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THE MANY ASPECTS OF SOHRAB

*Channeled by Sohrab*

## Energetic Imprints, Strands & Hooks Characteristics of Higher Energies

Trance Channeling begins

🌈 To trust in their own power or to even begin to know who they are.

There is a paradox here. On a soul level, you are everything & you know it. In 3<sup>rd</sup> dimensional form, you are an individuated person & you know it. How can these two things come together? They can't. And yet, that is a quest every single person is upon: merging the two aspects & being able to flow freely from one end of the spectrum to the other, at will.

### **Energetic Imprints and Strands**

Let us explain this more clearly: You already know that each person here is a collection of energy strands. She (pointing to a group member) is not this physical body; she is a collection of many, many, many energy strand, the predominance of which are her personally: the personal experiences, from lifetime to lifetime, the energies that she has evolved into, from lifetime to lifetime & who she is today. These are her predominant strands. Added to these strands are those of, call them celestial beings, if you wish, who she has connected with over many lifetimes. Let us say, over several lifetimes, she has been connected with Lord Zarathushtra, Lord Buddha, Lord Mahavir, the angelic realm, etc. Aspects of those strands have also been incorporated into her beingness, and therefore have become a part of who she is.

Let us say she is a total of a 100 strands. Of course, the accurate figure would be several billion, but let us use a hundred to explain this. If she were a total of a 100 strands, approximately 40 would be her predominance & the rest of the 60 would comprise various entities, angelic forms, etc that she has chosen to incorporate into her beingness. None of those will be more than her personal strands; if she is 40, there can be no other external entity that exceeds the number 40. Is this much clear?

What has happened, over lifetimes, when you give your power away, when you constantly depend upon the authority of others to control you, when you constantly

hand your power to the celestial beings saying, "You take care of me. I am in your hands.", what you are doing is focusing upon your external strands & allowing your central core, your 40%, to atrophy. It would be the equivalent of voluntarily sitting in a wheel-chair for 2 years; your legs would atrophy; you would be able to speak & use your upper body but the column of light which truly supports you, would wither away & you would not be able to stand. And yet you can function as the upper torso functions fine & so you don't think anything is going awry. But what happens when you are told to get off that wheelchair & stand up? You collapse.

If the central core (your 40%) is permitted to atrophy, what begins to happen, over lifetimes, is that you tend to lose sense of WHO YOU REALLY ARE. You become a collection of other people's thoughts, imprints, ideas, beliefs, and desires. As the center corrodes, these external aspects that you have, over lifetimes, accessed, start to drift away from you & attach themselves to more healthy beings. If you permit this to continue, you become an energetic hollow shell; and more often than not, these are the kind of people who become mentally insane. Now, not all mentally insane people have this issue, but very often it is due to losing sense of energetic self.

You have understood this aspect of core energies. There is now a second aspect that you must look at: what are called ENERGETIC IMPRINTS. These have nothing to do with the core energies that you have drawn & accessed into your beingness. These are imprints that you have permitted to be laid upon your structure over lifetimes.

You are mostly in a family situation with husbands, wives & children. In this case, there is a certain imprint that the husband or wife & the children put upon you in a certain lifetime. It is an energetic imprint. To a small degree, you permit them to establish their energies on yours; not in yours but on yours. It is very much like screen-printing a piece of cloth. Then you have the energetic imprints that you permit from your teachers, gurus, friends, society. All of these are imprints that you permit to place marks upon your energetic structure.

This is a natural course of events; you could not exist without energetic imprints, but if your core center is not strong enough, these imprints start to take on a life of their own & they begin to control you. It is not the other person controlling you; it is their imprint controlling you.

Let us say you are in a relationship with a highly controlling individual, who will naturally mark you with an imprint that is very, very strong. If you have inner core strength, you will permit this imprint to be there (it must be there in this lifetime) but you will not permit it to get invasive. If you are weak from within your core, this imprint (that has a life of its own & has nothing to do with the controlling husband) but being an energetic imprint, which is a mirror of the control issue, this control issue becomes an entity of its own & it takes hold. You start to get weaker because you are now being controlled by an energetic imprint, which is added to the control factor of the individual.

You live in a society that tells you what to do or not to do; that also forms imprints on your energetic body & those, too, take on a life of their own. You start getting bowed down by society: I must conform. And that becomes a part of your structure & takes over you. The weaker you get, the more you are influenced by these imprints & the less you are influenced by the strands you have accessed over lifetimes.

So are you now seeing what happens? The strands start to disentangle from you so that there is hollowness within & these imprints start to take over. There are some people who contain more energetic imprints than strands. These are those who have no mind of their own, who only parrot out words they have heard from others, who only reflect beliefs & attitudes that do not belong to them & because they are so full of this screen-printing, the designs become blurred, the energies begin to run one into the other, often contradicting themselves & these people are a mass of contradictions & they have no idea who they are.

You all know people like this; people who are at different levels of this virus-like take-over of who they are. The only way to reverse this process is to start strengthening your inner core; to start the search for Who Am I.

We have spoken to you many times, in the past, but we must reiterate it: The search for who am I includes the search for who am I not & in going through experiences, as you all go through, open rather than closed, you discover larger and larger portions of who you are & who you are not. The eventual embrace is when you take it all into the beingness & say: I am all of this. "I am the sinner & I am the saint. I am the vicious one & I am the angel. I am the sane person & I am the lunatic. I am all of it." Each part is equally vital to who I am.

**That** is embracing self. **That** is strengthening your inner core. The instant you begin work upon strengthening your inner core, these external imprints that we have spoken off get less. They do not detach but they get less. The other strands that you have drawn to yourself take a healthy position in your collective series of strands.

Let us have questions before we move on..

## Energy Hooks

**Group Member:** *We are also told about energy hooks. Are they different from imprints?*

🌈 Yes. For the benefit of those who are not aware of energy hooks: every single relationship you are involved in, be they personal relationships, sexual, friendships, teacher/pupil, even distant acquaintances, there are energy hooks attached between 2 energies; particularly when one energy is higher & another is lower.

All of you do this without knowing it. When you come into contact with an energy which is higher than yours, unconsciously, you attach a hosepipe-like hook to the person as you want to suck their energy & raise your vibrations to match theirs. Some do this gently & with permission & others do this like greedy gluttons.

All of you have come into contact with those individuals, who, after a few minutes in their company, leave you feeling breathless, drained and dispirited. What they have actually done is plunge their hooks into your structure, in an attempt to raise their own depleted energies through you. Now, if you have core strength, you will not permit this to happen, unless you wish it.

What is happening here & now? Every single one of you has attached a hook to him (Sohrab); every single one. It is intended to work that way. And yet, none of you are greedy. You are doing it in a manner that is controlled & that is needed for the session. Every time you chat with someone after the session & someone asks you a question & you answer, they have attached a hook to you.

It is beautiful. It is part of the energy pipeline that permits the flow of energies between every single beingness on this planet. Do not mistake the hook for a bad thing; it is beautiful. But it is how it is used that is your responsibility. Have you not found yourself latching on to someone else, either through playing the victim or through greed or through wanting more than they can offer or through demanding something from them, feeling you are unfulfilled? That is the time when you are putting out an unhealthy energy hook.

The most healthy energy hook is when it exists in 2 ways, in complete balance & joy: a give & a take, a flow & a flow back. This happens between amicable friends, loving couples, wonderful masters & pupils; there is always something to exchange.

**Group Member:** *Sometimes, when I do sessions, I am told they are carrying imprints of previous lifetimes, e.g. when they were Cleopatra, a Sita or a Parvati & that they need to resolve their issues in this lifetime because they are just in another time/space continuum. How true is this? We'd be just solving problems of our previous lifetimes; it never gets over.*

🌈 It never gets over! Yes, you carry an imprint through every single lifetime you have been through; that is why we said earlier: you can never be free of an imprint, particularly in a 3<sup>rd</sup> dimensional existence; even in a 5<sup>th</sup> dimensional existence you are not free of imprints. But you may help bring it into balance by helping them find their core strength.

You cannot help them remove these imprints, but you can help them find their core strength, their Who am I, and in doing so, they will automatically adjust and balance the influence of the imprints upon self.

**Group Member:** *May I add to this? (...) there were some past life memories, which were traumatic. They surfaced in this life. I do know that belief & faith in self, a general feeling of Positiveness & Goodness of Life, is actually the core center.*

🌈 It enhances & nullifies imprints, past memories. Don't forget it's all here & now. There is no past life; in the space/time continuum it's here. So every experience that you have is that little strand that is multiplying, in the now.

**Group Member:** *The body parts, after you die, do you leave your energy in that?*

🌈 Every time you donate an organ or a body part, you do leave an energy imprint, which will be passed on to the recipient. The perfect balance would be for the recipient to welcome this into their structure & permit an intermingling of the 2 energies.

Do not judge the energy of the body part with the energy that that individual was holding in physical form. The individual may have been a mass murderer but the energy of his lung or kidney is based on his lifetimes of experiences. He may have been a very high soul who has offered that kidney to the other person.

The best form of receiving it is to first thank the soul for having offered you that organ & to ask your body to energetically open up to whatever energies are contained in that body part, as it is part of the Divine Plan for you to receive that particular organ. It has already been contracted on a higher level. The physical act is the last in the many steps.

When organ rejection takes place, it takes place for one of two reasons: 1) the recipient is energetically closed to being helped; he refuses to be helped by the organ, or 2) It is part of his experience to reject the organ & to grow from that. It is never because the organ has been given erroneously or in anger. Never!

**Group Member:** *If you want to donate something to someone & he doesn't receive it, is it part of the Divine Plan?*

🌈 If you donate, for example, your eyes after death, Divine unity will ensure that the contract that you have already made with the recipient will take place. That recipient will be the one who will receive it; even though on an earthly context, if you were still alive, you may have intended it for another person. It always goes to the right recipient; there is never an error.

**Group Member:** *When you go to a hospital or court, when you come out of that area normally you feel drained. Is it because they are hooking on to you?*

🌈 There is no single explanation for this; there are several possibilities. But most of the time, you have permitted yourself to get energetically depleted, as you are not confident about who you are, when you enter the court. Generally, when you enter a court it is not to sight-see but because you are involved in an emotional & traumatic court case. Already your sense of self is at a low ebb. The moment you are at a low ebb, energies around, from your perception, attack you. There is no attack: it is just that you are creating a vacuum & are inviting all the energies into you.

**Group Member:** *Will covering yourself with light help?*

🌈 Dear one, that is exactly what we are recommending. If you wish to use the visuals of covering yourself with light, do so. It is the same as raising your own energies. The instant you fill your own vacuum, there is no place for others to fill you. Cover yourself with light, connect with self, raise your vibrations: are all the same thing. But do not play word games with yourself.

## Energy Strands

**Group Member:** *Right now what is happening to our energy strands & what shall we do with our energy strands?*

🌈 A good question! The only thing for you to truly do during this month is to spend it enjoying yourself. Enjoying yourself!

On a physical level, enjoy yourself in every possible way: recreation, work, please yourself, do what you want, listen to what you need to do & do it.

On an energetic level, enjoy who you are: start looking at yourself, start sensing your energies; enjoy your vastness; affirm to self, without word games: I am truly glorious. See how that makes you feel. Many of you will say: those are just words & that will tell you how you are truly feeling about your own energies.

Spend this month enjoying yourself; putting joy into self. Enjoy it. Do nothing else; don't work for others or for the planet, if you do not wish to. Do only what you wish to do for self. If we were to give you a scientific explanation of how much time, per day, the average person takes to enjoy & appreciate self, it would be under 2 minutes. How many minutes do you have in a day?

Enjoying self doesn't necessarily mean being indulgent, unless indulgence is what you wish to experience; in which case, go ahead & indulge. But do what you want & see how you raise your vibrations during this month.

**Group Member:** *I just wanted to say, the way I look at it (please correct me if I'm wrong)..*

🌈 Rephrase that! You have just put self down. You have not enjoyed asking this question. Enjoy it. Enjoy the fact, right here, right now, that you have an intelligence quotient strong enough & beautiful enough to question.

**Group Member:** *The energy imprint that you spoke off, I look at as an experience. These are the experiences that we have come to complete & the moment they are completed, once they are embraced for the good & the bad, they become a part of our core being.*

🌈 Exactly! That is how you transmute the imprint to beingness. But what we were speaking of earlier, dear friend, is when you permit the experience to overtake you.

**Group Member:** *Those are the blocks, I suppose?*

🌈 That is why an energy imprint (call it an experience, if you wish) can never be removed. You have chosen to have energy imprints in this lifetime but they must always be in balance. When they take you over, your attention gets so focused on that one particular imprint, you find no solution there & you ignore all the other imprints, which then also go into imbalance. Then you become a victim of circumstance.

**Group Member:** *Give us a glimpse of what is to be.*

🌈 Are you talking of Earth as a collective, or of this group, or your city?

**Group Member:** *The larger picture. What happens with the extra-terrestrials, etc? You're enjoying it.*

🌈 (Laughing) I am enjoying this session. Are you?

Let us answer with specific reference to extra-terrestrials, since you have asked for that. (Indicating a group member) And now we call upon your collective, The Bashar energies, to speak. You wanted to see them & experience them. He (Sohrab) will call upon that aspect that exists within self, to answer this question.

There is layer upon layer upon layer of universal friends surrounding planet Earth right now. You have all been introduced to them, from time to time, but what you may not have known is that they are staggered; very much like an army, where there is a front flank & there are soldiers placed strategically on the sides & there is yet another row to come in at another time & there is artillery at the back. We are using this analogy of an army quite deliberately, except that this is an army that destroys illusion & brings enlightenment.

They are positioned around your Earth planet, some of them in physical existence & some of them energetically there & as the consciousness of planet Earth, as a collective,

grows, the 1<sup>st</sup> flank will advance, enlightening you, offering you advice, communication, concepts you haven't thought of, new devices, etc to take you to the next level. None of them will do it for you; but all of them will offer you the supportive tools to do it for yourself.

One of the early steps in this process of evolution, given to you years ago, was the discovery of the wheel. Yes, that was the result of extra-terrestrial influence & that singular object, which was as complex to earth beings then, as the computer is to you today, pushed the level of consciousness of Earth up several notches. The introduction of the internet was another extra-terrestrial offering & see where that has taken you in the last 20 years.

Consciousness is rising at such a rapid rate that more & more information of this form will be coming at you & through you. The internet, for example, didn't need the physical presence of those beings to come & hand it to you on a platter; it was simply channeled energetically & the appropriate information was fed into the minds & psyche of the various scientists & conceptualizers, who helped create it for you.

Have you not wondered: where did the concept of the internet come from? Was it not a huge leap from the consciousness before? Where did the ability to explore space come from? Another huge leap. There was a car & the next instant there was a rocket. A huge leap.

You ask of the new ones, up & coming right now.

**The first:** one is the consciousness meter you have already spoken of. That, when it gets fully established, will change the perception of all scientists on Earth.

**The second:** which is very, very near completion, is teleportation. That is imminent. It is already being done but has not yet been perfected, as the scientists are, as yet, unable to re-create the molecular structure when they transport objects from one place to another. Small fine-tuning & a small jump in universal consciousness will permit this to happen & then your airplanes will become obsolete.

**The Third:** Newer & newer forms of fuels, which you are already aware of, will suddenly flood the market, changing the world's perception & need for oil & petroleum, as you know it today. But this must come when consciousness reaches critical mass, which acknowledges that petroleum is being exploited & Mother Earth is being sucked dry. This has not been reached yet. When you, as a collective, reach it, the answers will be offered.

**Group Member:** *Is this why the price is raised? So that we use it less?*

*(Sohrab nods)*



**The Fourth:** ..and we could go on. Just as you have cameras, as our friend here produced (Kurlion camera), you will now get scientific instruments that are able to detect & project past & future existences. These will not give complete details of them, as clearly as you can, when you sit in meditation; but they will give you a very clear picture of where your emotional & personal issues come from, the structure that you existed in & what you need to look at. This is the next stage, which will eventually be incorporated into hospitals, psychiatric clinics & eventually doctor's clinics. Can you imagine what this breakthrough will do for every individual? You cannot begin to imagine yet.

**The Fifth:** (and the last one for today): Anti-gravity will shortly be used. Earth scientists will use the principles of magnetic repulsion as a stepping stone to take them to the principles of anti-gravity.

**Group Member:** *When are they (the Universal friends) going to show themselves?*

Who do you think you are looking at today? (laughing)

The collective consciousness of the beings of earth, up to now, has postponed the event of mass-scale physical visits, as it is not quite ready yet. There are, naturally, individuals who naturally transcend this consciousness & demand it of self; but we are speaking of the collective.

You will have observed that reports of UFO sightings have recently dramatically increased...they are constantly being reported on your TV, in the news, and over the Internet.

It is up to you & not up to the universal friends. They stand in readiness, so to speak, awaiting your command. When will you do it? It's your choice.

**Group Member:** *During this month, have the masters withdrawn the imprints from my energy field?*

🌈 Not at all!

**Group Member:** *Then what are the dynamics?*

🌈 Putting together what has been said today with what was said last week, energies that are infiltrating your structure are giving your cellular structure a new quotient of power, comprehension, growth & expansion. You know this. The imprints, the experiences that have been overlaid by you will naturally exist, but the power emanating from within you is now so strong that if you choose to use it, you can bring these imprints into balance.

Once again, this month is a 'coasting' month. Do not attempt this work right now but attempt it the moment you enter June. You have all been given, energetically, a plateau right now. It is a period of rest, recuperation & rejuvenation. Use it as such: strengthen, grow, expand & simultaneously, allow these energies to work upon these imprints. You can never work upon the imprint; you can only work upon your core.

**Group Member:** *Is this DNA upgrades?*

🌈 Yes!

### **The Characteristic of Higher Energies**

**Group Member:** *I've been wondering what the similarities & differences between the Ashtar & Kryon energies are? Could you please tell us about this?*

🌈 We will touch upon this briefly today.

What may interest you all to know, is that just as you are upgrading, all masters, guides & friends are also upgrading, at a rate much faster than yours. Even though they are still individuated, as in Archangel Michael or the Buddha or the Lord Mahavir (they will always give a name for you to recognize them), they are now individually going into new levels of collectiveness. Each one of them, just as you are growing into your power, which makes you much more than you were to become even vaster beings, you will find, across the world, more & more collectives will speak out; very few individuated energies will now speak unless it is necessary for the groups' education to hear an aspect that is individuated. So it is not that those aspects are fakes. It is perhaps that they have not allowed themselves to move into collective strata.

Having understood this, the Ashtar collective is primarily a collective of universal friends who work for service, education & expansion of all there is: self & others with whom they interact. These are the 3 primary criterion of the Ashtar. Therefore, the Ashtar collective contains millions of different kinds of inhabitants, beingnesses; all who choose to align to these 3 primary focii.

The Kryon collective is actually far more ancient than the Ashtar collective. The Ashtar was founded later than the Kryon, but since we're talking of trillions of years, it is really unnecessary to explain that. The Kryon collective is fueled by the beingness, Kryon, which in itself is a collection of diverse beings but the Kryon collective is actually made up of the consciousness of individuated beings like you who choose to support it.

You (referring to the questioner) are a vital part of the Kryon collective. You (another group member 'D') are a vital part of the Kryon collective. You are an active member of the Kryon collective & by adding your consciousness to that collective, the collective

now houses all your experiences, your knowledge, your personal beliefs, your thought patterns & your growth.

So, Kryon (if we were to use the whole term) really consists of individuated beings who have chosen to add themselves to a oneness & yet are existing in individuated form. The Ashtar is not. They are more beingnesses who just work together in service.

**Group Member:** *What are the Omakron energies about?*

🌈 The Omakron energies are constantly re-inventing self. There is no steady collective. Dear one, it is very hard for us to explain this in detail in a manner you can comprehend & we do not wish to confuse you.

The Omakron are the core center energies of beingnesses from around the universe, who unite temporarily, pass on information, receive what they need & retract back into their forms.

Let us try & give this to you in an Earth example though you cannot physically do this. Let us assume that you, individually, can remove your physical hearts, allow them to unite for a temporary period & return them to your bodies. That would be similar to what the Omakron energies are. So, energetically you contain your hearts in one unit & send them across the universe to love & to receive love & then take them back into your bodies; that is how the Omakron collective works.

There is no standard measure as tomorrow another group of people may put their hearts together & send it out. They become then the Omakron & you are not the Omakron anymore.

**Group Member:** *Are they working with Earth right now?*

🌈 You are being bombarded, from all sides, by beingnesses from around the universe who are working with planet Earth for millions of aspects; so many aspects you do not even know off, for e.g. there is a certain race of beingnesses who are not working with any of you physically or energetically, but they are only working with the realm of infinite possibilities for what you could become. They are structuring possibilities of what you could become. It is like a playwright writing a 100 different endings to a play but does not know where the actors will go or which ending they will choose. But he has to write the 100 endings as if the actor does not have the script of the 100 endings, he cannot go there.

So there are those beingnesses whom you will never meet & interact with & yet are doing this work for you. They will never interact with your energies, as if they did they would corrupt you for your opportunity to go to infinite possibilities.

**Group Member:** *Do the Kryon collective all work towards different goals or is it all towards a common goal? What are they working towards?*

🌈 If we were to give a generalization for the Kryon collective, it is for the dissemination of knowledge. That is very limited; they Kryon collective has millions of aims but the umbrella objective would be the dissemination of knowledge throughout the universe.

**Group Member:** *What about the Ashtar?*

🌈 We have spoken of that: Service.

**Group Member:** *I'm a little confused. If they are not individuated energies, is it just a consciousness?*

🌈 Let us try & re-explain this: The Ashtar are actually individuated energies who put themselves together for service, etc. It is like all of you going to the slums today to work. You would then be the Ashtar. Physically, you would all get into cars, drive to the slums & work for a day.

The Kryon energy would be your consciousnesses getting together & working across your universe; not your physical form.

The Omakron energy would be your heart centers separating from your body, allowing you to work with what you are doing & then doing a completely different task & then returning to you.

Is this a little clearer?

**Group Member:** *It's our own dimensions.*

🌈 Beloved, do not confuse them further; but you are correct.

Our last question.

**Group Member:** *Does it affect global warming or is global warming the cause of it?*

🌈 It is not the cause of it but it does indeed affect global warming. This particular entity you speak of is one which radiates tremendous energies of different energetic frequencies. On Earth, you have a primary energetic frequency that you all work with; other planets work with different energetic frequencies. It is like plugs of different voltages.

This particular entity (and it is an entity as it has a consciousness equivalent to that of a full-fledged entity) works primarily by supplying the universe with the appropriate

energetic quotient it requires for growth & development. If the call, for e.g., has come from Earth to raise her vibrations to create global warming for the awareness of the collective then this entity will offer its services by simply supplying the current. That is how it is working. So it is not good or bad; it simply supplies what you demand.

BLESSINGS FROM MANY, MANY ASPECTS OF SOHRAB!