

2020.06.14 – ANCIENT AWAKENINGS – PREPARE FOR CHANGE



KaRa (Channeled by James McConnell)

I am KaRa. It has been some time since I have been with you.

But I come now in these moments, in these opportune moments, in this great awakening that you are in now. And it is a grand awakening that you find yourselves within!

And I ask you: did you think it was going to be easy? Did you think it was going to be what you call a cake walk? No. It was never going to be that. There is a saying that the One Who Serves has. And I will use it now: “everything excellent is as difficult as it is excellence.” But the rewards of that excellence greatly outweighs the difficulties in achieving it.” Just something to think about. Something to contemplate.

When you think life is so difficult, when you think things are going so bad, when you think your life is not going as you want it to, know that in those moments you are awakened because you realize that there is so much more than what all of those that still find themselves sleeping, now they

view life, and how they find themselves within the illusion of separation and not even realizing that they are in it.

Can you imagine what that would be like again for you? For you have been there so many lifetimes previous here in this Earth evolution. But you have broken away from that now. Each and every one of you on this call, each and every one of you that read these words and resonates to them, or listens to this after—all of you have awakened from the illusion of separation.

Yes, you find yourselves down there again at times. But it is in those times that you realize just how awakened you really are. Because you look around yourself and you see what appears to be reality, and is reality to so many out there. But you realize in those moments that it is not reality. It is not the reality that you want to create. Even though you have created it, or a part in creating it, it is not the reality that you want.

So therefore, if it is not the reality that you want, then why continue to create it? Why continue to 'bash your heads up against the wall,' as your saying goes. Why not create exactly the life that you want. Know that you have the power within you, the creative power. Each and every one of you were endowed with this power, this creative power. You have always had it—you just forgot that you had it.

But more and more of you are now realizing and remembering who you are, and that you have this creative power. And that with this creative power, you have the ability to end the separation here on the planet. Yes, you, each one of you, individually and as a whole have the power to end the separation, end the polarity, raise out of the duality that you have created here, and rise above it all.

Just as we did long, long ago here in our Pleiadian system. We went through an ascension process as well. Not the same as you are now. But

we also had that awakening, that grand awakening, just as you are going through now.

It is this grand awakening that awaits each and every one of you. Or rather, the celebration that comes after the grand awakening. The celebration is waiting for you. We are waiting for you.

We are doing everything that we are able and allowed to do within the realm of Universal Law to assist and guide you through this. But as you know, we cannot do it for you. The Ascended Masters of the planet cannot do it for you. The cosmic beings that surround you cannot do it for you. Only you can do it.

And as you continue to awaken into the New Dawn that yes, is approaching. It is not far off at all, now. There are phases—stages, you might say, that you yet must go through. And the awakening process that you are awakening through now may not always appear to be easy. It may appear to be very difficult at times. But that in itself, my dear friends, is an awakening within you.

You also have a saying: 'Break down, break through.' So in order to break through to the other side, you first have to break down what are the old ways. And the old ways must be diminished. The old ways must be purged out. The old programming that holds you to the separation must be purged out. So that in its wake is left only the light, the light of the New Dawn.

It is as if when you wake in the morning and you go outside and you see the beginning light of the sun coming up, and how you feel within that light, within that love that is expressed by the early morning dawn. You've all felt it at times. And what you feel at those times is a small expression of what you shall feel after the New Dawn. The rising of the New Dawn that is approaching now.

I leave you now in peace and love, and camaraderie between all of you, knowing that the light is spreading everywhere and, the darkness of duality, a polarization of separateness, is diminishing rapidly throughout the planet.

All of my peace and love be with all of you. I am Kara.

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.

We are ready to continue this process that we started long ago here as would seem through this one, James, and now with JoAnna, bringing her wonderful perspective of Shoshanna through, here, and we continue this process.

But know that everything is exactly as it needs to be, even though at those times that you feel, and you are feeling these times because of the energies that have been coming through. We have not been speaking as much about these energies because it was left for you to feel them. Not to expect them, as we would say, ahead of time that they are coming, but that you would feel them in the moment.

And that is what is happening: you are feeling these expressions. You are feeling these energy expressions more and more. And they are helping you. Believe it or not, they are helping you to continue to awaken even further. They are bringing those downloads of DNA that have been spoken of many times. You are receiving these downloads, and at times it is difficult because your central nervous system is not quite ready all the time for these energies, these stronger vibrational energies that come from the cosmic source and that come from the Photon Belt that you are passing through at this time.

And everything, though, is exactly where it needs to be right here in this moment right now. And all of you need to feel the joy that is being expressed by all of us, all of us that are here in the ships, and even here on the planet as the Ascended Ones, you might say. And all of you are moving to become the Ascended Ones, to ascend past the illusion, to master the illusion. That is what this is all about. That is what an Ascended Master is. You mastered the illusion. You mastered the programming so that you no longer have to feel ensconced within it any longer, that you have moved beyond it. This is where you are headed, people, each and every one of you.

We are ready now for your questions, here. Do you have questions, here, for One Who Serves and Shoshanna?

Guest: Yes. Greetings to you, the One Who Serves. Oh, how we love you and appreciate your dedication to us! And I would just like to say, since I know about the Photon Belt, and was the one who was teaching it at the last Advance, could you just maybe stress a little bit more, you're saying we're going through it, maybe what we are experiencing? I do feel we are experiencing more light, yes. But could you maybe expound a little bit more, Sir?

OWS: We have spoken about this before, but we will expand a bit more, here. As you continue to move through this area of the galaxy, it is taking you into higher vibrations. The Photon Belt itself is higher vibration and emanates a source of energy which you will call the 'gamma light.'

The gamma light is being brought here to the planet more and more, and it raises your brain state, or your brain wave state into the gamma waves. An in those gamma waves, you find yourself in the higher vibrations and utilizing your mind much, much more than you had previously been able to in the sense of being able to greatly visualize and create with that

visualization much more than you could before when you were kept within the separation.

You are moving out of that separation, as has been said many times, and again, KaRa spoke about that greatly here during this call. You are, as we say, moving through this area of the galaxy that is raising vibration more and more. That is what it is all about. The entire solar system is moving through this higher vibrational frequency within this Photon Belt.

Shoshanna, do you have something to add, here?

Shoshanna: (Channeled by JoAnna McConnell)

We do not.

OWS: Not at this point? Very good.

Guest: Wow, wow. Thank you so much. That is great. Thank you.

OWS: Would there be other questions, here?

Guest: I have a question.

OWS: Hi, One Who Serves and Shoshanna. I don't know if you can address this. It seems to us Lightworkers that on some level not a lot is happening on the world stage. But I think many things are happening behind the scenes. Especially the main stream media won't share anything, so we are looking at other sources and other spiritual masters, and other videos and things to find our information on what's going on. I heard three or four weeks go that there was a big thing happening in California, in Los Angeles, about actually big, huge cars coming up and some of the celebrities and stars being taken into custody. Is there any truth to those stories that we have heard?

OWS: What we can tell you is, and James is fond of using this phrase here from your 'X-Files,' 'the truth is out there.' It is there for you to find for those who seek it. Seek and ye shall find. This is an axiom. This is a universal law that has been given. Seek and ye shall find. If you do the research, you will find what you are looking for. It is there.

It is not there, though, for those who do not look for it, for those that become entrenched in only following what the global mass media is giving out as the truth, here. If you are following that, then you are not receiving what is happening behind the scenes.

And yes, in direct answer to your question, this is happening. And it is happening, though, without fanfare. It is happening without being brought out in front of the general public, because the general public is not ready to see some of what they would call 'heroes,' their movie stars, their various personalities that seem to be above the rest of the population. They are really not. They are the same as anyone else. But they are not ready to receive information that those that they have idealized are not quite the ideals that they thought they were, you see? So this is coming, though. It is coming more to the forefront.

Again, if you want to find the truth, it is there. You can find it more and more. And compare that to a few years ago, maybe five to ten years ago, and what you would find if you googled certain things, certain information. You would not find much information in this. You would certainly not find out anything about those that have been kept in the underground bases, and these types of things. But now you can.

And now you can also find information about what is occurring behind the scenes in these general arrests that are beginning to happen. They are not arrests, though, as many of you might be wanting to see, where you see them brought out in front of the public and handcuffed, and all of this. This will not necessarily happen. Some are being put on house arrest. They are

being kept there, so that when the time comes, they can be brought forward and either have their trial if they wish, or to simply disappear into the background, here, in various ways. We will not go into those ways, though, at this point. Shoshanna, anything you can add here?

Shoshanna: We can share. May we share our perspective, Dear Sister?

Guest: Yes, Sister.

Shoshanna: Our Dear One, may we ask a question?

Guest: Yes.

Shoshanna: Do you wish to feel safe?

Guest: Yes. And I do feel safe.

Shoshanna: Is the arrest of an individual or an exposure of those that have been called 'dark' a way to feel safe?

Guest: I suppose yes, for the people, the children, that they are abusing. Correct, yes.

Shoshanna: We ask these questions as a deeper perspective on what is occurring in this dimension. The interest in this that you have is for a reason that you have personally, and we must ask if you wish to share that personally.

Guest: Yes. I am a stylist who has worked with some of these celebrities throughout my career in Hollywood as a hair stylist. That's why I think I have a close connection. I never saw it happening when I was working with them. But I do have a close feel for it, because I was in their midst in Hollywood.

Shoshanna: And, Dear Sister, do you feel in some way that you have been duped?

Guest: Yes.

Shoshanna: And you have, as most have. In this dimension there is a great illusion, and the icons of that illusion, your stars, your Hollywood fame, your stars, is part of that duping process, you see. It is everyone. So what we would offer here is that you dismiss that now. That it is no longer important to your personal awakening to understand that or to feel that, as it is finished, you see. You are beyond it, you see. Does this make sense to you?

Guest: It definitely does. I was also wondering if the general population, who aren't awake like we are, will they eventually know about this? Because my friends look at me like I have five heads.

Shoshanna: May we share another perspective here?

Guest: Yes.

Shoshanna: We will say, and we apologize for this being extremely direct, we will say that those that are seeking to have agreements with others will feel what you feel. You see, it does not matter. Your growth, your light, your involvement does not require that others agree with you. That is a mistake, you see. That is a miscreation. It is important that you hold steady and steadfast to your own truth regardless of what others believe or think, as when we (and this is common, here), when we wish to have others agree with us, we are ensconced in attachments, you see. It does not matter if they see two heads or ten heads on you. That is their issue, not yours. Namaste.

Guest: Very good.

OWS: And we would add here that the Master Yeshua, when he went about his mission, did he care about what others thought about what his mission was? No. He went and did all of those things which he knew he had to do in those moments, and was not concerned about ego or anything of this nature. Or if he had been concerned about ego, he would not have been able to perform those so-called miracles that he did.

Guest: Yes. Absolutely. Thank you, thank you, thank you.

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

Guest: I have a question.

OWS: Yes?

Guest: Hi. So I went outside this morning at 5:30 and was looking up at the stars. I do this frequently. I'm a stargazer. I saw Venus and Mars were lined up. So I was just standing there admiring them. And all of a sudden I started noticing little points of light kind of swirling around them in random patterns. I told myself, "ok, I'm going to believe what I'm seeing." I was just wondering, what was that? Is it my vision getting upgraded? (laughs)

OWS: This is what we have been speaking of for some time, that all of you—not only you who is asking this question, but all of you at one point or another are having these or going to have even more so, these glimpses that have been spoken of, of seeing into other dimensions, other realities, that would not be there if you were still kept within the duality of the third-dimension, or the illusion of the third-dimension, where at times your vibration is high.

And your vibration is higher at that point because you are looking up at the stars. You are seeing the immenseness of the universe that is out there beyond just this small planet here that you find yourselves on at this time. And you see this immenseness, and it raises your vibration in that moment.

And also, we will tell you, you are looking up at the stars because you know you come from the stars, you see? Your beginnings came from long, long ago from those very stars that you are looking up at, you see? So it is drawing you there. And you are beginning to see what others here that are kept within the illusion will not be able to see as of yet. Okay? Shoshanna?

Shoshanna: We can share. May we share our perspective on this, Dear Sister?

Guest: Yes, please.

Shoshanna: Dear Sister, we are going to reveal something that could be of interest to those that are listening. Mars and Venus, when they are aligned, they are lovers. They are offering an energetic charge and a light charge to balance the polarities of male and female, as Venus represents the female energy, and Mars represents the male energy, and they are aligning, you see. You have glimpsed that. When you see an alignment of planets, that is because they are attracted to each other, and they are attempting to balance each other, you see.

And, we will say that you already have a sense of this and, when you gaze upon the sky and see light energy, and see light brigades, and see discharges from planets and stars, it is because that is what you are suppose to see.

If you seek to find out if others are seeing it, or if this is normal, you will not find that answer, as each individual sees what they are supposed to see in

that moment to enrich the value and experience of their own soul, you see. Namaste.

Guest: Awesome. Thank you. It did make me giggle (laughs).

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

Guest: One Who Serves?

OWS: Yes?

Guest: A few nights ago there was a clear night. It was pretty late in the night. There were little spots of clouds here and there, nothing of rain. And all of a sudden I see the whole sky light up in that area, but not a lightening bolt. It caught my attention, so I started watching it. So I thought, "woah, the sky is clear, there are only floaty little clouds here and there, why is there lightening?" And it was cool out, so it wasn't heat lightning. So I started to watch it. It was rolling over me. It came over me, so I stood up and continued watching it. It just continued flashing every few, let's say, 30 seconds or more. It was pretty spotted, you know? I continued watching it going South. And my Inner Being, or my Beautiful Angel Team, something came through as that that's a ship letting itself be seen, that "We are here. We are here now. We have arrived." Whomever it was. That's what I felt, that oh yeah, that could be a ship just the way this lightening is just moving along and there is no storm or nothing. So anything on your end that you see?

OWS: We think you have described it exactly as it is appearing to you.

And we would say that if someone were to look up there at the same time that you are, and was not in the same vibration that you would be in, they would not see this, you see?

This is, again, what we speak of. When you are in those higher vibrations, you are seeing beyond the normal seeing ability with your physical eyes. You are using your third eye, which has become wide open in these instances. It closes down somewhat at other times, but it becomes wide open in these instances, we are saying, here.

So embrace this. This is wonderful for you, because it continues to show you that you are certainly on the path of not only awakening, but Ascension itself, here. Shoshanna?

Guest: Very good. Thank you, Sir.

Shoshanna: We can share. Do you wish for our perspective?

Guest: Yes, Shoshanna.

Shoshanna: Dear Sister, Dear Commander: your fleet is beckoning you. Namaste.

OWS: Yes. Very good. And we would say your fleet awaits you, as well.

Guest: And I await them. I call them every day. Thank you.

Shoshanna: They are responding.

OWS: Yes. Very good. Are there any further questions?

Guest: I have a question.

OWS: Yes. We hear two, here.

Guest: Thank you, Beloved Brother. I also have a question about the Earth. I had read that there was a change in the Earth positioning, that it had

rotated four percent by one account, and seven percent rotation on the axis by another account, and that is responsible for earthquakes and weather changes, and crop changes, and those kinds of things. I would ask for a little information on that, if I could. Thank you.

OWS: We would say to you for your own benefit, here: do not be concerned about scientific aspects of what is occurring here in this great awakening. Do not think in terms of that, because that is your three-dimensional aspect of things. But you are moving beyond that third-dimensional aspect, beyond the illusion. And science, as you know it, is still within that illusion. They are coming out of it somewhat, but they are still somewhat ensconced within it. And if you allow yourself to move beyond that, then you will not need to be concerned about questions such as this.

The answers are there if you look for it. You can find it. And if it resonates to you, whatever it is that comes, then it is likely what is correct for you. But for you. Not so much for everyone else. Shoshanna?

Shoshanna: We can share. May we share our perspective, Dear Sister?

Guest: Yes, please.

Shoshanna: Dear Sister, the planet has a path that it follows. And it's soul, which is called Gaia, is directing it. All that occurs on your planet is the path of that planet regardless of what science says, regardless of what you observe, as Gaia, the soul of Earth, wishes to complete its mission and, if it needs to move a degree, or two degrees, or ten degrees, or no degrees, it does that because it is its path to fulfill. Namaste.

OWS: Very good. Would there be other questions?

Guest: Yes, I have a question. This is, I guess, more of a practical question. I was told by one of my mentors to watch the horrific racism videos and try to attain the state of spiritual neutrality, not necessarily the state of human neutrality, because that's more like apathy or ambivalence. But the state of spiritual neutrality is seeing it from Creator's perspective. So I sent this video out and I've been working with it. Do you have any thoughts on that?

OWS: What we can tell you is if you look at it from Creator's point of view, as you are attempting to do here, think what neutrality really is. Neutrality is in the zero point: being completely neutral. Not going one way or the other. So do you think Prime Creator feels sadness? No. Never, does Prime Creator, or the Cosmic Source, here, feel sadness, or feel anger, or anything of these natures, for that is not neutrality. Neutrality is just being in the moment. That is all. Being in the moment, you see? Does this answer your question?

Guest: I think it does. It's like we can't deny reality because that's like teaching a cat to bark (laughs), you know, or something like that. So it's real, it's going on, but I was just wondering if that would be a good skill to attain, or a good venture to go on, protocol to use.

OWS: You are talking here, as we understand it, about testing yourself within some difficult situation and attempted to be neutral during that situation, is that correct?

Guest: That's correct, yes.

OWS: Then, in that respect, that is all it is, is a test. You are testing yourself to see if you can be as Creator would be, here. And again, Creator is just simply neutral in any situation, because Creator has no purpose in anything outside of itself, you see? But everything outside of itself is part of Creator. So neutral is just being exactly that in every given moment.

For your three-dimensional consciousness to fully understand the idea of neutrality, it is very difficult. But you are coming to it, as we find it, here.

More and more of you are beginning to understand that. And if you can be in a neutral state of mind when everything is going on around, you, again: that is the calm within the storm, being within the eye of the storm. Letting everything rage around you, but you being completely in joy, in the moment that you are in. Being in love. Being in light in that moment, you see?
Shoshanna?

Guest: I do.

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

Guest: Yes.

Shoshanna: Dear Brother, may we ask, when you provided this video to others, what was your expectation?

Guest: Actually, when I first saw it, it got me pissed off. And I wanted to raise the consciousness that this was going on. And then synchronistically, within a few hours, my mentor said we need to watch all the horrific videos we can watch, because that would move us from human neutrality to spiritual neutrality. And that is another question I have: I know that spiritual doesn't mean metaphysics "woo woo" to me, it is scientific. So if there a difference between human neutrality, which is ambivalent (I think, that's what I got the download for), and spiritual neutrality?

Shoshanna: Dear Brother, may we share once more?

Guest: Sure. Share.

Shoshanna: The perspective of neutrality is vast. It occurs in all life forms, and it occurs in the spiritual world. And neutrality at a spiritual level has a higher vibration than neutrality at a human level, you see, because it is on the evolutionary scale. Spiritual outlooks or spiritual perspective has a much higher vibration than a third-dimensional being's perspective, you see, and we know you know that.

Guest: Yes.

Shoshanna: We will say that to achieve spiritual neutrality, one must view a violent video such as this, as JoAnna is showing us this video as we speak. To observe this with neutrality, one must not attempt to judge it: that it is right, that it is wrong, that it is anything whatsoever, as the beings that participated in this experience had a reason to experience what they were experiencing for their own soul growth, you see. So we cannot make a determination at any time that what is happening is right or wrong, as we do not have the back story, you see. We do not know what the being is doing there, or what their process is, and we have no right to know, as it is their story, as it is their path, you see. And we know you know that.

Namaste.

Guest: I do. Thank you. Thank you.

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

Guest: Yes, I have a question.

OWS: Yes.

Guest: A couple of weeks ago I awoke from a dream in the night and all I remembered was I was being initiated by a large spiritual kind of group,

don't know if they were from this plane or a higher plane, and I just remembered they were working with light kind of in the middle of my forehead. And that's all I remembered. I wondered if you have any insights on what that was about.

OWS: We can ...

Shoshanna: We can share.

OWS: Yes, please do.

Shoshanna: Oh, we apologize.

OWS: No, please do.

Shoshanna: Dear Sister, may we share?

Guest: Of course.

Shoshanna: Do you know what they were doing?

Guest: Well, maybe opening my third eye? I'm not sure. I hope so. That would be great.

Shoshanna: Well, we would say, Dear Sister, Dear Goddess, that you have the answer. That you do not need our perspective, as you already have the answer.

Guest: Okay.

Shoshanna: If a light is directed into your forehead, that is for the expansion of your understanding of all that is occurring, a broader

perspective occurs when your third eye is awakened, you see. So we think that you know that. Namaste.

Guest: Yes. I just wondered if you knew anything about what group was that.

Shoshanna: May we share once again?

Guest: Please. Yes.

Shoshanna: That is your soul group. That is the bigger perspective of your soul, and those that are guiding you. It does not matter what planet they are from. It does not matter what species they are from. It does not matter who they are, as they are coming to you as guides. That is all you need to know. Namaste.

Guest: Beautiful. Thank you.

OWS: Very good. Are there any further questions here? We know there is one of your e-mail question which we take here, and then we need to release channel.

Guest: Thank you. Yes. The e-mail question is a gentleman or lady had heard that the Alliance was going to take over the TV and the computer and all messaging systems to bring in messages from the Galactics about disclosure, and can you give us any comments on this? Thank you.

OWS: What we can tell you is that is certainly part of the plan. And it is an ongoing plan. In other words, there are changes that happen from time to time when there is going to be an announcement, and that announcement doesn't come yet because it is determined that it is not quite the right vibration. Not so much the time, but the right vibration. The right frequency at that point hasn't been reached by the collective consciousness of man.

So it is felt that they are not quite ready for certain announcements to come through. So this is why the mass media has not been fully taken over at this point.

But it is moving in that direction where there are those that are becoming disillusioned, we might say, by the ones who they work for, and they are realizing that it is not the mission that they signed up for. In other words, they signed up to be those journalists that would share the truth, and they are realizing that they are not allowed, or not able to share the truth. And this goes against their inner nature, their full knowing of who they are. And some will go along with that and do as they are told, but others are starting to pull away from that. And you are going to find that that is going to happen more and more.

As to fully taking over the system: again, that is part of the plan, and will likely occur at some point. Again, when the frequencies have raised enough across the planet to be able to bring this about. We speak of many things in terms of disclosure, here, in this respect, including those of disclosure of your galactic brothers and sisters. Shoshanna?

Shoshanna: We have a perspective to share, here. Our perspective that we have to share is that those beings that you call the Galactics, that have a higher perspective than most humans do, do not wish to share with you until the majority of those beings that inhabit this planet understand that they are creating their own path, that they are creating their own lives. That a message given is not to attach to the message, not to find hope in the message, not to find faith in the message because that is a false sense of faith, and that is a false sense of hope. If the being that each of you are does not find within its internal mechanisms its own faith and its own hope, you message will give you that. Namaste.

OWS: Very good. Then we are through for the time, here. We are going to release channel. Before we do, Shoshanna do you have parting message, here?

Shoshanna: Think we gave it.

OWS: Very good. Wonderful.

And we do not have anything to share here, other than to know that you are a part of the great plan. And this plan is working out. And even though there are those times when you feel like it is not, you feel like you are 'being led up the primrose path,' as the saying goes.

Even though you feel like you are being led on that path, there is a destination, here. There is a result that will come about, as even all of these things that have been given over a period of time that this is going to happen, or this is going to happen, or these dominos are going to begin to fall, and you hear this over and over, or that four-letter-word, 'soon,' all of these things that have been said are going to take place, and are in the process of doing so. Even though much of it is yet behind the scenes, it is coming forward. You are seeing more and more, if you are looking for it. If you are looking for it, you will find it.

If you are not looking for it, then you're still kept within the illusion of separation, here, and that is exactly where the cabal, the dark forces, want the people to be.

But you, those of you, the Lightworkers, your mission is to enlighten yourselves first, of course, and then enlighten the world. And that is what you are here to do.

Shoshanna: We have something e we wish to share.

OWS: Yes. Please do.

Shoshanna: We apologize. We wish to share that life here is so very simple, and we said on the last call to love each other. Now we will tell you the other way to find perfection is to believe in yourself. It does not matter what you believe, that you believe in others, it matters that you believe in yourself. That your creator imbued you with divinity and you must seek to find that, as that will create perfection in every moment of your life.
Namaste.

OWS: Wonderful. And we release channel, now.

Shanti. Peace be with you. Be the one.

Shoshanna: Namaste.