

14th August, 2008
THE ASHTAAR
ABRAHAM OF THE COSMOS
Channeled by Sohrab

The Energetic components of the Cellular Structure Evolution of Man from the Big Bang

Sohrab channels his higher energies* for this short workshop

Sohrab*: 'G' and I were lunching with 'D' yesterday, and at one point 'D' asked, "Where am I now?" I felt urged by self to sit down and write. Most of the information accessed for 'D' was personal, but I was then provoked to draw a little figure of the cell and label it.

If you recall, during our last session, we discussed the cellular structure that we are 'rebirthing' just now. Information was given about how the cells are re-generating, and that within the core of every cell was a little 'black hole', surrounded by a 'white hole'. We were told that the black hole takes in new energies, combines them with our cellular structure, and emits a new energy through the encompassing white hole.

The diagram that I drew was a cross-section of the cell, depicted as a series of concentric circles, one inside the other. This was shown to us as the energetic component of the cellular structure.

The Nine levels

The core center of the cell was the black/white hole, as just described.

Around this was Level No.1, the "Who I Am", from your very point of inception. Your individual being-ness varies very little over lifetimes. It does develop, of course, with your experiences, but it remains very much your part of the Godhead.

Level No. 2 is your Soul Mission: what you, as a soul, have chosen to undergo and experience over hundreds of thousands of lifetimes. This again rarely changes; you will just find different ways, from time to time, of exploring your Soul Mission.

For example, my soul mission, as stated by Ellaeenah's chart, fits so perfectly with what I currently do. It **is to help others be the best they can be.** I am certain that I have done just this time and time again, but exploring different ways of doing so, each time. And of

course, in doing that, I help self grow into my own power. So around the core essence is the Soul Mission.

Around the Soul Mission, is the 'Cosmic self' or the 'Cosmic Persona' (Level 3). This is like a luminous tapestry of various threads that you have woven together to make you who you are. Now this starts to change as you grow and develop and undergo experiences; you keep adding to your personal loom new weaves, colours and patterns, reflecting the richness of who you are.

In Level 4 comes the 'introduction of matter'. Now in this lifetime, we are all in dense matter, but we have also existed in much finer vibrations. But it is still matter of some form.

This is surrounded by Level 5, which is 'the introduction of a personality'.

Level 6 is termed the 'pleasure center', where you start experiencing material pleasure, spiritual pleasure, physical pleasure, a sense that there can be something called 'pleasure'.

Then comes Level 7, the 'dense veil; where you have drawn a separation from *who you are*: you have brought down veils of forgetfulness, so you don't remember past lives, past connections.

Around that comes Level 8, the 'incarnated confusion'. All your trials and tribulations in life, what do I do now?, where do I go?, I don't know what decision to make. All your confusion.

And the last ring (Level 9) is 'choices in incarnation'. The choices that one makes, day to day.

We were given to understand that all of us keep moving from level zero to nine, and then back again into the center of the cellular structure, to start the process over and over again, each time expanding the cell. This gave rise to an understanding that the energetic shape of the cell is not a sphere, but donut-shaped.

And if you flip the doughnut on its side and look at it, as if it were lying flat on a plate, it would appear to have an indentation at the two center points. It would look like a sideways figure of 8. **That is your 'infinity sign'**.

At this point, '**D**' explained to us that scientists have discovered that the universe itself is donut-shaped. So perfect, isn't it? As above, so below.

I then received from self, a series of images about our initial separation from the source. I know there have been channelings about this in the past, but this was a slightly different point of view, which I would like to share with you.

I saw the source, God, universal energies, all that is, call it what you wish, as a very big mass of golden-red fire. Let's call this visual the great central sun. The sun wanted to re-experience self, and it wished to take a leap of growth of self.

So, from the sun, I saw a big, thick strand of light coming out, a 'celestial worm'. And this worm was me in my original essence. I saw another worm emerging and another ('G' and 'D'). These three 'worms' were still attached to the source, but were almost individuated.

The first thing that these three worms experiences on separation was LONELINESS,

I'm now going to talk about the 'Sohrab worm', as an example. My first 'ancestor'.

So the Sohrab worm came out and experienced '*loneliness*', a new experience, because for the first time there was separateness from the source. So this vast gigantic worm said to self, "Let me create something to stop this feeling of loneliness.

So he DETACHED A PIECE OF SELF, and it became a star. And he detached another piece of self, and it became a galaxy. And he felt great relief that he now had externalized aspects of self, to keep him company.

Now don't forget, the 'G' worm and the 'D' worm were doing exactly the same thing, and creating a host of celestial bodies.

But these three worms still felt isolated from one another, so they decided, "Let's share our individuated creations!" So suddenly, each of these three had tripled their output. 'G's stars had also become 'D's and Sohrab's; 'D's galaxies had suddenly come into the consciousness of the other two.

And so it was with the rest of all of us. We all separated, created and shared. And together we created all that is.

And we are still doing exactly this! Every time we get into any kind of relationship with another, we share of our personal experiences, and they become part of the other person's experiences as well. Every time we sit together in a meeting like this one, we all share of ourselves and grow from one another.

A young child may not know of the existence, for example, of the planets in our solar system. They are not part of his consciousness. But the moment that he is introduced to their existence, perhaps in a class in school, they suddenly become a part of who he

is. His universe has suddenly expanded to encompass them. They become a part of his reality.

Sohrab* to 'D' – Do you wish to add anything?

'D' – I don't wish to add anything – its just '**reality**' is 'how you perceive it' and as long you can perceive you, you, you, you, then that reality is mine, but the minute you say '*I have no such reality*', you are back at the black hole. And what will come out, it may not be again, Sohrab, '**Sil**', '**Kau**', it may be a hundred other ETs who are here then, so if it generates in different, and different, and different ways, and that is in itself Cosmic knowledge, which you talked about here.

Sohrab* –The reason that I have shared this with you is to re-emphasize our understanding that WE ARE CO-CREATORS. We are responsible for everything in our Universe. We need to acknowledge our creativity and our power.

'G' – What Sohrab has said helps you to understand the meaning of 'the universe is within you.' He has explained it very well. And another thing it explains is that life is endless, it continues, self-generated; you reach the outer limit, then you go back into self and you recreate. So there is no finality, there is no end; it just goes on, limitless.

'San' – I have heard and read that the universe is a hologram and that we are all holograms; how does this co-relate with the holographic principal of creation, that physical reality is our creation?

Sohrab* – I'd like you to first explain to the group what exactly it is you've read or studied about the universe being a hologram.

'San' – A Hologram is basically a three-dimensional image, made with the help of lasers, if you take a image and bathe it in laser light, if you take another image of that, you get a three-dimensional image. Now, one of the properties of a hologram is that if you cut a hologram into half, you don't get two separate halves, you get an exact replica of the full, and no matter how many times you cut it, even if you go down to the subatomic level, you will get an exact copy of the whole, which is contrary to popular science. If, for example, you dissect a frog, you get two parts of a frog; whereas in a hologram you would get two whole and separate frogs.

Sohrab*- Let me connect with self and answer this... (pause)

Today's session with be taken by those aspects of the Sohrab that are Abraham of the Cosmos and the Ashtaar. You may question freely.

[To 'San'] Dear friend, your earthly concepts of a hologram are woefully incomplete!

The Universe can never be a three-dimensional image....it is comprised of dimensions beyond your comprehension. And yet you may call it a 'hologram' if you wish.

We must start by helping you understand that the colour you know of as BLACK is actually a series of shades, hues, colours, textures and vibrations that your third-dimensional eyes, brain and energies cannot access. In fact each colour that you see, in its very primary form, consists of thousands and thousands of aspects that you are unable to access.

If you could, you would be able to access all beingnesses of different vibrations that inhabit or visit your planet. You would then SEE the multitude of friends in spirit of semi-solid form who surround you; you would then acknowledge the existence of Universal Friends. You would be able to hear them, communicate with them and love them. You would pick up and converse freely with all aspects of Planet Earth, you would hear her thoughts, experience her joy and her pain, and be in perfect harmony with all around you.

BLACK contains perhaps a BILLION TIMES as many colours, vibrations and frequencies as any single colour you are familiar with. It is the most multi-coloured of all the colours you know!

So now, to be able to contain so much, you have to move dimensions. Even if you inhabited the seventh, or ninth dimensions, you would still have a limited perspective of the colour Black. But it would start to appear to you as iridescent, a series of merging colours and vibrations. If you inhabited the 24th, 25th, 26th dimensions, you will see within the colour Black, not only shades and textures, and vibrations, but you would hear sounds, you would see images, and you would tap into different existences. If you lived and existed in perhaps the hundredth dimension, you would come closer to the vastness of the Black. Is this much clear?

All: – Yes

The Universe being a hologram is correct, in that your universe exist concurrently and simultaneously not only with alternate, but with parallel existences. This has been spoken of before, and we do not wish to go into that today. But, each one is a layer, upon a layer, upon a layer, upon a layer IN THE SAME SPACE; but NOT in the same time and NOT at the same level of vibration.

Therefore, hypothetically, if you were to “cut your hologram in half”, you would simply be separating your personal Universe from the billions of others that exist simultaneously and concurrently. It would therefore exist on its own, and the others would continue in their own stream. So ‘one frog would become two frogs’.

You understand that you exist on a planet that is a part of your Universe; you also understand (mentally, at least) that there are other, parallel and simultaneous Universes, which you really cannot access easily.

Other Universes have different sets of Universal Laws. Some overlap with yours, some don't. Some have similar physical features, some don't. Some Universes are based on sacred geometry akin to yours, others have their own (and very different) roots. Yours works on the principles of Matter, others work primarily on the principles of Anti-matter.

Group Member: - *So there would be one earth or many earths?*

🌈 (Laughing) Billions and trillions and quadrillions. Each in differing realms. That is true holographic sacred geometry.

'San': – *What has consciousness got to do with the universe, how does consciousness come into play?*

🌈 Let us speak now of your universe. We have spoken before of liquid light. Liquid light is actually a cornerstone of your universe, as you have chosen, in this universe, to grow through raised consciousness.

Every single time you incarnate anywhere, and even when you remain in spirit form, you continuously add layer upon layer upon layer to your consciousness. Even here and now, you've just added several layers to your consciousness during the last few minutes. Even if you have not heard a single word that has been said today, just by exposing yourself to these vibrations, you have added to self, several layers of consciousness. Your umbrella objective, your soul stream, is to grow through layered consciousness.

There are certain universes that do not focus on consciousness at all. There is one, for example, that works purely through vibration. In your universe, vibration is an aspect of consciousness, but in their universe, consciousness is not an aspect of vibration, so they will choose to incarnate in their manners, constantly vibrating at different frequencies, and growing from that process.

'D': – *You as Ashtaar belong to (inaudible)*

🌈 Yes we do, but we have the ability to move between universes from time to time, if it dovetails with the celestial plan that we are working upon. Not all Ashtaaries can do this, but many can.

Even within the Ashtar, you have to be at a certain energetic level and a level of consciousness, to be able to acclimatize to a leap between vibrational dimensions. Some of us have crossed over and been unable to return.

Due to our expansion, we choose joyously to continue in the new strata and we do exactly the same work with different beingnesses that are akin to us. And, in fact, new seeds of the Ashtaar race have been developed by this phenomenon.

Some great Ashtaar souls have even chosen to cross over deliberately, knowing that they cannot return. It is truly an adventure of the spirit. Why? When you incarnate, you know from the depths of your beingness that in after a short lifespan, you will still return to familiar soul territory in your own Universal existence, surrounded by familiar loved ones.

But these brave Ashtaar souls have chosen to shift into completely uncharted territory, from where they know they can NEVER RETURN, for all eternity.

‘N’: – *Can you say something about the World of Science, in the spirit realm?*

🌈 Is there something specific you wish to know?

‘N’: – *Yes, because my husband (in his writings through me) said he would be going into ‘the world of science’ and he would be working there on certain projects. Could you help me understand this ‘world’ better?*

🌈 When you return to your natural home in the spirit realm (which you leave from time to time, for brief incarnations), you undertake different tasks that suit your energetic stream.

Do not ‘judge’ your stream from your incarnation. You may be a high level mathematical genius, who has chosen to ‘veil’ that part of self in an incarnation, so that you can focus on another task. It may amuse you to know that most of your group members are very high level scientists. (Pause) We can feel your disbelief rising!

Some Group Members: – Yes

🌈 Very high level scientists – so fine-tuned, that you have chosen to separate the knowledge you have already gained over lifetimes from this earthly incarnation, and to focus on other growth aspects of self.

Do you recall, a while ago, when you were in a session pertaining to the Bombay train bombings, that you were told that a few of the souls involved were scientists who had incarnated to specifically ‘experience’ that kind of a violent death? Many lived their lives as ‘ordinary’ tradesmen or office workers. The moment of their harsh death was actually the highpoint of their incarnation. So you see, you often cannot recognize your own stream.

On earth, in a school, you would have a separate science laboratory and a separate carpentry workshop. In the spirit realm, these streams intertwine, existing concurrently and simultaneously. In spirit, you understand that even if you choose to 'specialize' in a field, most are inexorably intertwined. You cannot separate science from art. You must marry mathematics with philosophy and creativity. You cannot begin to understand philosophy without considering its relationship with physics. You cannot separate the classrooms.

(To 'N') Your husband is entering the realm of pure science. He will meet and work with the essences of all great scientific minds, not only in spirit form but those who are in incarnation, because even if you are in incarnation, your scientific aspect is in full connection with the spirit. You may be an Earth Scientist, or you may be the Earth man on that train, in link with the same science stream.

You are all in link with the science stream as we speak. So, your husband will be interacting with this wonderful group of friends (indicating all in the room), and with many other scientific minds, and indirectly with all other streams of knowledge.

Many of your earth scientific geniuses were, knowingly or unknowingly, complete and total channels during all moments of their lives. Information was being poured into them by the Realm of Science, which they added to their own creative power, and disseminated on earth.

The Einstein, for example, was a genius, a Master, and a perfect channel. This does not take away from the greatness of the beingness, as it take a great beingness to be this kind of fluid conduit and the beingness must also have a scientific knowledge on Earth to be able to accurately pass on an interpret the floods of information coming through. (To Nargis) Your husband will be working with these magnificent beings, and his whole beingness will expand through science. He will vibrate with new levels of Art, culture, literature, history, but his focus will be the Science.

Group Members: *I need to ask a question on the Blueprint again, ok? You said astrology was going to be upgraded, and you say the Blueprint is now redundant. But my observation is that I'm looking at the transits and they are really working. How come? I need to be very clear about this.*

🌈 When you amputate a person's leg, for many months after, the person often has a sensation of pain in areas of this ghost limb. If you still believe that you are bound by the old blueprint, you will be. But what you are actually doing is simply recreating it all over again.

Group Member: *So when you say that astrology is going to be up graded, I need to know more about that.*

🌈 Astrology is not 'going to be upgraded'. It already is in such a state of evolution that the old rules hardly apply anymore. You can only use your past knowledge of these sciences (astrology, tarot, crystals etc) as a very basic guideline for future interpretation. The key, the cipher, is TO NOW ADD YOUR OWN ENERGIES to your basic knowledge, and to interpret it anew. If you continue in the old way, your charts, your readings, your interpretations will be amateur, incomplete and inaccurate.

'D': – Science is saying that the heart now is the brain, and the key to all this knowledge is through the heart.

🌈 to 'G' – What did you speak of yesterday?

'G': – I said, everything comes down to one word: 'LOVE'.

🌈 Share it with the group.

'G': – The three of us were talking of this yesterday. 'D' had so many, many questions. I said that we tend to live by labels: this is good, that is bad, this is how it should be, and this is how it shouldn't. We also feel so very self-important about our new-found knowledge. I truly feel that everything fits into this one word – L O V E, which is interchangeable with truth, light, life and God, it's all the same thing.

🌈 Thank you. Without love of self, without appreciation of your own magnificence, without a sense of your own power, you will not be able to live your future day-to-day lives.

Group Member: *How much in the future?*

🌈 (laughing) Shall we ask her to stand silently in the corner?

Group Member: *I'll come right back*

🌈 And so you must.

She speaks for many here, remember that. We will explain.

If you were all magnificent jewel thieves, and you tried to open a safe, suddenly remembering that you had left all your tools at home, how would you feel? Very foolish and frustrated, no doubt!

The safe would remain an impenetrable fortress, you would know that the jewels were within your reach, and yet you would be able to do nothing. What a sense of failure!

You are now all safe-crackers, breaking into your own vaults. Your own jewels lie within your reach, but so very deeply embedded in your own psyche, that they are impossible to reach without the tools of power, self-worth and love.

You will now find that if you now do not exercise your love, your power, your magnificence, your wisdom, your very beingness; you will get nowhere. You will find yourself failing, feeling confused and miserable, and getting traumatized.

Let us take a practical example. If you are an astrologer or tarot reader, and you continue to work in exactly the same way you always did, with the same interpretations, holding on to your old and secure patterns, you will find your clients slowly dropping off.

How can this work for anyone? Universal energies are changing, the clients' energies are changing, YOUR energies are changing...how can the old order fit? They will simply feel dissatisfied and leave you.

If, however, you use your basic knowledge of the charts or the cards, add to it your intuitive understanding of the client sitting in front of you, and fuel it with your new power and wisdom, you will find unbelievably new insights coming from self. And your client base will multiply.

Understand this, dear friends: we are not here to scare you; we are here to awaken you. Every situation is being recreated afresh at this moment in time, for you to observe and work with. Don't get stuck in old habits, old patterns, and old thought processes! You have to create, explore and grow, moment to moment!

'G': – Can you please explain to the group what you said yesterday about the Manifested Spirit Self? You mentioned that I was working actively with this.

🌈 We will explain this with pleasure, as it applies to all. The term 'Manifested Spirit Self' sounds paradoxical. How can spirit be manifested?

From time to time, human beings choose to segregate from their own vastness, a manifested aspect of self, for a purpose. It is like creating a 'concentrate' of a part of self, for a specific reason.

Let us understand this with an example. You are a school student, about to appear for a mathematics examination. What you often do, unknowingly, when studying with complete focus, is to segregate that part of self that is mathematically inclined, and draw upon those energies. When you do that, the paper just 'flows'. At that moment in time, you are not really concerned with other aspects of self that are, say, artistic or scientific. You need a concentrated blast, your own personal tutor, who is the most appropriate at that moment in time.

So for every situation in life...when going for a job interview, when confronted with a tricky situation, when you have to 'go out on a limb', create and draw upon that part of self that is a specialist in that field! You are calling upon aspects of self, not an 'external' master! As you are a Master at everything.

Group Member: *Yes, I was just saying, that this happens from time to time. Supposing you are in court and there is no lawyer?*

🌈 You did just that on that particular day. You summoned your manifested spirit self. You segregated a portion of self that was vital, and you used it. And why not? When you need to lift a small object, you use only those parts of the body that are necessary.

Group Member: *You told us about the different universes, but who or what controls it, does something controls it?*

🌈 Control, control! The Collective unconscious, the Supreme Consciousness, All that is You, has a collective desire to grow, expand and experience self in different forms. Everything, from you to a stone on your planet, contributes towards the direction that the Universe takes.

Right now, Planet Earth is in a state of rapid cleansing and evolution. Other parts of the Universe are in stasis. This keeps shifting. Universal consciousness directs this.

Group Member: *I want to know about the energies of August and September, as two eclipses are taking place.*

🌈 Is there any particular aspect of the energies you wish us to speak of?

Group Member: *No, just general energies and how is it going to affect us.*

🌈 August will be a month of paradoxes. Your beingness urging you in one direction, and you doing exactly the opposite. (All laugh) You want to lose weight and you find you are eating much more than you ever did before. It is a month of paradoxes: we urge you to, in fact, let it occur. Let it occur – be aware of all your paradoxes. You will find yourself wanting to heal certain relationships; those will probably become worse in this month. Allow the paradoxes to take place. What are you actually doing?

You are actually sorting out intertwined energies, those which you have allowed to get tangled over the years. Once they are separated and examined, you will find them flowing freely and smoothly.

At the same time, in August you will also find interesting leaps taking place in your consciousness. You will see more, hear more, and understand more. You may not be able to resolve situations, but at least they will come into your awareness.

In September, you will have access to wonderful, mystical, occult energies. Very new and advanced ones, many which you have never before accessed. Many will find themselves going inward, examining those deep, dark corners within self, that have previously been ignored or simply undiscovered.

Energies of the occult will be with you, to serve you in any way you wish. Draw upon these, and upon self, to move, shift, grow, vibrate and expand.

Enjoy the mysteriousness of the month. You will read about and perhaps see unusual events taking place, on earth and in the sky above. Co-incidences will come fast and furious. Find out how magnificently mysterious you are.

BLESSINGS, LOVE AND LIGHT
FROM THE SOHRAB, THE ASHTAAR AND FROM ABRAHAM OF THE COSMOS.