

June 26, 2008

THE COSMIC CONSCIOUSNESS CONNECTOR

Channeled by Sohrab

The Cosmic Consciousness Connector The Upgraded OM

(Just as the meeting was about to begin, the power failed.)

Trance Channeling begins

Experiment with your own power. First, acknowledge exactly how your body is feeling right now: if you are hot and sweaty, acknowledge it to yourself, do not block it; acknowledge it. ---- Accept it ----- now consciously choose to lower the temperature inside your physical, cellular structure. Breathe normally and naturally, and gently oxygenate the cells in your body so they begin to calm down and cool off. ----- command your heart rate to slow down...you are in a space of joyous, meditative self-awareness.

Visualize yourself bathing in an energy waterfall of cooling, calming and soothing light --- allow this to further cool down the cellular structure ----- once again acknowledge the perspiration rolling down you, but now it feels different, you are not as hot any more. ----- Further cool the cellular structure by inviting this waterfall in, and once again reduce your breathing to the minimum ---- slow, gentle breathing ----- (long pause).

You will be faced, from time to time, with situation such as this. These will now occur quite frequently, and you will have to accept them, work with them and move through them, as effortlessly as possible. You have two choices: you can get agitated, irritable, upset and blocked; or you can simply accept them and work with them and through them. This was just a little demonstration.

[The power returned at that instant]

Sohrab – I am in link with an entity or beingness that calls himself a “**Cosmic Consciousness Connector**”. He is floating somewhere above me. Please bear with me, as I am having trouble interpreting his communication. I seem to be receiving meaningless streams of sacred geometry. (Long pause)

This is not an entity as we know one. He has no logical thought patterns, but seems to work entirely with sacred geometry. I am being asked to just receive an impression and

interpret it. This makes me feel very confused. 'S', you are urged to also connect with our friend and receive messages.

I see him (let me call him 'him' for our convenience) as a sort of ball of fire, about the size of a football, emitting sun-like golden-red energies. I also see spirals of energy being radiated outwards. These tentacle-like spirals are entering each one of us.

Group Member 'S': – Sohrab, don't resist. Please accept his energies .

Sohrab – Accept his energies, thank you 'S', I will do my best, is there anyway you can help me do this? Is there anything in particular that I should do?

Group Member 'S': – I think you just need to open up and accept them. I am sensing your resistance.

Sohrab – May I please have the support of the group to do this?

[The group worked to help Sohrab, and group member 'I' instructed him to place both his palms on his heart, and then on his eyes. Sohrab then settled into a steady stream of communication]

🌈 - There comes a time in the growth of every being around the universe, where they require the assistance of a "***Cosmic Consciousness Connector***" and it is at that time, that we make our approach and facilitate growth, development and connection.

Human beings (and we will now speak of human beings in particular) grow energetically through lifetimes, and there occasionally comes a time when they energetically 'plateau'. An energetic 'freeze-up' takes place at this time, as it has for many in this room.

Hence we offer our services to you today. Does this mean you are not growing? Of course not, you are all growing, but it is like having climbed a steep mountain for lifetime after lifetime and having reached a plateau where you just want to continue the journey on a flat plain before you begin climbing again.

A "***Cosmic Consciousness Connector***" serves as your guide at this time. We points out optional energetic paths for you to follow, when you choose to start the climb again.

We simply connect you with different parts of self (not just aspects of your past, present, future or alternative realities, but with aspects of your entire beingness). This process is rather disturbing at the conscious level, as it temporarily leaves you feeling confused, unsure of what is happening to you and around you, and often makes you feel that you are in the center of a whirlwind.

There is very little you can do to overcome this aspect that must occur in your energy structure, while we help you 'rewire your circuits'. Does this mean that you are giving your power over to us? Not at all! You have summoned the help of a specialist, and are seeking his advice, guidance and skill, just as you would if you had a computer breakdown in your home.

How do we work? We will explain this briefly.

You have been told recently that a new band of 'energylessness' now exists around your planet, between the ionosphere and the exosphere. This contains the purest form of Universal knowledge, wisdom and communication.

We aid you in accessing the appropriate strands from here, and drawing them into your brains, where they begin to upgrade your brainwaves and brain patterns. Your own personal brain 'super-computers' are being upgraded by you, with our help.

We work on many levels. First, with your permission, we access your entire beingness, and together we plan a strategy for your overall development, based on your personal needs and issues.

We then work very closely with you, your Masters, guides, and spirit friends, who offer their advice. We consider their recommendations, but then do what we deem best for you, as we are the specialists in this field.

It may interest you to know that, along with the brain, we are working very intensively with your digestive systems right now. You may find strange food cravings, a change in the pattern of your food requirements and quantities, a change in the rhythms of your digestive processes, including wind and unfamiliar sensations in your stomach. If this has not occurred yet, it may well do so shortly. Please just accept this. The brain and the digestive tract are closely intertwined, though you may not know this.

We also wish to tell you that, right now, you are being influenced very strongly by aspects of self from past and future lives. If you give yourself the permission, you will find yourself day-dreaming about aspects of yourself in unfamiliar scenarios. Allow this to take place. Even enjoy it. You are assimilating aspects of self that you need to.

Many of you are not consciously aware of this, as you choose to divert your mind with day to day occurrences, but we urge you, during the next few weeks, to allow self to day-dream and to dream at night. It will simply facilitate the process of the upgrade that is taking place.

Group Member 'N': – Can I ask a question? My exercise patterns have changed, and I am not 'connecting' as I did before.

🌈 Though we have spoken very briefly of the brain and the stomach, most patterns are being changed, shifted or recalibrated right now. Ask self if you wish a new form of exercise. Are you being urged to break the "I must exercise daily in this particular manner" conditioning?

Most of you feel the need to conform to social norms like "I must eat only three meals a day", "I must not eat fats or oils", "and Sweets are bad for me". Allow your own beingness to guide you now.

If you continue to disregard the signs that your own beingness are giving you, you will still upgrade, but violently, rather than smoothly.

Group Member 'D': It seems that the right brain and the left brain are merging, so if this is the case, that is why the past lives are coming up? What shall we do with this one brain? It's tough going!

🌈 Witness this: a beautiful example of what we have just been speaking of. Her own beingness and intuition has served her correctly, where it has pointed out to her that the right and left brain are merging. Then her old conditioning comes up, 'how can we deal with this, what must we do?, I am lost, I am confused. It will be tough going'. Let it be. Just let it be, and when the time comes, we will guide you.

Group Member 'I' I have a lot of confusion – then I have absolute clarity, then I have stomach problem, then confusion, I have somehow become more multi-dimensional, (inaudible) and when I do not know things, it helps me (inaudible) you say darkness is bad and you expect light to take you forward, (inaudible) that's exactly what's happening

🌈 Thank you. (Addressing the group) There are lots of mergers taking place in your physical and spiritual bodies right now and it is time that you become consciously aware of them.

The chakras are all merging now. They are energetically 'bleeding', one into the other. For example, the heart is no longer 'just' the center of love. The heart must also be a center of stability, of sexuality, of connection with the divine. Each and every chakra must contain all the attributes of the others.

So the chakric column is no longer a series of circular balls of light, it is now a centralized column of light which extends way beyond your body, up into the universe and deep into Mother Earth. At the same time, the left and the right brain are now beginning to merge. Actually, in many newborns, it will be observed that the lobes are not as

physically separate as yours are. This will be observed more and more from now onward. But even in your cases, where you have a physical separation between the lobes, the energies are now beginning to flow one into the other, and therefore reason and logic will not stand up on its own, you will not be able to separate creativity from reason and logic. The two are now beginning to blend.

With this merger, your thought processes are changing. You are starting to see 'the bigger picture' in every situation, you are now able to examine it from angles you did not know existed, and you are now more and more sensitive to others' deep-seated issues, be they joyous or painful. You are now learning to read the sub-text.

With the escalated upgrade of the digestive system and stomach, new energies and foods ingested are being re-routed to newer places in your bodies. Sugars, for example, which used to be sent to specific areas, and now being re-directed to other parts that didn't need them before.

Group Member 'N': – Really, so that helps me?

🌈 Yes – It helps you, as long as you do not resist and the more you resist, the more it will be traumatic for you.

Group Member 'N': – Resist what?

🌈 The process of the upgrades and shifts in the body. LISTEN TO YOUR BODIES. DO NOT BE BOUND BY OLD CONDITIONING... 'Fats and sugars are bad for me', 'I must not eat at night', etc. Your bodies will tell you what you need, in what quantities, and at what intervals.

The oxygen that you take into your bodies now has (as you have been told) a new chemical and energetic composition. In the past, when the cell was oxygenated and grew, it did so smoothly and uniformly (like the gradual swelling of a balloon). Not anymore! The cells are now expanding at a rapid rate, in a star-like formation, with points being raised from the walls of the cells.

Once again, those of you who are in touch with your bodies will have experienced aches and pains at random moments, or simply a buzzing sensation within, rather like a muscle that has been exercised after a long time. Your cells are exploding like fireworks! Accept this...it is joyous expansion.

Two current areas of activation are the palms and the soles of the feet. If you find these areas blocked, please stimulate them. Place the soles of the feet on the floor gently, do not press down on them, and allow them to lightly touching the floor. Connect with the soles of the feet (do not forget the toes) and just allow them to hum or buzz from within.

If you have particularly deadened soles, and some do, you may stimulate with them, by either vigorously rubbing them on the floor or by gently tapping them up and down. The best form of stimulation would be to walk outdoors on a grassy surface or even on pebbles. These would activate the feet for those who have deadened soles.

Please allow energies to enter the soles of the feet: these are not just Earth energies any more, they are pools of liquid light, layers of consciousness that are now being flooded into the body through the soles of the feet. Walk barefoot as much as possible. If you are truly uncomfortable with this, you may simply sit barefoot on a chair in your own home and place your feet upon the floor. That is sufficient, and will allow the soles to absorb the pools of liquid light that are now being flooded into the body... (Clapping his hands) This is consciousness – new consciousness.

The palms of the hands are also being activated: take a moment, open them just for your convenience, rest them lightly on your lap or on your chair, relax them, do not stiffen them and be consciously aware of the vibration that is taking place in them, including in the finger tips. You will feel a throb, a vibration, a sensation. Once again, for those who have relative deadened palms, you may activate them in many, many ways, the obvious is rubbing the palms together. You may also place the thumb in the centre of the palms, one by one, press hard for a few seconds, and then release it. But remember to relax the palm again, if you keep them stiffened, you do not receive or transmit very much light and energy - relax them. Another way to activate the palms is to use a rough surface such as a brush and to lightly brush your palms upon the surface. Yet another way to activate the palms is to clap – (Sohrab clapping loudly) again not so much that you hurt yourself, but enough to activate and then open.

Your inner resonance is now being upgraded. You are all aware of the resonance of the OM. You have chanted it for many years, you have experienced it, you have generated it you have worked with it, you have used it, and you have bathed in it.

THE OM IS NOW MUTATING. The sound of the OM now contains new resonances and new sacred geometrical symbols. But the new visual symbol has not been revealed to Earth yet, so for convenience you may use the old symbol, but know it has changed.

Understand the magnitude of this statement. The resonance of OM is actually the resonance of pure creation. All of you have been born from the OM sound, everything in the universe has been generated from the OM and now the OM is upgrading, which means the source is upgrading, which means that everything the source now produces has to be of a different resonance to what already exists. How can you remain in your old resonance if everything around you is vibrating at a different resonance? You therefore have to upgrade along with it.

Group Member 'Gy': There is a new sound I seem to resonate with – will you please tell me if it makes sense? – HUOOOMA –

🌈 You have tapped into a few new strands of the upgraded Om. There are billions of new sounds now being added and the overall effect will change. Please understand that when you, as third dimensional Earth being, chant the OM, you are actually resonating and creating about a billionth of the actual resonance of the OM. It is like playing one note to a person who has actually listened to an entire concert. That is the incompleteness of the OM with which you are familiar.

And yet, even though you chant a tiny portion of the actual OM sound, you are still connecting with its totality through that aspect of it.

The new DNA strands, of which we will speak of at a later date, are also now being created due to the change in the OM and due to the change and upgrade in their resonance, therefore the new DNA strands will have no bearing in the physical structure that you know of as DNA. Those will still exist, but inter-twined with them and surrounding them and within them will emerge new strands.

Group Member 'D': – (inaudible) in Liquid Light?

🌈 Some, because as you know liquid light is layer upon layer upon layer of consciousness and consciousness cannot always be quantified or visualized or even drawn.

Group Member 'N': – I want to know how will Liquid Light will help us in our breath and pranayanam?

🌈 The liquid light is layer upon layer upon layer of consciousness. So if you need to change your breath you will access that layer which is appropriate for breathing and changing of your personal beingness and you will use that.

Liquid Light is like a vast computer storehouse of every single bit of consciousness that you every have and ever will access. It is like a mega-super-computer. So if you wish to change your breath, you will type into it 'change in 'N's breath' and you will access that bit of the Liquid Light that will facilitate your growth and development.

Group Member 'N': – Will these new energies affect the way we currently breathe?

🌈 Yes indeed. Humankind is experimenting with this right now. You are accustomed to breathing through the lungs and, to a small extent, through the pores of the body. You are already experimenting with shifting focus and breathing more and more directly through the cellular structure. When you master this, external breathing will be relatively unnecessary.

Group Member 'N': – But right now, what is happening?

Right now, the cellular structure is learning how to absorb liquid light. Hence we urge you to now consciously start 'eating light'. Do not confuse this with 'dieting'!

You can do this anywhere, in a meditative state or out of it. You simply instruct your body and cellular structure to open up, and demand that they 'eat the cosmic light' that planet earth is being bathed in right now.

After you have done this a few times, you will find yourself feeling very light and energized, with an internal 'buzz'. You may find the composition and odor of your perspiration changing, that is only temporary.

Group Member 'D': – May I ask a last question? Is this a grand experiment, where the source has to start experimenting or is a quantum leap for the source too, in the cycles of change?

🌈 It is a quantum leap for the source and yes, it is also a grand experiment. It is both! The source, which you have never fully understood and you never will, needs, from time to time, to take a leap. **Even the source needs to take a leap faith. Even the source needs to take a leap of faith**, because the source knows it all and therefore the source wishes to sometimes push self into areas which have not yet been created, so it can not yet know it. That is the Grand Experiment.

Gayatri – Every time I come to the meeting, every morning something happens, validated at the meeting! This morning I picked up Rumi's book of poems and I read it before going to office and the key line "water teaches us how to walk in the ----- (inaudible) now you are talking of liquid light!

Group Member 'S': – Has this upgrading happened before also?

🌈 Of course, of course, it has happened many, many, times, over many, many, many millennium; but each time it occurs in a different manner, so the manner in which it is taking place now and the effect it has on all universes gnesses is different each time !

Group Member 'P': – I would like to conduct a short meditation based on today's session...may I?

🌈 It shall be done.

Group Member: I have a terrible lower back pain – only when I wake up and I have had this dry cough for a year – and I have quit smoking. Have these got anything to do with the upgrade?

🌈 Both are peripheral to the upgrade, but not caused by the upgrade. The lower back pain is being caused by certain rigidity in your marriage and has much to do with your relationship with your husband. Start examining and working on these issues before you do yourself permanent physical damage.

Group Member 'G':— May I ask this question? Something happens to my ears when (inaudible) – is it physical or something else?

🌈 Yes, there is now a physical aspect of manifestation here, you may choose to have this checked. But, it is also tied in to your ability now, to receive messages which you are still blocking – opening up to the universe and the universal messages, but also have a physical check-up.

Group Member 'G':— If source is being upgraded, that means our beingness is being upgraded, so when we are in the process of taking a decision – lets say in reference to the birthing process, how does – in my case, should I just let things be for now, or should I just be ready for changing my decision as my beingness is changing.

🌈 Once again her own intuition has served her well and she has understood that a natural process, of some form, is the most appropriate for her. As always, **being who she is**, she will create a multitude of external voices giving contradictory information, so that she gets utterly confused. This she does to simply remind herself of her own strength, her own purpose and her own level of connection.

The child is arranging everything for you, don't waste your time. The child is of such magnitude and such impatience, that all is being put into place by this being.

Of course you should do your research, and gain information, but at the appropriate time, just release the outcome. Your case is rather rare: Normally the mother's energies guide the birthing process. In this case, the child's are doing so. The child may appear unexpectedly, in advance of the officially designated date.

Group Member 'G':— Empowerment and the need for control are two areas I need to work on... with your words, here both issues are coming up for me.

🌈 You are reading into these words exactly what you want to see. And were we to remain silent on the subject, you would go further into your energetic tangles! Rest assured, you are fully guided and protected.

Group Member 'G':— I know, I know... thank you.

🌈 You have the power of Self, the power of the child, and the power of this dear group family. This family will support you fully.

(The group member 'P' then guided the group through a meditation)

Merge your energies with that of Mother Kwan Yin. Move into the realm of love and light, and be there – be in that space ----- now place your feet in the Lotus flower ---
--- the Lotus Flower is filled with pure liquid light ----- place the Lotus flower on your crown ----- allow the energies of the pure liquid light that your feet are placed in, to rise up through your entire being, up, and fill you ----- let it rise, let it rise, let it rise, ----
now merge your energies completely, you are one ---- with the pure liquid light, you are one ---- at this moment access anything you wish ----- you will receive all the answers that you have ever had ----- that you have ----- and that you ever will have -----
hear it --- allow it to be, -----