.

Shoshanna: Dear Sister, the number of lives that each one of you live is beyond your conception, is beyond your understanding. This is one life. This life that you live here on this planet in this moment might be difficult, might not be difficult.

What is the lesson here is not to take yourselves too seriously. We see that many are ensconced in the seriousness of life. Well, life is not so serious

because you will live another, and another, and another, and another, and another. And it is up to each to decide how to live that life in joy, in love, in understanding of others, and to be in balance, you see.

So you live each life because your soul commands you to expand. If you do not live a life, you would be stagnant. And the soul and the Source does not wish to be stagnant, so you are allowed as a being of great consciousness to live each life in an expanded way so that you may learn and grow and become bigger, maybe even live life as a planet one day. Do you see that, Dear Sister?

Guest: Yes I do, thank you.

Shoshanna: That is the potential of each being. It is a wonderful thing. Not a thing to look down upon, but a thing to be in joy about. Namaste.

Guest: So you would say that this is not the only planet that I have incarnated on. I do feel I have incarnated many, many times on this planet; is that true?

Shoshanna: Dear Sister, may we share once more?

Guest: Yes, please do.

Shoshanna: This being on this planet has been in many systems, has lived *many* times, has taken on different bodies, has expanded and grown more than they can even imagine. So, the question that one asks, “have I incarnated on other planets, or have I been here many times?” It is unfathomable how many times each person has expanded as a soul. Namaste.

OWS: And you certainly come from much higher vibrational frequency dimensions in many cases. And Shoshana said you might some day become a planet, but we would also say that many of you have been planets before. You have ensouled planets. You have ensouled stars. You have even ensouled

central suns, possibly. And you come from so much more than your small three-dimensional consciousness even begins to allow you to contemplate. It is beyond what you can imagine.

Guest: Wow! I gotta tell you, this is absolutely more than I can comprehend, as you say. Yes, Sir. Thank you *so* much for all you do and your dedication to us, the One Who Serves. Thank you.

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

Guest: Yes. I would like to speak.

OWS: Yes?

Guest: My question relates to what this Dear Sister just asked. I have been pondering, is it really necessary: I'm aware that we have free will to dig in, to explore past incarnations. Is it really necessary? I know it's a choice. Is it beneficial to do so?

OWS: Is your question is it necessary to look at your past lives and to see who you were before, is that what you are asking?

Guest: Ah, not quite that detailed, just in general.

OWS: We do not understand your question, then.

Guest: Let me rephrase.

Shoshanna: We can share.

Guest: Okay.

OWS: Yes. Please rephrase.

Guest: I can rephrase. Essentially I have been wondering if it is really necessary for one to look into past lives as to how it might be of benefit to our current lifetime.

OWS: It is not so much that it is necessary, but it can be helpful to those that consider it helpful to them. It is not something that everyone needs to do or is even encouraged to do. But there are those times, those moments, when someone wishes to know. They wish to know.

How many times have you asked the question in your many lifetimes, not only this lifetime, but you have come to the point where you have asked the question, "Who am I? Where did I come from?" And as soon as you begin to ask those questions, then one begins to awaken, you see? It is the ones that have not yet asked that question, or have asked it potentially, but not really cared to come to an answer for it. But when you seek, you shall find. That was what was given long ago: "Ask, and ye shall receive, seek and ye shall find, knock and it shall be opened unto you." And *that* is what this is all about.

If you wish to know who you are *fully* as far as the lifetimes here on this planet, then it might be something you would want to look into. But it is certainly not necessary. It is by choice, of course.

And again, it is all about coming to balance within yourself. Shoshanna?

Shoshanna: We can share on this. May we share?

Guest: Of course.

Shoshanna: Dear Sister, what we would tell you about this is that as One Who Serves has said, it is not necessary at all to look into anything. What we find is that if a being has a glimpse of something or a memory of something, or wishes to pursue a line of memories of thoughts, there is a reason for this. The reason is the Higher Self of this individual is knocking on your door and asking you to explore an aspect of yourself that would more enrich the life you are living now. All messages from other lifetimes, all memories, are for the enhancement of the life you are living now. So if you do not wish to pursue a line of thought or a line of memories, that is because you have the choice to pursue it or not to pursue it. But in each instance, we promise you that you are remembering these things or glimpsing into these things, or dreaming about these things because the message that is trying to appear before you is important to this life. Namaste.

Guest: Thank you. Understood.

OWS: We have to ask here, someone is moving all around during this and not keeping their phone muted. You cannot keep your phone open and continue to move around and do things in your kitchen or whatever it might be that you are doing. Please refrain from doing so. Mute your phone if you are not actually asking question, here.

Are there any other further questions?

Guest: Yes. I have my own question.

OWS: Yes?

Guest: I have had some very powerful experiences over the past couple of weeks. The last one happened yesterday. I was just sitting and reading and then listening to music, and I opened my eyes, and around me for perhaps six feet around me I could see energy. Particles that looked rain. It was not rain, I was

inside. So there was no physical reason for that. I am wondering what was I seeing, and what was the purpose of it, please?

OWS: What is happening with you, as well as others here who are experiencing these types of things, we have spoken of this before in terms of glimpses into the higher vibrational dimensions, you are beginning to do that more and more.

Because you brought up that subject earlier in your discussion of The Ring Pass Not, that is what you are experiencing. You are stepping into that ring and stepping back out. And stepping into it, and stepping back out. But once you step into it and move beyond it for more permanence, we will say, then you have completely stepped into the higher dimension.

And it is not that you cannot come back down, you can. Once into the higher dimensions, you can always come back down. But it is in a sense a vibrational barrier that is there to protect those that are in the higher dimensions from those in the lower dimensions coming up into it. We cannot go further into that because it brings up many other subjects here in that realm.

But just understand that you are experiencing the movement from one dimension into another temporarily, and then coming back down for whatever reason. And then experiencing that again, and getting those glimpses along the way. Okay? Shoshanna?

Shoshanna: We can share. We cannot add too much to what One Who Serves has given, but we will ask a question of you, Der Sister, if we may?

Guest: Yes please. Go ahead.

Shoshanna: We would ask what you think you saw.

Guest: Well, I thought it was energy perhaps for added protection, because we do all of these tools of protection, prayers of protection. I also thought that it might be added protection because of the situation here in the chem-trails that have been coming around again. And I had talked about last week, and you had suggested, Shoshanna, that the other energies, they find other work to do in their lifetimes, and to change back. So I have been doing a lot of work with nature, and that's what I thought. Perhaps the powers of nature were coming around, and that was their way to show me protection.

Shoshanna: And may we ask another question?

Guest: Sure.

Shoshanna: Do you require more protection than you already have?

Guest: That's a great question: do I require more protection? Well, I guess in some thought pattern I must feel that I do need that. That's a great question. I hadn't ever considered that.

Shoshanna: May we offer another aspect, another perspective?

Guest: Yes, please.

Shoshanna: Our Dear Sister, in one second you can ask for protection for your lifetime. It is in the doubt that you have to ask for more. We will tell you in this moment that if you believe you are completely protected, you are. If you do not believe that, you are not. And you will persist in asking for more.

We will tell you from what we can see in your soul, in your incarnation, that you are completely protected, but you must believe that in each moment.

Namaste.

Guest: Thank you.

OWS: Yes. And we would add here: remember, believing is seeing. And think that when Yeshua did those so-called miracles of healing, do you think that he questioned or doubted that one would find healing in what he gave them? No. He never questioned it. And he never, then, came back afterward and said, “well, did it work?” or “do you feel like you have been healed?” or whatever. He just did it, knew it, and that was the end of it, you see?

And that is what you all need to come to understand as well. Whether it is protection, as you are speaking of here, or a healing process, or whatever it is. Know that as you do it, it is done. It is not something that you have to then question after. Because in the questioning after, then you have dropped out into it, and it is no longer now ‘believing is seeing,’ it is back to ‘seeing is believing,’ you see? And that does not work in the higher vibrational frequencies and dimensions.

Shoshanna: We would like to add.

Guest: Yes, go ahead.

Shoshanna: Dear Sister, we do not wish to sound harsh. We apologize if we sounded harsh. What we will tell you is that you have in your meditation, in your lifestyle at this present moment, a great expansion is occurring in your life, and your Third Eye is opening widely. And that is why, when you open your eyes, you can *see* into another dimension. It is not, however, about protecting yourself. It is about expansion at this time in your incarnation. Namaste.

OWS: Yes.

Guest: Namaste. Thank you.

OWS: Are there other questions, here?

Guest: I have a question.

OWS: Yes?

Guest: I missed the first part of the meeting, the discussion. It sounds like you all may have already discussed The Ring Pass Not. I was talking to James the other day about The Ring Pass Not because of this channeling about the seven-day bridge or the portal. In there it said that people have the opportunity of not having to go through The Ring Pass Not and leaving the human experience. So I guess I find a theme here where you keep saying about having those attachments. So if I'm understanding correctly, so during this time if you can come to that balance that Shoshanna spoke of and let go of attachments, then do you die? Or is that saying that you are ascending?

OWS: You can go through the death process and not have to go through The Ring Pass Not. Because in that death process, you have already let go of all of those attachments.

Guest: Oh, I see.

OWS: But if you are in the living process, as all of you are, then you are going to have to come to that point where you've reached the balance, as has been spoken of, into the neutrality of the letting go attachments in order to be able to fully ascend.

Now remember, the Ascension is a process. It is not an overnight sensation that occurs, although it can be that. But it is a process that you are going through. And at some point, you will come to that neutrality point where it is now time to move ahead. And it will be a conscious knowing choice at that point when you get to there.

Guest: Alright, I understand. One more question: why it is called a 'ring,' like 'The Ring Pass Not.'

OWS: The 'ring?'

Guest: Yeah. You know, 'The Ring Pass Not.'

OWS: This is ancient knowledge, the ancient mysteries, here. And it is a part of that. It is not so much as a 'ring' as you are understanding it, but a place of vibration. It is not a physical place, as you are understanding it. But it is a place of vibration, a vibrational frequency.

And the idea of the 'ring' is just something that someone at some point came up with. Cannot say much more about that.

Guest: Okay.

Shoshanna: We can share on this.

OWS: Yes, please do.

Shoshanna: May we share?

Guest: Yes.

Shoshanna: The ring is a circle. You are standing in the middle of a circle. A ring is a circle, and that's why the person that identified this called it a 'ring.'

Guest: Okay. Alright.

OWS: Very good. Very simple. Yes.

Guest: Alright. Thanks.

OWS: Sometimes the easiest answer is the simple one.

Guest: Yeah. Well, okay (laughs).

OWS: Would there be other questions, here?

Guest: One Who Serves?

OWS: Yes?

Guest: Hi. Last night I was sitting outside, as I do every night after my service, and during my service that I do. Anyhow, many trees around me. Neighbors next door have high grass, a lot of broken branches. So I always hear like an animal, our beautiful kin, here, either jump off a fence, and I hear a big crash, like a lot of sticks breaking, and then I hear the movements. I'm like, okay, it's a raccoon walking through, or something walking through, that's fine, and I keep going, and so forth.

But last night, something unusual happened during this time. We had a lot of rain yesterday, so everything was pretty wet out there. Anyhow, a few times it happened, maybe like three or four times: what I was feeling and hearing, it would just come all at once. And I would hear it *all* around the back, not just in this area that I usually hear it in. But it would feel like everything just started to move all around me, like 100 feet this way, and then 60 feet this way. And it would just vibrate, vibrate, vibration, just sound, movement, like something is walking. But all around, at one time. And I thought after it happened more than once actually, I realized that's not an animal, that is *something*. *Something* is occurring. Do you see anything? What may have been happening?

OWS: That ‘something that is occurring’ is an accurate description in terms of it is not so much an animal, but it is consciousness itself around you that you are becoming aware of. Conscious life, you see? All around you. That is how we would answer this. Shoshanna, do you have anything to add?

Shoshanna: We agree with that, that it is a movement in consciousness.

OWS: Yes.

Guest: Okay. Yes, because it is all at once. All at once it all starts happening, and it goes on. It vibrates. It goes on for, I would say, 30-60 seconds, it keeps going, movement, movement, movement.

OWS: Do you realize, Dear Sister, that the more that this happens, and the more that you believe it is happening, the more it will continue to happen. And the more that it continues to happen, the more you will believe it. And the more you believe it, the more it will continue, you see? On and on and on. This is how it goes.

Guest: Okay.

Shoshanna: May we share?

Guest: Sure. Thank you. Yes.

Shoshanna: We would like to share our perspective on this, Dear Sister. Can we share?

Guest: Yes, Dear, yes.

Shoshanna: We will share that we have a glimpse of the heaviness that this causes. Do you not feel a heaviness in your head when this is occurring?

Guest: A heaviness in my head, is that what you're saying?

Shoshanna: Yes. An intensity in your head?

Guest: Um. I was doing my service. I'm not sure if I connected that. But go on. I'll start to really pay attention.

Shoshanna: What we are detecting is that your brain that is attached to your mind, that is attached to your Higher Self, is moving you through time and space to expand your understanding and consciousness of what is going on around you. That is what is occurring. You are in an expansion space, if we are making sense at all. That is what we are seeing, here. Namaste.

Guest: Thank you.

OWS: Yes. It is an expansion of consciousness similar to what you would experience if you were to take certain of those hallucinogenic drugs, and things of that nature, ayawaska, your mushrooms, those types of things, expanding the consciousness. That is what you are doing *without* taking any of those.

Guest: Very good. Thank you (giggles). Thank you, Shoshanna, too.

OWS: Yes.

Shoshanna: Namaste.

OWS: Would there be any other questions here, before we release channel?

Guest: Yes. I would like to ask a question in terms of the Great Solar Flash experience. Is that going to be from the sun itself for all people? Or is it individual?

OWS: The sun, your solar sun, is a participant, we will say. A very strong and necessary participant, here. But so are all of the planets in the Galaxy, and all of the Galaxy itself, the Central Sun of the Galaxy, and beyond that. All are participants in this, including also all of the many ships that are out here as well. All of the cosmic beings that are around and assisting here in this entire Ascension process, here. So yes, it is all a part of this. Do you have anything to add here, Shoshanna?

Shoshanna: We do not.

OWS: Very good. Then was this sufficient for an answer for you?

Guest: So could you go through an Ascension process by getting a reaction from the sun and seeing colors and seeing rings, and that?

OWS: For many, there will be the sight process. Those that have opened their Third Eye will become aware of something that is out of the ordinary, more extraordinary, we will say. And some will see colors. Some will feel waves of energy. It will come in many different aspects, here, to the individual. Each individual is of themselves, here. So cannot say exactly how it will be. And we also cannot say exactly how it will be, because it has never happened before in this respect. Not in this way. Okay?

Guest: Okay. I had this experience yesterday and it actually took over the whole living room. It was red, and blue, and green, and magenta in a circle. And when I left my room and went downstairs, I also saw it outside, the greens. Even the road was green.

OWS: Yes. This would be an example of an expansion of consciousness that occurred in the moment, and you were able to have those glimpses that we have been speaking of for some time, here.

Guest: Thank you.

Shoshanna: But this is not the completion of the Ascension process.

OWS: No. Certainly not.

Guest: Okay.

OWS: There is so much more yet to come.

Guest: Yes. Okay. Thank you very much.

OWS: Even more importantly, so much more yet to be.

Guest: Yes. Thank you very much. I love you both.

OWS: Yes. We also. Would there be other questions, here?

Then we think that we have answered already those questions that were in your e-mail here, so does not seem necessary to be gone over those again, are we correct, here?

Guest: Yes, thank you.

OWS: Yes. Then we are done for the time. Shoshanna?

Shoshanna: We have message.

OWS: Yes.

Shoshanna: Dear Ones, we will tell our perspective on Ascension. Ascension requires balance and requires *in-the-present-moment* living. When you find yourself living in the moment 100% of the time, you will find that there is no attachment to the past, and there is no attachment to the future. So in the moment, there are no attachments, and in the moment there are no programs running. You are living your life moment by moment, and that will expand your consciousness beyond your present understanding, and will rocket you to higher consciousness and to the Ascension completion. Namaste.

OWS: Very good. And we end with this: we will give you a little bit of a tease of what's yet to come, here. And that was spoken of by the Ashtar some weeks ago when he said there would be an announcement coming, actually many announcements, but one particular one that will awaken a great many more. And that is still in process, here. Both Saint Germain and Sananda did not mention this, but we just bring it up here to, again, just put a little tease out to you, here. A little carrot in front of you, okay?

Shanti. Peace be with you. Be the one.