

17th December, 2009
THE ENERGY OF ARUNA SHANBAUG THE NURSE
UNKNOWN ENERGY
THE ASHTAR COLLECTIVE
Channeled by Sohrab

Personal Soul Growth
Ashtaar Energies
Aruna Shanbaug
Bridge Souls
Star Seeding

[Prior to the meeting, one of the group members has requested that Aruna Shanbaug, the nurse who had been in a coma for many years, be given energy by the group]

Trance Channeling begins

I have a mission & I will not permit you (referring to the group member) or anyone else to interfere with this....I am a strong soul, a vibrant one & I declare my power joyously. I have **no need** for your energies.

The physical body required battering, for personal soul growth, to shatter the constraints, the confines, & the dogmas associated with the physical. I had experienced these aspects over many lifetimes, where I continued to remain trapped, not only by the needs, but also by the expectations of the physical & I deliberately chose to shatter these perceptions for my personal growth. Along with that I have, I always have had & I always will have a very vast Universal mission. I am not about to share that with you, but it is playing out. Right now my physical body is giving way, but I am unwilling to shed it till I complete the self-allocated tasks on planet earth.

As the physical body is giving way, I have enlisted the help of several 'support souls', who enter the physical body from time to time & act as a crutch and a buffer. This allows me to remain in the state I am in, till my task is completed. The temptation for me to release the physical is very great, but I am stubborn....I am like a dog with a bone...& I will not permit myself to release it till it is the perfect moment.

I do not require your support, but I thank you for the offer. What you can do, however, is simply review for yourselves what my physical situation brings up in you. How do you **react** (yes, I use the word 'react' & not 'respond') to helplessness, to rape, to abuse, to

powerlessness, to feelings of being unable to change a situation & so on. Let me assure you that, though many view me as a victim, **I am no victim** within. NOT AT ALL.

You (referring to the concern group members) came to visit me, now I come to visit you.

Do you have questions?

Group Member: *As in today's papers...your cause...for further discussion...if it is accepted...it will do good for others, who are going through this...situation, many of the others may not be having a mission in life & still their body is suffering.*

Group Member:: Exactly! Every game player in my personal game is a teacher for humanity. People will review this situation & by the way, they are reviewing it worldwide & not just in this country. Laws will change from this. Attitudes & perceptions will shift, the dignity of the human spirit will be awakened, and the rights of persons who cannot speak for themselves will be reviewed, if not shifted.

Victimhood will be examined. The various system: the legal system, police system, and hospital systems will undergo a change, all part of my game plan & I proudly declare that I chose to be the star in this drama....I declare this proudly, and ***I did it because I can***. I prefer to teach through silence, rather than through words.

Group Member: *When you say you do not need our energy & power...Is it that you are working with your own magnificence & power?*

THE NURSE: I am so certain of my light, my expansion, my magnificence, my power, that I don't need help. Understand this: I am not rejecting help...I joyously welcome your energetic contribution, but I don't **need** it.

Just as when souls pass over, some need Earth prayers, some don't need them at all; but even if you offer prayers to the one who does not need them, he will use those energies joyously: as a luxury, rather than as a necessity.

Group Member: *Why do you choose this moment to teach through words, instead of teaching through silence?*

THE NURSE: A good question! I only appeared today in response to a call put out by this group's consciousness. I responded to this call; and have responded to several other calls like this from time to time, but I am still not using my words! I am using his (Sohrab's) words, his voice-box, his vocabulary: but you are receiving MY energies.

I am actually in complete balance within my 'comatose state', and the 'silence' of this state is evoking much in people around me: see how they are all growing through the catalyst that I am? But still, I will continue to give 'energy visitations' to those who are sensitive, and I will even offer visuals and thoughts to some who are debating my issue, when it is necessary.

A teacher must never work in a 'one-note' manner: she must use every means at her disposal to reach her pupils. In my case, actual words would not have been as effective

as the 'silence' I have chosen to use. Has this silence not stirred up the courts? The Police? The common man? All those involved in my case? Those who would else never have heard of me? My mission is long-term.

I am also working simultaneously at a purely energetic level; at a very, very high, non-conscious level, to awaken aspects of humanity. That is why I visit you today.

Group Member: *Can you see the light quotient in mankind?*

THE NURSE: One of my primary tasks is to infuse light into areas that appear dull...I am a beacon. I energize areas of weakened light, infusing them with aspects of Self, so that they can begin to rejuvenate on their own. I do not put in my own light; but I figuratively 'light the fire' for those areas.

Group Member: What is the difference between souls needing energy & souls like you, who have their own power? Is it because assimilation of strands has taken place? Can you explain this?

THE NURSE: YES! I will explain this, but from my perspective: you must understand that I am speaking from a rather unusual 'dual' aspect....I am functioning from and as a bridge between spirit and the physical.

Group Member: *Who better than you to do this!*

THE NURSE: Who better, indeed! When a soul makes the transition from matter the spirit, the soul does not necessarily come into an instant appreciation or acknowledgement of his own power. He just has the opportunity to acknowledge, understand & accept this faster than on Earth.

There are therefore many souls in spirit form, who are in the process of growing into and embracing their own power. I am not one of these; I have an appreciation & shall we say, a healthy respect for my own power & I choose to help others see it & touch their power by example. That is why I am speaking as I am today: I am not urging you to touch your power, and I am not apologizing for the fact that I have touched mine; I am simply declaring it & allowing you to learn, through example. You may choose to do so; or you may not choose to do so: your choice entirely.

Group Member: *Are there other souls like you on the bridge & who work together...?*

THE NURSE: We have a club.....yes! We actually have soul groups working for the same output, who form 'clubs', just as you have spiritual groups and cooking groups and reading clubs. If you wish, you may call us the 'bridge club'! (laughs).

There are many of us who are anchored to earth, and yet work from the spirit realm. Now, not all who are comatose patients are part of this club, and not all club members are in a coma.

Most people who are in a coma have chosen this state to segregate themselves completely from the human experience, and from human interaction, for deep reviewal of self. They are using this time to decide on a future course of action: should they return and finish further lessons on the earth plane? Should they move into spirit and work from there? And, in either choice, should they motivate self to look at or work with different aspects of self? And so on.

This very deep, personal reviewal requires complete separation from human influences which may otherwise distract them, such as love of a partner or children, a sense of duty to the family, and so on.

However, in my case, that is not how it works. And it may interest you to know that many of our 'bridge club' members are those whom you consider autistic, schizophrenic, paranoid and even insane.

All babies are members of the bridge club!

Have you not observed how babies often point into space, laugh irrationally, and seem to be 'in a world of their own'? They are actually in two worlds. They span both realms effortlessly, maintaining full connection with spirit friends and earthly friends seamlessly. But slowly they start to separate from us; some at an early age, and most by the age of 3. Very few choose to remain dually connected beyond that.

Group Member: *How can we communicate with them better at this time?*

THE NURSE: By first acknowledging what is happening, and by using your own psychic abilities, which you all possess. After all, what is Mother's intuition? How does she instinctively know when her child is in pain, or needs her; even when she is not physically near the child?

A little baby offers her mother an opportunity to re-connect with the bridge that she, the mother, has given up years ago.

Group Member: *How can we hold onto this bridge? Can we reconnect with it?*

THE NURSE: It is a process, dear friend...you are all working on honing your psychic abilities! But I am not qualified to speak of that.

Group Member: *I just wish to say my Mum will be very happy to learn that you have come today! Another thing: when I last scanned you, I got the impression that you had helped a lot of souls in the November 2008 attacks...thank you for that!*

THE NURSE: You do not have to offer thanks....I did it because I wanted too.....because I chose to...please give her (Group member's mother) my best!

Group Member: *Is it useful to consider somebody 'a victim'?*

THE NURSE: Never! The moment you consider somebody else a victim, you are not actually concerned with that person at all! You are only reviewing (or wallowing in) your own victimhood.

If you find yourself surrounded by seeming victims, do two things for yourself.

The first and most obvious is to examine your own victimhood; and the second is to stop judging them as victims!

Shift your perception, and understand that they are simply on the path of growth and development. Help them move towards self-empowerment. Do not attempt to force them to change, or try to rescue them. Help them, but if they are not ready to shift, release the situation instantaneously, without any regret or guilt on your part!

(Now referring to her personal situation) The games will continue....Nothing will happen that I do not want.....

[The Aruna Shanbaug energies leave, and Sohrab continues to channel]

Trance Channeling continues with another energy

Sohrab: You are all learning to become fully functional **bridge souls**. The wonderful soul who just spoke gave you her viewpoint. There are many, many more bridge souls on your planet than you are aware of.

In fact, some of you in this room are permanent bridge souls & are not consciously aware of this.

If you have an extraterrestrial energy quotient of over 40%, you are automatically a bridge soul.

If you have developed your abilities to 'flow' creatively most of the time, then you are a bridge soul.

All of you, every single one of you, functions as a bridge soul from time to time; you are now expected to **be** one all the time: to flow seamlessly with your earthly energies and your higher energies so that there is no differentiation between them. To be in harmony and unity with self.

The beautiful part of this is that it requires very little 'effort'! The more you simply relax into it, the stronger is the connection.

BLESSINGS!

Sohrab changes energies to the Ashtaar Collective

Greetings from the Ashtaar Collective!

We are joyous to declare that **you** have now energetically risen to the point where you can instantly hold, harness and utilize Ashtaar energies on Planet Earth, by simply demanding this of us. This is being offered now to all, as you are ready to receive our light quotient.

To successfully make this happen, you require complete faith in self that you can hold us and complete joy when you make this declaration. A split second of both FAITH AND JOY.

Once our energies are merged with yours, you will be walking, talking, and breathing Ashtaarees. What does this mean?

Most of you are aware that we are a magnificent group of Universal Friends, who work with and for the light. We are a collective of billions of energetic species, and your energies would be joyously welcomed by us.

Many of you already are members of our collective; we now offer the same opportunity to all others, if they so choose to merge with us.

Group Member: *How do we facilitate that?*

The Ashtaar: By simply passing on this information. You may wonder what will actually happen.

A new resonance will be introduced in your physical DNA. The physical DNA will start to mutate at a very gentle rate. This will not be physically apparent to most, but those who are energetically sensitive will see changes in their features and energies. You will begin to recognize one another as fellow Ashtaarees.

Our energies, when integrated into your DNA, will offer you the opportunity to grow, to assimilate knowledge & to function at a far greater level than you have been able to do so far. You will experience a new sense of inner direction. You will gain clarity in aspects that previously confused you. You will experience inner strength, and a new sense of purpose.

Do not expect this to be an overnight change: were human DNA more sophisticated, it would be; but given what you have, it will seep into you over several months. However, if you wish to speed this up, you can do so by acknowledging what is happening within you. Live in awareness. Live in unity with self. The more you acknowledge what is happening within self, the faster it will grow.

This is our NEW YEARS gift to Humanity.

If you choose to thus join with us, you have the right and the duty to help others around you gain awareness that the Universal Friends who are surrounding your planet right now are not here to attack you physically!

However, we *are* here to help you attack your old patterns, modes of behaviour, ways of thinking, and rigid opinions.

We assure you we are not here to 'conquer your planet'! We have billions of planets at our disposal, and energetically, Earth is not that tempting!

(EVERYONE LAUGHS)

Group Member: *Thank you!*

The Ashtaar: However, we are very, very interested in the consciousness of planet Earth: both the collective and the individuated aspects. As we work collectively, in harmony, we view you as courageous souls, who have chosen to incarnate onto a planet on which you can actually crash your energies. That is unthinkable to us. We respect this: your courage, your spirit of adventure, your bravery, & your daring.

Group Member: *Are there many groups..?*

The Ashtaar: There are many societies around the Universe, that have similarly individuated energies, but there is always a 'tie through' that leads the civilization in a particular direction. Very few are further individuated or further fragmented than planet earth.

Yours is one of the harshest & therefore, one of the most rigorous training grounds that a soul could choose. You are now ready on planet Earth to merge your physical with the Ashtaar energy. It is a breakthrough indeed & we applaud it.

Group Member: *From the perspective of those of us who already hold Ashtaar energies...will our quotient now go higher?*

The Ashtaar: For those of you who already hold Ashtaar energies, by declaring that you are ready to introduce this into the physical, human DNA, you are being the equivalent of Adam & Eve for a new race of magnificent 'bridged' energetic beings on planet Earth.

The moment you introduce this into your physical DNA & lodge it there, you will start to vibrate with these new energies, urging others around you to make the same energetic pledge.

Now they may not do it consciously, as you are doing right now, but many will do this on a higher level.

And for those of you who do not have Ashtaar energies, this is the perfect opportunity, if you so desire. Let us be very clear here: do not introduce us into your DNA unless you feel comfortable doing so. And 'comfort' has nothing to do with your readiness. You are all ready or else this meeting would not be taking place; but if you are hesitant in any way, kindly wait, as our energy must be absorbed in joy & receptivity & not in fear or hesitation. It cannot lodge within you, if you are the slightest bit unsure.

Group Member: *Is this process called 'star seeding'?*

The Ashtaar: Absolutely!

Group Member: *You did come to help me, and I am grateful for that. However, I have been told that one should not allow anything to enter ones self & one should be in complete control & just be ones own person: please explain how your message & this one fits together.*

The Ashtaar: Please understand that this is entirely your choice & therefore we urge you **not to do this** if you are not comfortable with this concept.

To answer your question: there is a vast difference between allowing an entity or an energy to 'take you over' and the personal choice of permitting self to undergo an energetic upgrade, leading to a new hybrid between self and the energies.

The first is done in powerlessness, and the second in full power and faith in self. What we are offering will not submerge or erase your personality, your strength or your power: we only offer you the opportunity to enhance it. That is all.

If we (or anyone else) were to say "Let us take you over", you should throw us out! But that is not what we are offering at all.

We simply offer you the opportunity, ***should you so choose to avail of it***, to upgrade your DNA and vibrate at a higher frequency.

When we enter your personal DNA strands, this is how we will work: We are not actually lodging a 'seed' within it, which is physical; we will enter it in vibration. This vibration will coat every strand of the DNA, allowing it further expansion & a higher rate of inner awareness. As your own DNA strands begin to vibrate at a greater and more refined frequency, they will automatically attract to themselves newer & higher vibrations in other forms as well. We are the equivalent of DNA fertilizer.

Group Member: *You are enhancing our power & not taking it away....*

The Ashtaar: We are offering you the opportunity to enhance your own power.

Group Member: *How do the Ashtaar view animals that 'do not know that they know', but merely follow instinctually?*

The Ashtaar: Dear friend, first of all we make no judgments or comparisons: we are incapable judgment. That is an Earth prerogative! We respect & appreciate every species, no matter what level of growth they have attained. We simply appreciate the evolutionary paths of every aspect of the Universe.

However, to answer your question, we have the greatest respect for your animal kingdom! Were we capable of judgment and comparison, we might even place it above the Human kingdom!

Group Member: *(laughing) Thank you!*

The Ashtaar: But we do not discriminate...that was a joke....we are also capable of joking!

Group Member: *Would you talk to us of the photon belt?*

The Ashtaar: Briefly, as it is not appropriate for this particular group or meeting.

The photon belt is actually a series of levels of consciousness. As you enter a certain level of consciousness, your energetic DNA (not physical) starts to vibrate & expand in very much the way we have just described. Instantaneously you are aware now of another level of consciousness. The instant you enter that 2nd level you are suddenly aware now of 27 levels of consciousness, you may choose to enter some or all of them, depending on your readiness, and the appropriateness of them for you.

It is not that you are attracting new levels of consciousness to you, they are already there. You are simply gaining awareness of more and more of them.

Group Member: *What level are we on....just tell us the level humanity is on? Because energies are crashing left, right & centre*

The Ashtaar: They must...you are going through a beautiful upgrade right now: you must shed the debris & this must escalate towards the end of this physical year. PLEASE let it happen....we are working with you....let it happen.

Group Member: *Have the Ashtaar energies been working on us and with us over the last few days?*

The Ashtaar: For some, but not for all in the room. Yes, for you.

Group Member: *What about colour..?*

The Ashtaar: Color is the attribute you may attach to Ashtaar energies. They contain colours and vibrations beyond your spectrum, but you may use colour, if you so wish, to connect with us.

Group Member: *The chaos & destruction...going on just now....(?)*

The Ashtaar: Dear one, we have spoken of this in many prior sessions: you are shedding old debris and are assimilating aspects of self in preparation for the year of Unity. You are all creating external and internal 'situations' to urge self to acknowledge, identify and face aspects of self that are still in disunity. You need that troubled marriage, that distasteful work situation, to provoke you to face it NOW.

Unity does not necessarily mean 'healing' it, uniting with the situation could be accepting the fact the marriage is over, or that you need to move away from a job and open up to new vistas. You have to unite with the energies here (indicating his heart).

Group Member: *(inaudible)...holding Kali energies?*

The Ashtaar: Kali is an Ashtaar Master; so is the Shiva, so is the Brahma, so is the Saraswat, so is the Hanuman. Most of your Indian energies are Ashtaaris. The Shiv is pure Ashtaar.

Ashtaar refers to a collective; dear friends-- a collective of billions of energies and entities, working towards a common goal.

**ASHTAAR simply means
SERVICE TO THE LIGHT, FOR THE LIGHT,
WITH THE LIGHT.**

BLESSINGS!