

27<sup>th</sup> March, 2008  
THE ARCTURIANS  
*Channeled by Sohrab*

## The Heart The Pituitary Gland

Trance Channeling begins

Are you aware that each and every organ in your physical body is linked to a special keeper? Each one of you has a beautiful set of energetic friends, who work specifically with the **energetic adjustments of specific organs**. Just as your doctors specialize, so do these keepers. Each one works with a single organ, or a small group of organs.

Let us take **the heart** as an example: Very often there is an energetic keeper who works with the heart organ of members of the same family. This need not always be the case, but very often it is. In fact, the keeper may be working with all the heart organs that exist within a physical space: including your domestics, your pets, and the various family members who live there, and he is an energy specialist who works by fine tuning, refining, curing, and adjusting that particular organ in your physical body. Not only does he work with the physical organ, but he also regulates the periodic energetic upgrade that is needed, from time to time, by your beingness.

Everybody in one family does not grow at the same emotional rate. Some Heart centers are more expanded, some are less so. This Master of Energies works by fine-tuning each individual's heart organ, never superseding your desire, but by tapping into your energetic structure and enabling you to grow as you wish.

Now you may wonder, what about people who have malfunctioning organs? Those who have malfunctioning organs in their body (and once again, let us speak of the heart today) have drawn this to self for various reasons:

- 1) The most obvious: they are unable to express their love fully and this eventually affects the physical organ.
- 2) It is their own energies way of giving the conscious self a jolt, and saying, "Take a look at this area! It needs attention: the emotional aspect, the physical aspect, and other aspects need your attention here!"
- 3) It is an inherited defect, from the physical family structure, genetically from the parents, grandparents etc. chosen by you. Do not forget you have entered that

family and have chosen to experience this physical defect as well, to constantly remind you to work upon that area.

- 4) It may be an aspect you have carried through lifetimes, where you have been unable to access or activate the heart center and you are choosing deliberately to turn your attention here and fix it.
- 5) It could be a perfectly healthy normal aspect of self that you have chosen to sever, to damage, due to emotional reasons, where you are turning your anger inwards. And yes, people choose to do this really often.

Still your Heart centers right now. There is anxiety arising as we are speaking. Breathe and relax into the Heart Center. This is not a random example. It is one that all of you need to look at today. Some of you, for personal reasons, and some of you because you have had the experience of loved ones around you, who have suffered in this area and you need to examine why.

Breathe into the Heart center and visualize your own Heart. Ask it to reveal itself to you, either by color, or by vibration, or by sound, or just by pure intuition. If you are intuiting it is less than perfect.....ask your Heart center and the keeper, who you are attached to right now, why?

Ask your Heart center if there are any specific experiences that you need to look at in your own past, to energize this Heart center. Be aware that these experiences may come up just as an image, a flash of a past experience, a moment in time, or a certain person. Just let them arise as they wish.

Ask your heart to now give you a few words...wherein you will identify what you need to work upon, in relation to the heart. Do not censor these words, they may seem meaningless, just allow them to arise and now allow your Heart center to expand.

Experience the love that you already feel, for those around you. Bring into your Heart center, your husband or wife, your children, your dear friends, whom you love, your own experiences that you love and in doing so increase the vibration of the Heart center.

Come back to full consciousness now. Would anyone like to speak and share their experiences?

**Group Member:** .....inaudible....4 words...2, 2 phrases, one was 'Thank you' and the 2<sup>nd</sup> one was 'Love Me'.....being modest about it.

**The Arcturains:** What does that mean to you?

**Group Member:** *...I need to thank myself and I need to love myself...and that is what needs to be worked upon that's what I am feeling and that's the only experience....*

**Group Member:** *I moved out of love as a feeling, to a Oneness and there was nobody to love, just an awareness of Beingness and a Oneness in everyone being me...and me being everybody, just being together.*

**The Arcturains:** Did anyone have a painful experience that they would like to share?

**Group Member:** *The Heart's vibrations were low, because I had hurt it so much.*

**The Arcturains:** Wonderful! What were you asked to do for it?

**Group Member:** *To raise my vibrations and to bring in all the love I could get and to heal... with people and bring in people into my life...*

**The Arcturains:** Did anyone have an experience relating to someone outside their own heart center, that they would like to share?

**Group Member:** *I got a purple light coming in and there was one point in your saying that we chose to be born with people, having these heart problems, out of will is it in my family going on...why we chose it...and what is this purple light coming in...do I have to love more...or what is it...*

**The Arcturains:** When you experienced this purple light, how did you feel at that moment?

**Group Member:** *It made me aware....*

**The Arcturains:** Of what?

**Group Member:** *Couldn't understand why the light was coming in...*

**The Arcturains:** What does the colour purple signify to you?

**Group Member:** *The indigo flame...what is it loving....*

**The Arcturains:** What does it signify to you? Not what it signifies in a book...

**Group Member:** *I'd say love...love to kids the family...yourself...*

**The Arcturains:** Were you able to love yourself?

**Group Member:** *No, more to the family...*

**The Arcturains:** In your case, dear friend, your heart center is highly active; you are able to pour out a tremendous amount of love, but you have difficulty turning it inward. It was simply indicated that you need to look here (pointing to his chest) now and stop deflecting your love outward. You often use the external love as a defense, rather than as a flow. The defense is, so that you don't have to look at yourself. Then, that is not genuine love. And yet you have genuine love for those around you. But you cannot exercise that till you (hitting his chest) exercise it towards Self.

**Group Member:** I got 2 words...cannot make sense of them....one is 'defeat' and the other is '3', number 3....

**The Arcturains:** Did you get any sensation when you got these words in your mind?

**Group Member:** *Sort of a dark hollow, but very subtle...not a major...I couldn't understand why defeat and number 3 came....*

**Sohrab:** Dear friend, it is quite self explanatory, no deep meaning; right now your heart is experiencing external defeat, quite on the surface. You are feeling the world closing in on you in many ways and though you have... this... brilliant and very connected experience with the energies around, there is a level of self defeat that you are undergoing, which is wearing you down, as it is not part of Who You Are. It is rather strange for you to feel defeated in this manner, it is a new experience.

The '3' simply refers to the power of the trinity that you must access, to overcome this aspect. Draw on the power of the 3. Three aspects of Self—mind, body, and soul and energize the heart. You have no major problem in this area, but there is, shall we say, an '**energetic shadow**', that is all.

Dear Friend (to a group member) work with this area. You are aware why we are saying this.

Little one, dear one, (another group member) we wish to speak to you for a moment. The one you loved, his heart was full. The one you loved, his heart was full. He chose that manner of exit in pure exuberance of his inner energies. At the point he exited, his energies exploded into a shower of light and he blessed the family, the friends and the world, in this magnificent firework display. He is a truly exuberant soul. Never think of him in any manner but exuberance....his laughter lingers on. It is within your heart, and it always will be. And his laughter echoes in every family member, every family member experiences his laughter, it is through that, that he heals. You are embraced in his light and his love forever. Enjoy it.

Dear Friend (another group member- a doctor), would you speak to the group of the '**pituitary gland**'?

**Group Member (Dr):** The pituitary gland is one of the special glands in our body, which is the size of a channa...a small channa. It is placed exactly behind the point at the bridge of the nose, where you put the 'tikka/bindi. It is special gland. It is a factory which produces a hormone and it has no tubes to supply to the body, but yet this micro chemical that is produced, reaches whichever cell it has to reach and makes changes and it is called the '**queen of the endocrine orchestra**' because it controls all other endocrine glands in the body. Eventually it controls all the glands in the processes of the body.

**The Arcturains:** Have scientists ever discovered how it works?

**Group Member (Dr):** Scientists have not discovered how it works...they do not know why that chemical goes...for e.g. growth hormone is there...why it goes and effects only the ends of the bones and it does not go and cause growth in the stomach...we do not know about it and in fact the only thing that explains metaphysics is these endocrine glands.

**The Arcturains:** It is now imperative that you are all very very conscious of the pituitary gland. It is a gland that is now expanding, growing and developing at a rapid rate and the energies are shifting, changing and vibrating extremely powerfully right now. This will continue throughout the course of this current Earth year and beyond.

This gland will remain a mystery for many years to come, as it very rarely works energetically, in link with the physical body. This gland actually shifts from time to time, and then returns to its original place. And it is not actually a gland, though we refer to it as such, for want of a better word.

This gland is a magnificent fuel point between higher level energies and the physical working of the body. It is a receptor, a high-speed computer beyond comprehension. It stores within it, your own cellular memory of every single lifetime you have experienced and will ever experience. It also stores within it, experiences of 'possibilities' that you could or couldn't have chosen. That you did or did not choose. The Realm of Infinite Possibilities is within you.

**Group Member:** ..and probabilities...

**The Arcturains:** ..and probabilities.... Do you begin to see how many dimensions and aspects it works upon and works with?

Now obviously, every aspect is not in a state of full activity at all times. You would short-circuit very quickly if that occurred. But it has within it (like a super-spiritual-computer) infinite information, that can be accessed at the tap of a spiritual button. It then hooks onto the Universal web, and ANYTHING is at your command.

The pituitary can access knowledge, wisdom, health, healing, transformation, probabilities and possibilities, in fact it can access anything at all.

The pituitary gland, in the average human, works at 0.002% of its ability. You are now attempting to raise it... to about 0.02% of its ability and that is a vast leap. The easiest way to understand how to use it **is when you are in flow.**

You have all experienced moments in your life when you are in flow with what is around you. Those days when everything seems to go right, those days when there is no traffic on the road and you just sail through and arrive in perfect time, those days when people whom you expected to be nasty and vicious, are instead loving, kind, generous and open. Those days when everything seems to be in harmony.

What you are doing, in those moments, is accessing a slightly higher quotient of the pituitary gland and allowing it to flow out from you, into the Universe, tapping into whatever it needs to access and creating a new and more harmonious scenario for Self.

When we speak of manifestation, you are really physically using the pituitary gland. It is time to start consciously activating this gland NOW. Do this anyway that it comes to you.

A very simple method;

- 1) You can do this (Sohrab tapping the center of his forehead) from time to time, during the course of the day, for activation in the gland.
- 2) Expanding yourself, sitting in meditation, is also an option, where you automatically access this aspect and it is from here that you begin to expand outwards.
- 3) Another way is TO SIMPLY FEEL GOOD ABOUT YOURSELF. How easy!! How easy. You just need to take a moment and like yourself a little more than you did the moment before, and that instantly opens the pituitary gland. How simple. .

**Group Member:** *For some (inaudible) ...*

**The Arcturains:** Bravo..... You will find, during this coming year, a lot of energetic activity happening in this (forehead) area. Please do not confuse this now with the 3<sup>rd</sup> eye. Of course they are superimposed but as was said earlier, **the energies of the 3<sup>rd</sup> eye are now all around and within the physical body.**

If you feel activation in this (forehead) area, it is specifically the pituitary area that you are now beginning to work upon. Try it.

When you are **faced with a problem**, that seems to be confusing and you don't know which way to go. **Activate this** (tap center of the forehead), take a moment and review the problem. You may have to do this 2 or 3 times, but you will find **sudden clarity**, that you didn't have a few moments earlier.

When you are **faced with a decision**, and you are not sure whether to go here (right hand) or here (left hand), activate the pituitary. Asking for specific wisdom, which direction would be the most appropriate for you at that moment in time, and you will be instantly guided by self .

When you are **worried about that business meeting**, or the session at the law court, that is about to come up, activate the pituitary and ask it for the appropriate connections that you need. Be specific. Ask as many questions as you want. Ask for as many contacts as you need. It's limitless. You can access millions of circuits at the same time. You are better than any super-computer.

The pituitary gland does not need physical nourishment, it needs **energetic nourishment**, and it receives this when you feel good about yourself. Those who are in a state of depression or a state of self-loathing close down this gland and in turn, because this gland is closed or begins to shrink, it affects the working of every single part of the body and the body starts to break down. Everything is interconnected with this. Even when you worked upon your heart organ, as you did earlier today, you are actually accessing it through the pituitary; it is the **optical center** of every single aspect of your physical body, and from time to time it shifts. It shifts for its own reasons; we will not go into today, and you experience temporary displacement. Sometimes, this is in the form of actual giddiness, fainting spells, or suddenly when you feel you are about to trip and fall. It is the pituitary moving away and moving back instantaneously.

In very rare cases, it is permanently dislodged from its space and moved to another space within the head. This is affected by a violent accident, and for that person it needs to be housed elsewhere for certain circuitry to take place, unique to that person.

**Group Member:** *Does the soul enter and exit from this point?*

**The Arcturains:** Let us answer this in a slightly roundabout manner. You are correct in your basic assumption that the soul enters and exits through this point. But the soul has an **energetic quotient** that is so vast, that other aspects of Self will enter from other points in the physical body, depending on how the soul wishes to reside in the physical body for each individual human being.

The flow will be through here (indicating the center of the forehead), but other aspects of **energy entrances** will take place, which are unique to each person. The silver chord that binds you to the body, when you are astral traveling, actually is not connected here

(solar plexus) any more, it is connected from here (forehead). It used to be connected from here (solar plexus). Now it is exclusively from the pituitary.

**Group Member:** *My pituitary is very active, I do not have to activate it at all...when I am thinking and many options, then when suddenly I have thought of something, this thing goes crazy....is that saying...*

**The Arcturains:** You may have, in your case, an over-active pituitary; that is as imbalanced as an under-active one. If this is what you intuit about Self, you should then learn to still the pituitary, and in its stillness will come its further expansion. Only you will know this answer. And you have intuited this correctly.

**Group Member:** *I know of someone who has a tumor of the pituitary. What are these kinds of people doing to self here?*

**The Arcturains:** Exactly the same as damage to the heart, which we examined earlier, except that these people are undergoing such levels of self-loathing and self-rejection, that they are CHOOSING TO SEVER THEMSELVES FROM EVERY ASPECT OF SELF. Can you imagine the damage being done to past, present and future aspects, by affecting the pituitary in this manner? It is almost the shut-down of the soul, almost, not ever possible, but almost. However, do not judge people who experience this as some have drawn it deliberately to separate from their own soul structure, perhaps with a view of re-creating Self anew. And some do it out of abject torment; you will not know which is which.

**Group Member:** *(inaudible)...having this problem with the pituitary?*

**The Arcturains:** In the case of suicide, it is not the pituitary that is affected. They have to cause trauma in the pituitary to permit themselves to continue with the act, because if this (pointing to forehead) is in full balance, the act cannot occur; so the person will cause a temporary disturbance in the pituitary that allows them to sever connections between logical, reasoning mind and the safety modes that exist within the body, to permit this act to occur.

**Group Member:** Some people have a very, I am talking about the silver chord, a very clear, defined wide; I am not sure, what does that mean...

**The Arcturains:** Dear one, energies cannot be equated in terms of physical visuals, but let us explain this slightly more clearly. It is an energy structure, certain strands of sacred geometry that anchor the person when they are traveling in the astral to the physical body, and, as all of you know, at the final exit, the silver chord is severed and that is when the soul finally leaves the physical body.



Some people have what appear to be thicker chords, they are not really thicker chords; they are more intense flows of sacred geometry, binding the soul to the physical, as those people have a tendency, when they wander astrally, to wish to leave and not return, so they will create for themselves stronger bonds, to remind self of the necessity of returning to the physical on a regular basis. Those who have more energetic responsibility, have the merest wisp of a chord. It is always self-created.

**Group Member:** .. *shut down of the soul...I'm just, I can't seem to stop...*

**The Arcturains:** You have experienced aspects close to this... It is not for you this time...do not revisit that...not for you...you have resonated with an aspect of Self in a past existence, where you have been very close to a total shutdown. And you have overcome that. It is only an 'energetic memory' that you are experiencing; it has no bearing on your current lifetime. Release It.

**Group Member:** *Does the pituitary gland help you change probabilities?*

**The Arcturains:** It does not help you change them, but through the pituitary gland you can access any series of possibilities or probabilities and choose whichever direction you wish to go in. Let us explain this more fully.

The pituitary gland, over eons, has been developing and refining itself. Obviously, a century ago, those who were in that existence could not access the current level of the pituitary and therefore had fewer options at their disposal. It wasn't that their pituitary could not contain it. It was that, they could not access that spectrum of options, because of their lower vibrations. As you now grow in **energetic vibration**, you are simply able to access further and further options offered by the pituitary gland. It is just like having a super-computer in your house, but no knowledge how to use it. As you develop and grow with your knowledge, you can take it further and further and explore avenues that were not open to you before. The computer is the same, you are growing.

**Group Member:** *Okay...I had these 2 experiences, on 2<sup>nd</sup> and 24<sup>th</sup> March, and I felt a shift in uuhhh...realities...I need to know about that process...what happened?*

**The Arcturains:** We will examine this only in terms of the pituitary, as that is what we are discussing today. But you should know that there are other reasons as well. And you went through three experiences, not two.

**Group Member:** *2...which were very major...*

**The Arcturains:** Three! Go back and you will see the third. Each time, what has happened is, you have consciously raised your inner level of vibrations, which have naturally affected the pituitary, forming new level of connections and once you touch

that new level of expansion, a sudden shift takes place within the pituitary, where you are suddenly forging a whole series of connections that did not exist before.

The moment they are forged, you move into a new, enhanced energetic structure. It is like simultaneously inserting ten plugs into ten wall sockets, turning on the power, and receiving a jolt of illumination.

During the surge, you are instantly connected with all realities. But your own body does not allow you to hold onto that level of connection, so you shift back, knowing that you can now access any of these, at will.

**Group Member:** *I don't yet know how to do that...*

**The Arcturians:** You will learn...

**Group Member:** *YES!!!....you are right....there were 3....the first one was a month back....So will this happen more...?*

**The Arcturians:** Of course...the more you increase, the more options will open up for you...

**Group Member:** *critical mass.....so I have changed critical mass?*

**The Arcturians:** You have changed critical mass ...

**Group Member:** *Till what point.....*

**The Arcturians:** Laughing.....

**Group Member:** *Recently I am going through some physical problems, I am wondering...if its physical or something else also....*

Sohrab... Work specifically from here (tapping the pituitary), you feel find yourself settling down.

BLESSINGS, JOY LOVE & LIGHT FROM THAT ASPECT OF SOHRAB  
THAT IS THE ARCTURIANS.