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THE EINSTEIN
Channeled by Sohrab

The DNA Composition & Michael Jackson Touching Exuberance

Trance Channeling begins

The Einstein: - What makes you who you think you are? Who are you really? What is the DNA really made of?

Group Member:— *Memories, unassimilated memories?*

The Einstein:— Very good. On Earth, your DNA consists of sacred geometry that predominantly facilitates **light, vibration and energetic memory**. Let us examine each one individually.

The term '**light**' does include physical light (sunlight, moonlight, starlight, Earthshine, the light emitted by crystals, the light your own energies emit, and so on); but it predominantly refers to liquid light...pure consciousness.

Vibration is a very, very vast term. Your Universe is vibration-based, created from the resonance of the OM. Other universes are not necessarily based on vibration, but yours is. The vibration that your DNA contains anchors you to planet earth. Without this vibration, you would fly off the planet. It is this vibration that gives meaning to gravity itself, and to earth's polarity.

This vibration also holds what you call the soul in your physical body: without this deep inner hum, the physical body would instantly shed the soul and you would just return to your natural energetic state. This vibration gives you inter-personal connections, feelings likes and dislikes, loves and hates, feelings of connection with your families, feelings of disconnection with your enemies, and so on. Emotion itself is a creating of vibration.

Now comes the term '**energetic memory**'. This is different to your physical memory. Energetic memory traces the personal experiences that you have gone through over life times of existence, so it is 'one notch down' from pure consciousness. It has, within it, the aspect of personality.

Your energetic memory starts shaping your personality over lifetimes, through the DNA that you carry forward. Let us say that a person has gone through the experiences of a warrior, then a member of the Ashtaar, and then a rock singer. The energetic (not physical) memory of these lifetimes of differing experiences is carried forward, each added to the other.

You therefore have the ability to access, at will, any aspect of who you have ever been. The combination of these three elements: light, vibration and energetic memory come together, to give you the basis upon which you can build a personality in third dimensional existence.

In practical terms, you are born with a series of infinite possibilities of who you are going to be. Some of these aspects you have already pre-selected to exercise in the incarnation: and you activate them by choosing most carefully the moment of your birth. But other aspects are truly a free-will choice, made moment to moment.

Haven't you already observed this? Some know from an early age exactly what they wish to be. They demonstrate an aptitude towards the arts, or towards science, from a very early age, and pursue this single-mindedly. And yet these same people may suddenly, in later years, begin to avidly explore a completely different avenue, either as a passionate hobby, or even as a career change.

Study yourselves, taking the very meeting you are attending as an example. Were you always interested in Universal truths? Or did a shift or an event provoke you to suddenly start exploring it at a later point in your life?

Group Member:— *Do you refer to the two aspects of the DNA or do you refer to all the twelve strands of the DNA?*

The Einstein:— Right now we are speaking of the two aspects of the DNA. We will speak of the others later.

Group Member: — *My second question is, you talked of consciousness, the vibration, which is where our ascension process begins. Is it not possible to get away from this vibration and go into pure consciousness straight away?*

The Einstein:— It is possible, but extremely rare. For most humans, the experience of this journey itself is essential for personal growth. It is part of the human quest!

Group Member:— *What are the new energies doing to our light quotient?*

The Einstein:— A good question. Let us examine the light quotient, by dividing it into two general categories: physical light and liquid light.

Physical light, as we have said before, refers to the rays that enter your body from celestial bodies, from the Universe, and from artificial light sources you have created. This light enters your bodies and facilitates a harmonious, smooth and gentle process of evolution of the cells. For example, land animals did not become amphibious overnight; this process took centuries.

Recently, however, the physical light has not only increased in intensity, but you are suddenly being exposed to very new and different kinds of light; much of which you have never before encountered. The experience for you is like being in a 'hall of mirrors' in an amusement park: everything about self, and situations that surround you, seems distorted. Your structure is changing so rapidly that it seems difficult to keep pace with it. The only thing that you can do is to accept this change gracefully, as you have demanded it.

Group Member:— *May I say something? Today the condition of the world is the best reflection of the 'hall of mirror' syndrome going on inside each one of us: disharmony and violence all around us.*

The Einstein:— Absolutely! You are simply being 'mirrored' the distortions that you are generating, and by externalizing them, you are offered the opportunity to either live with them, or to correct them.

Group Member:— *How long will we be in this land?*

The Einstein:—**As long as it takes you to think 'as one', without sacrificing your individuality!**

The statement, 'thinking as one', has been grossly misinterpreted by humankind. *Thinking as a collective does not mean giving up who you are.*

On the contrary, it enhances the 'who am I', and gives you an even better view of your own power, your own uniqueness, your own magnificence. Look at yourselves right here: you consider yourselves very much a part of this wonderful group, and in doing so, you have all grown, and are now much more 'complete' as yourselves! So yes, you must think as a collective, but never at the sacrifice of your magnificence. It must be unified.

Now the second aspect of light is what we call 'consciousness' or 'liquid light'. Why do you think you are all sitting here? To change, improve, vibrate and touch new aspects of your own consciousness.

He is not giving you any information; *you* are giving yourselves the information through a conduit, offering yourselves the opportunity to touch newer and more vibrant spheres in the earthly mind. **Consciousness is** and you are all part of that consciousness.

What does he do when he channels? (Pointing to self) He accesses consciousness and brings it forth for you, and yet when he returns to the normal state he will deny that he has any knowledge of this, and even that is incorrect, as he must now declare, as must all of you, that you do have knowledge of all of this, you only have to access it from self. That is what was meant earlier when you were urged to let the flow take place in every sphere of your life.

Let us move beyond the obvious, the spiritual sphere. What about other areas in which you have blocks or resistance? Inter-personal relationships and sex? Standing your ground in the face of adversity? Can you stand naked in front of a mirror and truly appreciate yourself? Can you truly declare 'I am magnificent, I am worthwhile, I am beautiful, and I am perfect?'

So, returning to the discussion on liquid light, pure consciousness: this is also flowing rapidly into your physical bodies right now. Your DNA is at a highly receptive stage, where it can access and acknowledge this liquid light consciousness. Test yourselves, dear friends: when you are at a social gathering and someone asks you a question about spirituality, instantly get into flow and answer from *your* perspective.

By all means use the group energies or Master energies to aid in this process; but use them as a support, not as a crutch. Declare your observations joyously!

Now, what are the other strands of the DNA? We have spoken of the first two so far.

Group Member:— *Memory?*

The Einstein:— Memory comes under the first two, as they deal with cellular and energetic memory. The third strand is a strand of activation of the first two. It acts like a key to unlock a box and release its contents.

The third strand is the energetic key, taking human beings from the third to the fifth dimension. It is also composed of the sacred geometry that creates **divine exuberance**. Not joy, not bliss, not happiness, but divine exuberance.

Group Member:— *Can you explain 'exuberance'?*

The Einstein:— Of course! 'Divine exuberance' is an inner energetic state of feeling effervescent about self. It encompasses feeling worthy, feeling expanded, feeling magnificent, knowing your power, knowing your abilities and yet, with exuberant energy, you move into a new space **of creation**.

Without 'exuberance,' you cannot create: you can use passion, you can use hard work, you can use intent, and you can use focus; but without exuberance, your creation is lifeless, dull, meaningless and lackluster.

Group Member:— How do you get in touch with 'exuberance'?

Group Member:— *Creativity?*

The Einstein:— Exactly, it is that inner feeling that comes up from within the solar plexus, but in actuality, it comes from within your DNA, which is in every single part of your body.

Can you not recall those moments in your life when you have experienced exuberance? Those 'champagne bubbles' that arise from within, at which moment you joyously want to experience the moment fully, without fear of consequences, without confusion, without limiting self, without question....in the fullness of the moment.

Group Member:— *How do we get in touch with that?*

The Einstein:— Just know its there, and allow yourselves to experience it. Be exuberant about exuberance!

Group Member: — *Is it the playfulness of creation?*

The Einstein:— Absolutely! Exuberance includes playfulness, but it is not only playfulness. Remember those moments where you have been on holiday, perhaps at the beach, perhaps in the mountains, alone, or with few close friends or with loved ones, when you have suddenly felt the inner urge to sing out aloud and fling your hands around and dance in the rain, without thought of how you look, how you sound, and how you are behaving?

This is your divine exuberance surfacing. You generally clamp down on it, refusing to give into that natural urge for fear of being judged or looking ridiculous...but this is pure exuberance.

Group Member:— *I have two questions: Can you elaborate further on the paradox of being individual and yet part of a collective? Also, with the complications of day-to-day life, and living upto images and often being a pseudo, how do we get back into a state of exuberance and stay there?*

The Einstein:— Let us answer your first question by directing your gaze to this object (Sohrab indicates a large, intricately decorated Chinese vase in the corner of the room).

When you look at it, you see colours, textures, and figures embossed on it; you also see its overall shape, and you notice the frill on the lip of the vase. When you 'take it in', you

are influenced by each of these elements, and you then receive a strong impression of its beauty (or lack thereof, if that is what you feel). Yet each individual aspect is vital in its contribution to your impression. The appropriate parts need to be shiny gold or dull gold, others need to offer a counter-point by being pastel shades or black. The faces of the embossed figures are all different, each offering its uniqueness to the vase itself.

Now, if all this were removed; if the vase lost its hues and the figures faded away, the vase itself would lose its meaning. Each element is vital to its magnificence.

A perfect example of the rich tapestry of life, which requires all beings, experiences and vibrations to 'come alive'. But all things in life also need to be in their own unique harmony and balance. A surfeit of one kind of experience, and a total lack of another, is what causes a lot of the disharmony that you are currently experiencing in life.

Take your own city and/or country as a case study. If your people though as a collective, there would be much less dirt and garbage, your sea would be unpolluted, and there would be food, water, power and housing for all. Education would be freely available and accessed by all, corruption would be exposed and the overall standard of living would rise. The magnificent brain power that your country has would be put to harmonious use.

The second part of your question was 'How do I touch my exuberance?'

First, acknowledge it is there, and second, touch those moments in your life where you have consciously been exuberant. A very easy way to start this is to look back at childhood. In general, children are not as 'walled' as adults. They give themselves the permission to feel and express, fully and freely. The smallest, most insignificant things can thrill a child: a new ball to play with, the first view of the ocean, the sloppy lick of a friendly dog, a mother's hug.

Revisit these spaces and recall the feelings they generated in you. Remember them here (pointing to the mind) and then remember them here (pointing to the solar plexus). Feel the rush!

Group Member:— *Is the DNA in a child different to that of an adult?*

The Einstein:— In physical terms it is the same, but in energetic terms it is constantly evolving. Yes, as you grow in experience over lifetimes, your DNA does get further and further enhanced and activated. Unfortunately, most of you suppress the fluid interaction that is taking place at all times between your DNA and your conscious self.

Now you have begun to understand how the three aspects of the DNA, that we have talked of today, begin to form a framework upon which you base your earthly persona.

You choose to give yourself certainly personality traits by activating aspects of your DNA. Some are activated the moment you are born. Some children are, right from the start, joyful or quiet or mischievous or vibrant.

But as the child grows, options keep presenting themselves, and the child chooses, moment to moment, which further aspects of the DNA to activate.

We will give you an example: A young child may show a strong aptitude towards music (aspects that he has already activated within self). At a later stage he is then exposed to a computer. If his interest is aroused, at a very basic level, he may suddenly choose to activate the technological aspects of his DNA. If he doesn't, he will either be indifferent to computers, or will ignore them. For him, they will 'just be there'.

In effect, you are all playing a wonderful game of chess all your lives; exploring differing avenues, depending on your last 'move', activating aspects of the DNA or not, at will. You truly do not stop learning all your life.

Let us give you another example, one which pertains to you right now. When you receive the transcript of this meeting, as you all will, you can choose to understand it partially, fully, or decided that it is indecipherable. Neither is a 'wrong' choice. It will depend on the DNA that you activate. Some of you may have already activated your 'scientific stream'. For them, these words will make complete sense. Others may not have already done so. They then have an instantaneous choice, one which they will make 'in the moment'.

Some aspects of DNA you activate for a full lifetime. Others can be activated for a brief period of time, and will then return to a state of dormancy. Some humans prefer to focus entirely in one area of study and expertise; others prefer a more multi-faceted approach to existence. Both choices are completely valid.

Group Member: – *If you really look towards self, you really are everything! And yet you have this psychological blueprint which activates all these chemicals in you to do things... how does this take place?*

The Einstein:– Obviously, it would not be appropriate for you to come to Planet Earth and activate every aspect of pure consciousness and vibration.

Group Member:– *Why not?*

The Einstein:– There are existences and societies around the Universe where this is the norm, but when you choose an earthly incarnation, it is not appropriate. Here, it is more like a specialized field of study in a college. If you choose that, why would you clutter up your experience with trying to study something else?

Group Member:— *Our other group member said before the meeting that, having met Michael Jackson, she found that off-stage, he had no persona; and yet on stage, he was HUGE. Can you explain this?*

The Einstein:— We have spoken of Michael Jackson at length a few sessions ago; however, we shall now speak of him from this perspective...from the perspective of activation of light.

His essence, we once again remind you, was purely Universal, and not of this earth. He was unable to accustom himself to being 'caged' by a body, a set of earthly laws and rules, rights and wrongs, do's and don'ts.

He only was able to emanate light and think 'out of the box'. As a human being he functioned very much as she described (pointing to Geetika). He did flower onstage, suddenly shining radiant. He was always 'opened' or 'closed'; his energies knew no in-between.

Group Member:— *But he was on Earth! he was in a human body!*

The Einstein:— He was one of the rare ones, dear friend, who was able to contain this light quotient in an earthly incarnation. His world mission was to activate the light in humanity, and in his 'departure', he exited in such a burst of light, that he did just that.

As a beingness, he was so used to being large, expanded, vibrant, and pure light, that he actually wished to experience containment! In this mission, he was only partially successful.

You may wonder why he would wish to learn containment, when he was already so expanded. Yet you sometimes wish for it too. Aren't there people who are prone to constant outbursts of violent temper? These souls may also wish to learn what it is like to experience that, and yet be balanced, contained, and centered.

Group Member:— *That is why he constantly referred to himself as Peter Pan in Never-Neverland.*

The Einstein:— the closest of parallel he could find to himself on Earth was Peter Pan – in Earth terms, Peter Pan is a child who never, never grows up; yet through this, Jackson was simply expressing the agelessness and timelessness of his energies.

Group Member: — *Exuberance?*

The Einstein:— Exactly!

Group Member:— *If he was so extra-terrestrial, and so ‘energetic’, how come he didn’t question?*

The Einstein:— How do you know he didn’t? How do you know his thought processes, his inner processes, and his quest to discover self?

Group Member:— *If he was so expanded, and contained so much energy, how come he didn’t learn to contain it? I don’t understand it; I don’t even feel pity for the guy.*

The Einstein:— Did he ever demand your pity?

Group Member:— *No, but everyone keeps talking about how sad this event was....*

The Einstein:— His departure should be viewed in great joy, as not only has he helped activate all of humanity, but he is experiencing tremendous joy and relief at having returned to his naturally expanded state.

While on earth, he was a searcher, a seeker and a questioner. He unfortunately looked for answers in all the wrong places. His personal growth did not go the way he desired, but his public mission was a tremendous success.

However, he now has no regrets; he views his ‘mistakes’ and growth experiences (which indeed they are), and is already setting his sights on new territories to explore.

Group Member:— *Did the collective consciousness of Earth invite him to trigger all this energy?*

The Einstein:— Of course! They invited him, but he accepted the invitation. Universal friends truly walk among you. And you yourselves often have great world missions, that you may be carrying out, and yet have no conscious knowledge of.

Group Member:— *How does one find out, or get to know in depth, what we have within?*

The Einstein:— Dear friend, that is exactly what you have all been working towards for years now! You read, self-search, discuss aspects of self with like-minded friends, take a good hard look at self periodically, undergo experiences, assimilate aspects of self and joyously embrace the journey.

Would you (Shernie) speak to her after this meeting, and give her the benefit of your advice? Without fear or hesitation? (Shernie agrees to do so)

Group Member:— *Is exuberance an aspect of pure consciousness?*

The Einstein:— It is **pure consciousness** — it is a synonym for pure consciousness, as exuberance contains within itself every aspect of all there is, including pain, tragedy and trauma, because you can be exuberant about your pain and trauma. *Exuberance is not even a word, it is a state of existence.*

Group Member: — *Is the 'void' exuberant?*

The Einstein:— Of course! As is a black hole, a star, a planet, and the Universe itself. Without exuberance there can be no vibration, no creation.

JOY, LOVE AND LIGHT FROM THAT ASPECT OF THE SOHRAB
THAT IS THE EINSTEIN