

ANCIENT AWAKENINGS – PREPARE FOR CHANGE

5/5/2019 Sunday Call

Know That As You Move Into Higher Vibrations, Nothing, And No Thing, Can Attack You

**Sananda and One Who Serves channeled by James McConnell
Shoshanna - Joanna's Higher Self**

These messages were given during our weekly Sunday Prepare for Change group based in Payson, AZ on May 5, 2019. (Article may be reproduced in its entirety if authorship and author's website is clearly stated. Please make sure to include the question/answer portion as there is much wisdom imparted.)

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LORD SANANDA (Channeled by James McConnell)

I am Sananda.

As always, it is my pleasure to be with you, to share with you, to offer these messages of encouragement to keep you all going on path, even those of you that tend to fall off from time to time, tend to feel like this is too much for you, tend to feel like you want to get off the planet.

But know that even in those times you are there for a reason, and you must continue on. You must continue to move into those higher vibrations whenever you feel it within yourself to do so. And when you don't feel it, bring it on. Bring on those feelings. Bring on those higher vibrations.

Know that as you move into higher vibrations, nothing, and no thing, can attack you, attach to you, can do anything to bring harm to you. Because know that not only do you have the light within you, but you have the protection of all of us who are working directly with you, with you individually and with you as a group. And also know that at those times when you find yourselves in the lower vibrations, it does not match to your higher vibrational frequency that is now becoming you.

So as all of you are moving into these higher vibrations and staying there longer and longer, and if anything of the lower vibrations comes in to your area of influence, it will affect you if you allow it. An example earlier was given of going to a concert and finding yourselves with all of the conflicting frequencies around you, even feeling, hearing possibly, the thoughts of people all around you, and the influence that those thoughts can have if you allow them.

So if you find yourselves in those positions, and many of you do and will, always remember as you leave to bring a cleansing within yourself. You do not have to ask anyone else to do it. Do it for yourself. Bring in the Violet Fire within you. Purge out any of those thoughts those transmissions that came into you that briefly, even if for a moment, began to find an attachment to you. Shake them off. Bring the Violet Fire around you and through you, and purge out anything of the old.

This also goes for those of you that have become the vegetarians out there. Those that have moved away from the eating of animal flesh. Know that as you would go back, even if for a moment, your body is not able to withstand that any longer. So those of you that are continuing to do so, begin to move away from this, little by little if need be.

Begin to allow the energies, the pranic energies, to come into you to sustain you. Not to take you away from eating your meals: you must bring in the nourishment. But more and more, find yourselves out in the sunlight and feel the sun on the back of your neck and how it penetrates. That pranic energy penetrates into your body and nourishes your central nervous system, nourishes the blood within your body and moves throughout your body, and more and more you can take this nourishment from the sun, from the pranic energies and nourish yourself with this. Do it gradually. There is a saying: Do not take heaven by storm, but take it gently, rhythmically as you can.

For we all, all of us here in the Company of Heaven, all of the Galactics, the Agarthans, the Angels and Archangels, we are all here to assist you, to be with you in these times, these times of travail for some.

But it is only a temporary travail. This too shall pass. Always remember that. This too shall pass. If you find yourself ill, this will pass.

If you find yourself feeling out of balance in any way, this shall pass, but only if you continue to move into those higher vibrations and find yourselves there more and more. And to do that, it is not what you call rocket science. It is simply a thought, a feeling, that can take you into the higher vibrations. Thoughts have meanings. Thoughts are things. Allow yourself to have the positive thoughts on a regular basis. Limit what would be considered the negative thought processes.

Be in the moment. Be in the now. Focus on that. Focus on being in the perfect now, as the perfect beings that you all are, perfect in the eyes of the Source, perfect in our eyes, because we know you. In many respects, we know you better than you know yourselves. And we are here and ready to continue to help you to acclimate to these energies because they are going to become stronger and stronger and stronger.

It is up to you, each and every one of you, to continue to surround yourselves in the higher vibrations with people of the higher vibrations, with animals who are already at higher vibrations, with the plants, the trees. Be in the forest, be by the waters whenever you

can. Be in the sun. Put your feet in the dirt and feel the earth energy come up into your bodies and ground yourselves.

This is what it is all about in these moments now, my friends. For you are in those final moments. The final moments that you and we have all been waiting for. Make those moments the best moments of your lives, right here, right now.

I am Sananda. I leave you now in peace and love, and implore you to continue to feel the light within you, to anchor the light within you, and then share it wherever possible.

Peace and love be with you all.

ONE WHO SERVES (Channeled by James McConnell)

Om, mani, padme, hum; om, mani, padme, hum, hum, hum.

Greetings to you! One Who Serves here with you, and Shoshanna is standing by to assist.

We so enjoy these times we can have with our Dear Sister, Shoshanna, and to bring about this connection that we have with her.

She knows this connection, but JoAnna is coming to the understanding of this connection. And it is something that is quite profound and is going to catapult, we will say, into other areas of expression yet to come. And you will understand that more as we move along here, in the times ahead. And we will add here, the *grand* times ahead.

Do you have questions here now here for One Who Serves and Shoshanna?

Guest: I have a question.

OWS: Yes.

Guest: I had a dream state interaction with the Arcturians. I believe, his name was "Ra." He had mentioned he had connected to me and asked me if I was ready to go on a ride with him, and I believe I had said, yes, without a question. I wanted to know when and what this ride was. Is this more of a meditative dream state, or like a physical ride. What can I expect from this ride?

OWS: First of all, your dream state is not what you have become programmed to believe your dream states are. They are messages, but they are not simply about being in an altered state of consciousness and nothing coming from this.

In other words, you are experiencing many levels of your being when you are in these dream states. You are in alternate realities, you are in alternate worlds, you are in parallel

worlds, and you are visiting other dimensions. You are being with your multi-dimensional selves in these states.

And this understanding that you have in terms of the Ra Collective, it comes to you because it is something of reality to you, not so much in this life time, but the connection that is coming back to you from long ago, and who you are, where you come from. We cannot be more specific about this, because this must come from deeply within yourself.

But we would say to you to ask rather than ask outside of yourself, go within yourself and ask within yourself what this connection is. And as you ask it, you will receive the answer. It may not come directly in terms of a communication such as this, but it will come in terms of meeting someone, being guided to a certain book, to a certain website, whatever it might be that will bring the understanding to you of how you are connected here. Okay?

Shoshanna, anything to add here?

Shoshanna: (Channeled by JoAnna McConnell)
Yes. May we ask who is speaking?

Guest: Yes. (Guest gave his name.)

Shoshanna: Dear Brother, did we hear you say, "What can I expect?" Was that in your language?

Guest: Yes.

Shoshanna: Dear Brother, your expectations are yours. They are no one else's. Which means, that the journey must unfold before you, and that expectation is not part of the journey, it is part of the human third-dimensional construct that really doesn't exist. So we would ask you to open your heart, open your mind to the journey that you have been shown, and allow it to unfold before you without expectation, if that helps. Namaste, Dear Brother.

Guest: Yes. Thank you very much.

OWS: Wonderful. Very well said, as always, Dear Sister.

Shoshanna: Namaste.

OWS: Would there be other questions, here?

Guest: Yes, I have a question.

OWS: Yes.

Guest: Yes. I belong to another group, and this past week we were doing energy work. I got imparted information to me about one of my incarnations, one of my past lives. And I don't think I had any idea of that information.

My question is, is the reason that I was told that is because maybe my guides and my higher-self thought I was ready for the information? Because I don't think there is any mistakes.

And, if I can ask one more question, I feel that for now I should keep this information to myself. I don't want to keep secrets, but I keep thinking about what the James relayed last week about not feeling yourself important or feeling like you are a guru or something, or worse: someone else thinking you are a guru and asking you advice.

If I could ask my two questions, thank you.

OWS: First, of all,

Shoshanna: We wish to share. We apologize, may we share first?

OWS: Yes, please. As the saying goes, "go for it."

Shoshanna: Dear Brother, we have something to share with you, would you like this?

Guest: Yes, yes I would.

Shoshanna: Dear Brother, we find something about you. You have been, if we may share this with you, in many ways you have doubted your power. If we may be so bold to say that. You have doubted yourself in many ways. You have doubted your own power, and this is not your doing. This is the matrix, the third-dimensional program, that has been foisted upon you as it has been foisted upon all that visit this planet.

What we see is this incarnation that you have been shown is to show you your power, to show you the skill that you have that you may use at any time and shed the program of doubt.

Does this make sense, Dear Brother?

Guest: Oh, yes it does, yes it does.

Shoshanna: Namaste.

OWS: We would add here that your saying of the James, that he would say that you are not important, or that you all are not important—that was not the message; you are ALL important, very much so. More important than you can imagine in many respects in terms of working toward the plan, and bringing the plan to fruition.

But what was being said was it is not important to share your importance, you see? That is what it is all about. So whether you were Cleopatra, whether you were David, whether you were Yeshua, whatever it might be, or the connection to those such beings. That in itself is not important for you to share outside of yourself.

Now, with that caveat, with that understanding, that will change as you continue to move through these vibrations into the higher vibrations. Then, it will be important for you to *be* who you are in terms of who you are in this life, and in terms of who you have been in past times, bringing it all together.

It is all about the integration of the whole, here. That is what the ascension process is: bringing all of your multi-dimensional selves together as one and being the connection, being the one with your higher self. And in so doing, all that you have been before will be there in front of you and with you in those moments. Okay?

Guest: Yes, yes. I see, and I follow you on that completely. Thank you.

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

Shoshanna: We hear a question. There must be one.

Guest: Yeah, there is one. As we were talking about earlier, we are trying to look but not stare when it comes to the RV and all that stuff, and also not put so much focus on it. But we keep seeing online over and over again with these so-called gurus of the RV that we should take the money that we get and put it all into an account and then do everything we are going to do off the interest. I don't know, but that's not sitting quite well with me. I could be wrong. Because I think that is what the cabal did was to stockpile huge amounts of money and never let it go out to anybody. I just wanted to check in with you on that what is your thought about that. Is that truly what we are designed to do?

OWS: What we would tell you is to be in the *now*. Do not be in the future, do not be expectant of the RV, expectant of the new financial system. Know that it is coming, but do not wait on it. Be in the now in the moment and, as these things come forward, you will know it at the time. You will know how to proceed. You will know what to do with the monies that do come forward.

And know that as they do come forward, though, it is just simply part of the transition period that you are going through.

For eventually (and the eventually is not as far off as you may think), you will come to the point where the money system that you have will no longer be needed. Once you have the higher technology of replicators and these types of things, there will be no need for money as you understand it now. You will have everything you need simply by thought process to bring it about.

Also in terms of your medical conditions, your health services, and all of these things, all of these things again are part of the transition, but they will become unnecessary as well. For you will have those devices, that is part of the transition, but then you will go beyond the need for the devices and be able to simply transform your own bodies as you need to in the times. Okay?

Shoshanna?

Shoshanna: We wish to share our perspective with you, Dear Sister, is this appropriate for you now?

Guest: Certainly.

Shoshanna: Our Dear Sister, As with anything and everything in this world that we find ourselves in, it is not so much the commodity of money that has any meaning, it is the intention of that person that holds the money, that holds the value of the money, that shows the money what to do with itself. So what we would tell you is that it does not matter should you receive a lump sum of money, it does not matter if you place it in an account, if you use the interest, if you use the whole thing, it does not matter.

What is very important here is the intention you have for that money, what you intend for it to do for the world, not the money itself. So as you mention the cabal used it in some way, well their intention was *not* to empower the world, was it? Their intention was to defraud the world. If that is your intention, then that money will be lost on you, because your intention is to love the world. And your intention, as we find it in your heart, is to uplift all. Namaste.

OWS: And we will add here the simple idea of putting money into an account so that it gains interest and all of these things and collects over a period of time is the old way. That is the way of the cabal, the programming, and all of this. This is the old system. You are not going to need that system because you will be talking about the idea of (what is word we are looking for...) being in a sense of having whatever you need at the time. You will not have to worry about these types of things: gaining interest, and all of this. You will have whatever you need as you need it. So there will not be a need to hoard anything, and money included, here. Okay?

Guest: Awesome. Thank you both.

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

Guest: I have a question.

OWS: Yes. Dear Brother. Yes.

Guest: Greetings. I wanted to understand a little bit more about the plan as a whole. You know, as the days go by, and then weeks, months, years. So many wonderful things have

been spoken about from technologies, to visitors, to funds, to transformations of our bodies, etc. Was the plan for this to ever come into fruition in our era? Or will this be more for like our grandbabies or great-grandbabies to experience? Or is there something that we are supposed to not experience here, but rather raise to a different vibration and experience it at that higher vibration? What is the real plan, here?

OWS: The plan, as you are saying it, is unfolding now, has been unfolding for some time. It changes as a result as it unfolds, but in a continuing sense of flux as the plan is geared or developed around the collective consciousness of not only here on this planet, but throughout the entire galaxy in many respects. So it is not something that can be quantified or qualified, here, in just a few words.

The plan is immense, much beyond your three-dimensional understanding at this point. It is coming from Source. Source has this plan. We, those of us, are implementing the plan. Those of us include those of you. We are all about implementing this plan, bringing it into fruition, bringing it into reality, here--reality outside of the three-dimensional illusion. That should tell you something right there.

The plan will not fully develop within the three-dimensional illusion. The illusion must be eliminated, but be brought down. The matrix must be brought down, you see? And you need to understand that as the illusion is brought down, then you are in a new reality for yourselves. Yes, in some respects it is an illusion still, but it is an illusion of your creation, not so much outside of yourself anymore. Okay?

Shoshanna, anything to add here?

Shoshanna: May we share?

OWS: Yes.

Shoshanna: Our Brother, may we share our perspective with you?

Guest: Yes, thank you.

Shoshanna: All that has been given by One Who Serves, Shoshanna is whispering in these ears of the one known as JoAnna, the same message—it is *so* amazing. So what the message is, is that the 3-D matrix programming that we all experience in this moment right now on this planet, every moment, every day, it is up to us to diminish that program, to diminish all programs, to neutralize those programs. So when we say “when is this going to happen, will my grandbabies experience this, will I not experience this?” We would say that you are fully in the 3-D matrix. No offense to you, Dear Brother. But as you speak in those terms, the program has a hold of you. The program must be diminished. You must in every moment see the changes, visualize the changes, and notice the changes. Notice the changes in yourself. Notice the changes in others. Notice your world changing before you with the eyes of the fifth-dimensional understanding, not with the eyes of the third-dimensional understanding. And as we raise our vision to the fifth-dimensional

understanding, you will transmute all of it. It is up to you to change the way you see things. Namaste.

OWS: Yes. Be neutral. Be neutral in all respects that you can. Be neutral as the Source within you is neutral.

Are there other questions here now, before we release channel? Then we do release channel here now.

We ask that those of you within this group, within Ancient Awakenings, continue on, continue on with everything that you have been learning, everything that you have realized, everything that you are remembering. Be yourselves. Be who you are. But be who you are at the higher vibrational levels. Do not be who you were in the three-dimensional illusion: that is past. Let it go. Move beyond it. Because as Shoshanna has said, the more that you stay there, the more that you are there, and the more that you remain in that three-dimensional illusion and continue to be held within the programming that you seek to overcome.

Shanti. Peace be with you. Be the one