

8th January, 2009
AN UNKNOWN COLLECTIVE
Channeled by Sohrab

Group Meditation Working with the Physical Body

Trance Channeling begins

🌅 Welcome, my disjointed friends! My disjointed, fragmented, confused, worried, yet joyous friends!

Your physical bodies have indeed taken a beating with the advent of the new energies. Let us begin today with a short exercise; one which will help self aligns with self.

Turn your attention inward - focus only upon your feet. The soles of your feet: your toes, the arch of the foot, the heel, the ankle - allow the Earth energies to vibrate in the feet, allow your feet to begin to tingle. Thank your feet: these magnificent feet have permitted you to stand and to walk. They have carried you mile upon weary mile; they permit movement, they permit flexibility, they permit every sport and activity you indulge in. Without these feet, you would be lost. Bless them. Visualize them in their most pristine form: strong, muscular, vibrant, and beautiful.

Turn your attention now to your ankles and calves. Fill these with your light. This beautiful part of your body supports you, holds you upright, and permits movement: bless them, thank them and visualize them in their most pristine form.

Turn your attention to your knees, the magnificent joints that support you and permit flexibility, permit movement: bless them lubricate them with your light, lubricate them with your light.

Move upward now into the thighs and hips - feel the alignment and vibration filling the thighs and hips. Turn your attention now to the buttocks and the genitals/the feminine areas. Fill these with your light and gratitude. Visualize them in their most pristine form.

Move upward now, to the stomach. Bless this magnificent area: the seat of nourishment, of digestion.

Move upward into the rib cage, into the chest, into the breasts: fill these areas with light, bless them, and energize them.

Move into the shoulders and down the arms, into the biceps, triceps, elbows, forearms, wrists, palms and fingers and bless these magnificent extensions of self. The areas that permit you to hold, to write, to wave, to embrace, to stroke, to touch, to love, to defend yourself, and to create. Bless these magnificent appendages.

Move up now into the throat, and bless the throat. The ability to speak, to communicate to swallow, to ingest: caress these areas with your energies.

Move upward into the head: into eyes, nose, mouth, ears, into the sensory organs, those which permit you sight, and taste, sound and smell. That which permits you breath, the breath of life. Bless these magnificent organs.

Move now into the brain, your own computer centre ----- see it in its most vibrant, alive, magnificent form. The ever-active brain, that which permits you to absorb and assimilate information, knowledge, and wisdom. That which helps define who you are. That which serves as a connect between your vastness and this physical body. Bless the brain and begin to vibrate it at a rapid rate with your own light.

Move now into the heart and lungs. The heart centre and the breath centre of the body - gently caress the organs; bless them for the magnificent function they perform for you, moment to moment, throughout your entire physical life.

Caress now the kidneys, the liver, the spleen, the digestive tract, the rectum, and anus; caress the tailbone and the entire spinal column, allowing your energies to flow up and down the spinal column, in joyous celebration of who you are.

Caress and embrace your blood, which flows throughout the physical body and nourishes you.

Bless your skeletal structure: that which holds you up, gives you shape and form, that which facilitates movement, protects you, nurtures you, nourishes you and creates a framework of the who am I, in third dimensional form. Cleanse the entire skeletal structure with your light.

Turn your attention to your muscles and tissues: the fabric that holds the physical body together, bless it. Vibrate it with your light. Now turn your attention to any part of your physical body that appears to be sluggish, slow moving or dis-eased and simply vibrate this area with your light.

Now caress and embrace all etheric bodies that surround the physical body. Spread your light through them, acknowledge their presence: their magnificence, their potency, their exuberance.

Gently, gently, return to joyous consciousness.

[The meditation ends]

■ Much better now! The rifts, tears and shredded energies have now come into a semblance of balance. Do this short exercise from time to time, dear friends, or create a similar one for self. It will help you align, balance and appreciate the 'who you are', in this physical form.

During 2009 it is imperative that each and every one of you pay close attention to your own physicality.

We have spoken to you, in several sessions, of food, body nurture, and exercise. Now do it. Find your own unique way to listen to the body's needs, and make sure you heed it. Some form of actual physical exercise or activity is vital for everyone. You do not have to join a gym, but you must find what **you** need to do, and you must follow your own urgings.

Some may be urged to do yoga. Others to dance. Some may need to walk in the open air. Others may need to create their own form of exercise, in the privacy of their homes. It does not matter if you are nine or ninety. Listen to your own promptings.

Why are we urging you to do this so strongly? Dear friends, the energies that are flowing onto planet Earth are flooding your body at such a rapid rate, with such speed, precision and amplitude, that if the physical is not strong enough to work with them, the physical will suffer.

Many human beings, this current year, will manifest diseases of their own making, which have nothing to do with their emotional debris. The diseases will simply be manifest as a result of the body's resistance to the new energies, with which they are not in alignment.

Do not get panic-stricken, you are not being asked to run a marathon! You are being asked to listen to self and align with it, in the manner best suited to self. Seek out your own advice. Your body will direct you, from time to time, to shift your forms of exercise. Some days, you will 'feel' like working with gentle movements. On other days, you will feel urged to take a walk, or indulge in a more rigorous form of exercise. Occasionally, you may feel urged to be extremely 'still' and to allow music to vibrate within you. Only you can be the arbiter of the appropriate exercise.

Please pay close attention to your nutrition as well: LISTEN to your body's needs. Remember, these new energies are flooding your digestive tract as well. If you are not in alignment with self, you will manifest nervous upsets, reflux and acidity. Do not wait for that to manifest, align from now.

Before we move further, do you have questions about the body?

Group Member: – I want to understand what the new energies are.

■ We will speak of that shortly.

Group Member: – If the disease happens to other people, how do we help them?

■ By passing on this information, and in your particular case (indicating to specific Group Member), by using your sense of touch to help interpret their needs for them.

Group Member:– Should we drink a lot of water?

■ Fluids, in general, will serve you well. But even that is a personal decision and your own beingness will tell you when to increase or decrease your intake of fluid and what kind of fluids YOUR body needs. In certain rare-case scenarios, the physical body may need an influx of extremely acidic fluid.

Group Member:– Why?

■ To balance out the energies that are vibrating within, depending on each individual person's reaction and response to the energies. Just as when cleaning a soiled vessel, you sometimes need gentle soap, and at other times, acid.

Group Member:– I had already started on this, but I have experienced something very strange, that is when I go for a walk – I feel I require no energy to walk, it's as if I'm floating. And when walking, I don't get tired.

■ Perhaps you can teach others how to do this. You are tapping into a flow that is in such perfect alignment with self that it appears effortless. Help others understand this, after the session.

Group Member: – For the past few days, I have been getting a severe stomach ache: can you tell me what it is?

■ It is partly due to resistance to the new energies, dear friend, but we do recommend you have a physical examination as well. You are also bringing up a few very rigid, unresolved issues from the past, and these are causing knots in that area. Allow them to surface and work with them.

Group Member:– Did these new energies start coming in from last year?

■ Yes, dear friend. Energies do not follow your calendar dates exactly, a gentle infusion begins many months in advance, slowly building up, till the maximum thrust aligns with

the inception of a new year. So yes, this energy has been flowing from more than eight months, but in small trickles, getting stronger and stronger over time.

Group Member:– I have been waking up at around 4 am on a daily basis, and then find it very hard to fall asleep again.

Dear one, you are not alone! Most of your friends in this room are experiencing the same. (Many murmurs of agreement from the group). There are several reasons for this.

1. When you are asleep, you are generally very receptive. New energies are being drawn into self, by self, at that time. At points, you may get saturated, at which time the body seizes up, jolting you into awakesness. This acts as a buffer or a braking system. Once you fall asleep again, the process resumes.

2. Most of you are now getting very sensitive to energies, astral travel and subliminal messages that you receive during the sleep state. From time to time, you need to anchor yourself. Your return to a state of wakefulness, take a rest pause, and then return once again.

3. Some of you are training yourself to receive messages in the conscious state. So when you suddenly 'wake up', check if something is coming through from Self. Don't resist it. Receive it, and then you will be able to fall asleep again.

Group Member:– I have a suggestion to make. I find myself often flooded with energy at night. If this happens, and I know anyone who is ill, I just mentally send this excess energy to that person, and I then fall asleep immediately. Do try this, it really works. And there is always someone ill or suffering, even if you don't know them personally.

Thank you! A very effective and beautiful way of expending excess energy.

[to the Group Member asking the question] - You asked what these new energies are? Over several sessions, we will begin to introduce them to this group. They are comprised of so many different facets and aspects of energy: some are actually wonderful Universal Friends, others are pure energies, never before experienced by earth and her inhabitants.

Let us begin today, by introducing you to a new group of friends. (Sohrab takes a few moments to shift energetic form)

What do you see?

Group Member: – Ma Kali

Group Member:– Archangel Michael.

■ Your mind is coming in now ---- we are teasing you, we are teasing you. We are the energies of a new group of what you would term 'angels', who have recently arrived in the vicinity of planet Earth. We do not look or resemble, either physically or in vibration, your angelic realm. In fact our energies are as unfamiliar to them as they are to you and yet, in your limited consciousness, we would describe ourselves as angels, as there is no closer verbal link to help you understand us.

We are beings from across the universe, on a mission of exploration, enlightenment and vibration, and as such our paths have crossed that of planet Earth at this moment in time. Each will benefit from the other: as we flood you with our light and radiance you will access new aspects of you own divinity, and in turn you will offer us your experience, your wisdom, your growth, your history, your knowledge, and your evolution, which we will add to our knowledge bank. It is a fair, mutual and joyous exchange.

We come here not to enlighten you. We come here to shake up planet Earth. Our energies are such that, as they enter your physical planet and your physical bodies, a new vibration will be created: one which you have never before experienced, and through this process several things will happen. Let us first speak of your planet, and then we will speak of you.

In your planet, our energies will facilitate the growth of new, higher-level crystalline forms. The new vibrations they emit will, in turn, facilitate planet Earth to move, shift and refocus, recreating self in an upgraded manner.

Your physical bodies will shift in the following ways:

Our energies will facilitate the mutation of your own DNA, once again.

Our energies will facilitate speedier re-wiring of your brain pathways, permitting you to recreate self at a more rapid and enhanced rate. If you so choose, you can use the energies to re-evaluate your old belief structures, systems, patterns, and thought processes.

Our energies will also boost your immune systems, so choose now to heal faster, and to remove old, trapped debris of lifetimes.

Group Member:– How fast?

■ At the pace of your choice.

Our energies will predominantly enter your physical body through the genitalia. For women it will be through the passage and for the men it will be passed through the

entire genital area. If you wish to connect with us, and increase your vibrations, focus upon this physical areas and suck our powers in. It is already within you, but you have the right to access even more, if you so choose.

For those of you in this room who are healers and are working with the energies of others, use our energy by taking it into your physical body, and then allowing it to be processed by your body and passed on to others, through whatever healing tools you use. We speak to you in particular (indicating to two members)

Group Member:– How do we address you, how do we call upon you?

■ We have no names, call us what you will.

Group Member: – Am I already experiencing it?

■ Yes, yes, yes. But you experienced us in a flood, as you are over-enthusiastic. Now regulate the flow at will.

Group Member: – I need to ask you this. You are giving us so much, what are we giving you?

■ Your experience, your history, your knowledge bank, your creation, your experiences, and your vibrations.

Group Member: – But that is in the world of duality, do you want that?

■ Oh yes, we study every aspect of the universe as we flow through it. Yes, the word is 'flow' through it: we do not fly, we do not sail, and we do not teleport; we flow. We flow using a different propulsion system to the ones with which you are familiar. We use a matter/anti-matter combination to propel ourselves and our energies throughout the universe.

Group Member:– Do you come from a particular star system?

■ No, we have no planet, we have no star, we have no system, we are a collection of beingnesses that exist in an area that we would consider 'our own', which you would simply consider deep space. We are beings of pure matter/anti-matter.

Group Member: – So you come from a black hole?

■ Yes

Group Member:– Is there a negative effect of the energy?

Dear friend, this question baffles us. We are still unable to understand your concepts of 'negative and positive', as for us to exist, matter and anti-matter together; both are equally respected, revered and considered vital. So to us, Humankind's collective disdain for the 'negative' and appreciating of the 'positive' is incomprehensible.

Group Member: – How long are you going to be here, in Earthly terms? How do we use your energies for belief work?

How long? We do not know yet. The instant we assess that Earth has absorbed the appropriate amount of our energies, we will move away, but that is up to planet Earth and all her inhabitants.

How can you better use this? If you were thirsty, how would you drink water? You would sip it, ingest it and 'let it be'. Use our energies in precisely the same way. We use the visual of the Hara area to help you understand where the flood is entering your body, so that you can access it to a higher degree, if you so choose. Suck it in, allow it to distribute itself throughout your body, and then 'let it be'.

Group Member: – Could you elaborate on 'coming from a black hole'?

'Black holes', as you term them, are very, very different to what Earth scientists visualize. From your (group's) knowledge bank we have accessed the fact that you have already understood that every black hole is surrounded by a 'white hole', which your earth scientists have not yet discovered.

The Black hole absorbs matter and energies; these are then processed, upgraded, and emanated from the surrounding white hole. Just as an in-breath has to be followed by an out-breath.

We exist in the realm between the black hole and the white hole.

Group Member: – Ah. That explains the matter/anti-matter!

Precisely. So we access 'both sides of the coin', to use an Earth expression, and from that, we create self. We regenerate and reproduce at will, without 'physical contact', as we are not physical beings. We assess if new beingnesses are needed, determine the number and energetic frequency required, and create precisely that amount.

Our energetic world, in this layer between the black and the white hole, is expanded beyond belief. We exist there in pure vibrational joy. From your Earthly perspective, it would be like living in a non-stop orgasm.

Group Member: – That's why you are coming up through our hara! (all laugh).

▣ Precisely!! And when we travel from home, we never actually leave it, we are there, and we are here.

Group Member:– So you are teaching us to become a hologram.

▣ Yes!

Group Member:– That is what you've come for.

▣ Yes. Yes. So we are as much at home, as we are simultaneously here, addressing all of you and working with humanity. And we are as much here as we are on our future travels, in different parts of this universe and other universes.

Group Member: – It's easier for you, as you have no body!!!

▣ Yes we are aware of that. In fact this is one of the reasons we diverted course to visit planet Earth, as we find this concept intriguing as we cannot comprehend how physical beings can exist in more than one physical space at the same time, and yet that is an aspect you are all working upon right now.

Group Member: – We don't understand it at all. That's why we get up in the night.

▣ When you understand it better, perhaps you will teach it to us.

Group Member:– I hope so, I hope so.

▣ We are also working very strongly with your physical homes and the spaces you inhabit, so you may direct our energies there as well. We will illuminate, vibrate and cleanse any space that you choose to direct us to, but we will do it at our discretion, not yours. As we deem best. That you must know before you direct us to any space that you wish cleansed.

Group Member:– Who sent you?

▣ You called us.

Group Member: - It's not random that you would come to us: there must have been some message that had come for you to come to us. Am I asking too many questions?

▣ Not at all. You have a limited concept of 'time', we do not.

Let us try and explain this in terms you will understand. When a planet anywhere in the universe is undergoing a great upgrade, an energetic vibration or an echo is put out into the universe by the processes themselves.

Just as, if you were being repeatedly struck, you would cry out in pain, and your cries would vary in volume and intensity, depending on the level of physical trauma. Now please do not liken this upgrade process to 'pain'! We simply used it as an example.

Group Member: – the scientists say that the hum of Earth has increased, is this the hum that has brought you here?

Yes indeed! It may interest you to know that the beings on earth that generate a sound closest to the earth's hum, are the whales. Both sounds resonate vibrantly in deep space. Next come your dolphins.

On our travels through the universe, we picked up this hum: it was NOT a call saying 'come to me', but it was a joyous declaration made by Earth's collective consciousness, saying 'Look at me, I am magnificent, this is who I am today!'

And it is that declaration that we responded to, out of pure curiosity. So, you may then ask, were we part of the Divine Plan? Were we meant to come here, for the evolution of both our species?

Group Member: – Synchronicity!!!

Synchronicity. Cosmic Synchronicity!

Planet Earth is drawing to herself a host of brand new energies. This is being done by her, quite deliberately, to facilitate an incredible level of regeneration and recreation of self. The familiar is not wanted right now. The collective consciousness of Earth desires the new and unexplored.

All the energies coming in during 2009 have never been experienced by planet Earth Herself or by any of Her inhabitants, in any of their previous incarnations.

Group Member: – You spoke of 'cleansing spaces' : if we ask you to cleanse what is happening post 26/11, or the Indian government thinking of the war with Pakistan, can that be cleansed? Will you be able to do that for us?

We will do it in the manner we deem best. Not in the manner your third dimensional brain demands of us. Take that responsibility before you direct us anywhere outside your physical body.

Sitter – I need to understand whether I have completed the personal process I have started: is it still happening, or do I need to work more?

You have initiated the process, but the work is not yet complete. Let it happen.

Sitter – Will it cause me more trauma or it will be easier?

At times: the worst is over, it will be easier, but there will be bumps on the road. Face them head on.

Group Member: – What do you foresee for us in 2009?

We do not predict, we do not foresee, we work moment to moment. Our attention never moves to the future or the past, our attention is always in the moment. We work in the moment, for the moment.

So, if you were to ask us to ‘project’ what could happen with our energies, and whether or not all of you will benefit from them, we cannot answer you. It is truly a ‘moment to moment’ experiment.

Group Member: – Does the collective know?

Of course! We could not enter your planetary sphere without the permission of the collective. No energy, no beingness, no Master, and no event can ever enter your sphere, without the permission of the collective.

Group Member:– What is our current critical mass when it comes to ‘cleansing’?

Very low, very low, but it is there.

Group Member: – So there will be shifts? Is the critical mass of Earth asking for a physical shift?

Yes, the critical mass of Earth, at this instant of now, is demanding floods of new energies in a magnificent cosmic experiment, to create shifts, and to facilitate growth and evolution. .

Group Member:– And what are you going to do about it?

Supply what planet Earth wishes and, in turn, receive what planet Earth has to offer us.

Group Member: – Throughout this session, I have been studying the energies closely. I want to thank you because right now, you have merged us with the core of the Earth and you have merged us with the seventh plane. The light generated was as much as the golden lava in the core of the Earth and it was just fantastic – so I just want to say thank you.

■ And thank you for your openness to receive that level of energy.

Group Member: – I have been feeling the change: it is like a new birthing and totally joyous and my whole day and everything is feeling different. I couldn't understand why. Am I am able to use the new energies?

■ Dear friends, please understand we are only one of several thousand new energies that are now going to flood planet Earth. You will slowly be introduced to different friends. We are the first invited to speak.

So are we the ones directly responsible for your shift? PRIMARILY, YOU ARE. All we know, from studying your energy structures, is that you are open and willing to flow and that has now started. Whether you are using us, or others, or a combination, we really do not know.

Group Member: – I know with me, at least, you have done a very beautiful job.

■ Kali Maa!!

Group Member: – Yes.

Group Member: – You use the word '*our*', and you use the word '*us*', we are saying '*I*', '*mine*' etc. Can you teach us how to get this collective in our consciousness, be aware of it, if that is the key in saying '*us*'?

■ Let us be quite candid, dear friends: we are not universal teachers. That is not our function. We are universal exchangers and sharers; however, we will attempt to answer this question from our perspective.

As beingnesses, though we have no form, we do have individuation. Each of us is identifiable from the other, yet we merge with one another at all times. Each of us has, within us, what we call our 'point of fire' or essence. Yet at all times, all we see, feel and experience is a magnificent collective of millions of 'points of fire'. So we are separate and yet never quite separate.

This concept has to now come into Earth: you are individuated and yet you are beginning to recognize the divinity within all. This awareness is slowly sinking in, and there is less separation now. You can accelerate the pace, if you so choose.

Start with your own family. So many of you feel alienated from your spouses, and misunderstood and unacknowledged by your children, or other close family members.

Start by acknowledging them as part of an extremely vital energetic family that you have collectively chosen for your individual and group purposes. Find out what that is.

If you shift focus away from the concepts of 'positive and negative' and simply understand that everything is an experience, you will be able to acknowledge and even experience the 'point of fire' within each of them. Even within those who cause you the most pain and trauma. Start there and see how things change for you!

Group Member:– Do you work with 'energy exchange'?

🌈 If you were to pour several different colored liquids of the same vibrational frequency into a jar, they would automatically mingle, combining their colours and essence, wouldn't they?

That is how we work. For example, when we flow around planet Earth, intermingling with you and sharing our light with you, we are in turn demanding from you **exactly the same** energetic quotient that we are putting in. We cannot take more than we give or give more than we take. It is an impossibility for us: that is all that we know.

Group Member: – Earlier, you said 'permission of a collective', who or what is a collective?

🌈 Let us take this group as an example. Let us suppose that you had to take a collective decision about something. You would probably have a show of hands, discuss the issue threadbare, argue a lot, and then go with the vote of the majority! Yet, those who had not agreed with the side of the majority would probably go along with it, and yet feel disgruntled and possibly concerned that the decision was not 'the right one'.

We, as a collective, work slightly differently. We also offer our opinions and suggestions, but the moment the collective decision is taken, ALL OF US instantly align with this decision, as we truly see it from the point of view of the collective. We stop thinking 'individually' at that point.

It is exactly the same on planet Earth, on a higher level. Your essence has already aligned with the collective decision; it is your physical mind and body that needlessly rebels.

Shireen – So our collective consciousness has called for your energies, and others as well, for the cleansing that has to take place?

Group Member:– You have called upon a multitude of energies for various aspects, dear friend. For cleansing, rejuvenation, recreation of self, growth, expansion of self, and much more.

And in some cases, you have demanded DESTRUCTION. Not just to remove debris, but also to recreate self.

Group Member:– Like the recent Satyam issue? (all laugh)

■ We are directly responsible for that. We are directly responsible for that. See the clarity that will come from this exposure.

Group Member: – You mentioned that you will all will help us cleanse, does that refer to just the physical space or our auras and ---

■ We will facilitate anything that you choose to use our energy for. Let us be clear here: your collective consciousness has demanded that we come, so we have; and we are already flooding your bodies, whether or not you 'call for us' on a physical level. What we are now offering you is the option to 'increase the dosage', if you so choose.

Group Member: – Since this energy is entering from the root chakra, can it be used to energies the life force energy, the kundalini?

■ For anything and everything: there is nothing that this energy cannot be used for.

Group Member: – Physical money, wealth?

● Anything. **Any thing.** But we repeat: take responsibility, as if you direct this externally, whether at a space or to generate more money, we will work as WE deem best, not as your third dimensional mind deems best.

Group Member: – Why is that so?

■ Because that is how we work. If you choose to direct us or draw upon us in an increased manner, you must abide by our energetic rules.

Group Member: – which particular areas of Earth has specifically called for a rapid shift? Please tell us, so that we can assist in the process.

■ Several areas: South Africa, Peru, the Antarctica, Brazil, and Chili, to name a few. Also Pakistan. (loud murmur from the group) BUT NOT FOR THE REASONS YOU ARE SURMISING.

We must now permit another friend to speak, so we bid you adieu.

All – Thank you, thank you for coming. Please come again.

■ We will come again at your will: you have only to open the hara area and call for us.

[Sohrab shifts energies]

🌅 All the Master energies that you have worked with in the past have undergone a very rapid upgrade recently and are now beginning to flood planet Earth in a new manner. What does this mean?

You are familiar with a predominant attributes of each energy. For example, when we say the word 'Buddha', what comes to mind is 'serenity and wisdom.' When we say the word 'Jesus', you think of 'love', and when you say the word 'Meher Baba', you think of 'vibrant humor'.

The Masters themselves are very deliberately choosing to exercise new aspects of self, which is now necessary for you to acknowledge, and therefore you may now experience them in an unfamiliar manner. To cite an example, the Jesus energy may, one day, project itself as very firm, almost harsh.

It may do so quite deliberately, to shake up your preconceived notions. You must then welcome the shifts, and question WHY they have manifest in that manner, on that particular day, rather than rejecting them out of hand, deciding that they are false or inaccurate.

You are being offered the experience of seeing new facets of them now. For those of you who write with these energies regularly (indicating Nurgis), be aware and permit shifts in tone and language. Do not doubt your veracity. Remember, they are expanding and upgrading, just as you are.

JOY, LOVE, LIGHT and EXUBERANCE IN 2009:
BLESSINGS FROM THE COLLECTIVE