

17th June, 2010
THE ARCTURIANS
Channeled by Sohrab

Different Realms in the Spirit World & Raising your Vibrations

Trance Channeling begins

Many of you have wanted a brighter light to be focused upon him (Sohrab) during these discourses. However, this dim light will allow most of you, who are now so energy-sensitive, to clearly witness the energetic shifts and changes that take place during the channelings.

You now need to challenge yourselves to a greater degree, and to go beyond simply 'looking at his face'. Extend your energetic feelers. Pick up visuals, impressions, and sensations. Experience, along with him, the changes in energy that take place from time to time. Allow self to be your guide. Trust yourselves.

He (Sohrab) is now working at a very different energetic level, and you need to keep pace and follow suit. You are all now accustomed to 'raising your vibrations' from one linear level to the next. ***It is now time for all to start experiencing differing energetic vibrations in your cellular structure, at the same time.***

Conceptually this sounds impossible, as you inhabit a three-dimensional world and generally work with linear time; yet energetically it is completely possible.

Let us illustrate this with an example: you believe that your car can only move at one speed at any given moment of time...either 5 kms/hr or 10 kms/hr or 100 kms/hr. Your current linear concepts do now allow for simultaneous speed.

Now, however, your cellular structure is changing, and slowly you will be able to contain, within the cells, the ability to vibrate and differing rates, all at the same time.

Don't use your mind to try and understand this, as the mind will declare this impossible. Go deep within self, and try to understand this from there. If self declares this as possible, then you will begin to acclimatize to this much quicker, and you will find yourself expanding at an exponential rate.

When this finally happens, you will be fully connected, quite consciously, with ALL THAT IS. With your earthly realm and experiences, and simultaneously with spirit the flows through all. With earth and with the Universe. Perfect unification.

It is this 'simultaneous frequency of differing vibrations' that your more advanced yogis experience; it is this that permits them to do 'seemingly impossible' tasks like live without food and water for years on end, or to walk through solid walls.

Yes, 'walking through walls' is quite possible, when you are so attuned to the differing vibrations within self that you can adjust them at will, to change your frequency and vibration, to do almost anything.

Group Member: – Is this upgrade why so many of us are unable to sleep well, and also have fluctuating blood pressure?

The Arcturians:– This is not the only reason, but yes, it is one of the reasons. All of humanity is now beginning to work towards this end. Most are resisting this upgrade. This is quite understandable, as the cells fear destruction and also are completely unfamiliar with the concept of working at different frequencies at the same time. Its rather like using, for the first time, muscles you never knew you had.

Right now, for example, if we asked you to drive your car at different speeds at the same moment, you would be unable to do so. This concept has not yet filtered into your consciousness or into the consciousness of your car. But when it does, you would be able to do so, and the car would simply follow suit. You would then be able to use your car (and not a fancy spacecraft) to fly across the universe, or even to time-travel.

Group Member: – Would the correct breathing help us in this adjustment process?

The Arcturians:– – Indeed it would ease and speed up the process, but in this case, you would have to find the correct rhythms from within self. Teachers and books can only guide you, but you would have to be the final arbiter of your breathing patterns.

Group Member: – Can you give us an example or take us through an exercise?

The Arcturians:– – Dear friend, we cannot take you through an exercise for this: each person would require a completely different one! You have to 'discover' your own.

Group Member: – You need to be totally aware of your body and its needs.

The Arcturians:– – Thank you!

We ask you to work towards accepting this concept, without mentally fighting it. Now, we are not asking you to blindly accept it at all! Allow this to filter into your consciousness, and see how it fits with you. See if it makes some kind of 'inner sense' to you. Check this from your gut, not your mind. If it does, then you are ready to move further. And we will help you with this, by walking you through a simple exercise:

Please do this exercise in full consciousness. Don't close your eyes, as that will take you into an 'inner space', and we want you to work with the inner and the outer at the same time.

First 'take in' this room. Its sights, sounds, atmosphere and feel...in complete awareness. [Pause]

Notice something in this room you've never before observed: a texture, a colour, a shape, an object, a person...be in awareness. [Pause]

Now simultaneously become aware of your physical body. How is it feeling right now? Are there any aches or pains in it? Are different areas hot or cold? Is there tension anywhere? What mood or moods are you in?Do all of this, and simultaneously hold onto your awareness of the room. [Pause]

Now go one step further: be aware of the room; be aware of your body, and now become sensitive to all the other people in the room. Start to 'pick up' on their individual moods, emotions, and physical sensations. Do this while holding onto your awareness of the room itself and of your own body. [Pause]

Now allow into your consciousness any particular problem that is on your mind...but don't get lost in it. Combine it with all the previous aspects you are working on. [Pause]

Let us stop here.

Most of you found it difficult to go beyond two aspects of simultaneous awareness. When you moved to the third, you lost track of the first. If you wish, you can practice this little exercise from time to time. It will help you extend your boundaries.

What did you just do? Your cellular structure started emitting differing frequencies at the same time. But as you are unaccustomed to doing this, you kept returning to the more familiar, lower, more 'standardized' frequencies.

The more you do this, the more sensitized, the more open, the more embracing you will get. You will learn to be fully aware of your day-to-day issues, and to simultaneously view them from a larger perspective. The 'flow of self' will increase.

Now, dear friends, let us further discuss the topic that was raised before this meeting started: that of the ***different realms in the spirit world***. It is directly connected to what we have just been discussing.

You were both absolutely correct (addressing two Group Members) in the views you just expressed.

When you shed the physical and pass into pure spirit, you do indeed enter a particular realm, which is dependant on your personal evolution and vibration. These realms are not separated, but all exist simultaneously, in the 'same space', so to speak.

Isn't this mirrored right here, in this room? All of you are sitting together, yet each one has a differing level of education, different skills and talents, and differing levels of comprehension and understanding.

In the spirit realms, the realm you enter is based on your personal energetic frequency, and also your concepts of time, space and relativity.

To be able to 'graduate' from one level of energetic vibration to the next, you have to move through 144 aspects of self. This forms 'energetic DNA'.

Group Member: – The Merkaba of DNA ?

The Arcturians:– – Exactly! So hypothetically, let us say a person first moves into what you would consider 'level 1'.

Let us view his energetic DNA structure, at this point, in the form of a single sphere.

[This is not strictly accurate, but we are using simple visualization for your reference]

Now, as he grows and expands, studying self and the Universe, and letting go of his limited concepts of time, space and relativity, this single sphere starts putting out spokes.

At the end of each spoke is another sphere, which represents his arrival at 'level 2' in that particular area or concept. He has been able to move from an old, limited concept to the next level of understanding. And the sphere he has reached vibrates at a higher frequency than the first.

So the person has to be able to achieve 144 of these spokes before a new sphere is fully formed, at which point he reaches 'level 2' completely.

Now, to get to 'level 2', each of the new, 144 spheres have to each branch out into 144 x 144 spokes, for him to attain 'level 3'. You are now beginning to understand the complexity of energetic DNA.

Group Member:– I have a question. Are we on 'our way back home' or is it just an evolutionary change?

The Arcturians:— You are not on your way back to your old home, but are on your way back to the newly created home, that is ever-evolving!

Let us explain this further with the help of our current discussion. Now to get to 'level 3', each of the 144 x 144 new spheres have to, once again, achieve another 144-spoke growth. As this structure continues to expand, the consciousness of the person gets more and more refined, and more and more embracing of ALL THAT IS. ***Your personal 'speed' keeps increasing, till you reach a level of 'no speed and all speed' at the same time.***

This is why those who are at a very high level choose not to interact with those who are at a denser vibration. It would not only impair their own growth, but would also be detrimental to those of a lower vibration, possibly 'provoking' them to move at a much more rapid growth pace than is appropriate for them. They could actually 'short-circuit'.

What we have just described is a generalization. There are many, many great souls who choose to 'sacrifice their spokes', to work with those of a lower density. A commitment like this is truly magnificent, as the Master then has to 'work his way up' all over again.

Now you may wonder how beings of very high evolution are even able to interact with you, in a channeling such as this, without 'damaging their spokes'.

What you generally receive is an 'energetic hologram' of the Master...he permits you to touch his outermost layers. These permit the appropriate expansion of your energies, without forcing them too far forward.

Let us examine this from an earthly perspective: if you suddenly give a very poor, uneducated man a huge amount of money or political responsibility, this sudden 'rush' could cause him to use this irresponsibly, without considering the 'good of the collective'. Do you not see this around you all the time, in your own financial and political arena?

Of course not everyone is irresponsible; but a sudden, heavy dose of such energies often creates an inner intoxication that distorts the senses and skews perspectives. If you were given an excessive dose of pure oxygen, your own senses would reel.

Group Member:— Every time we incarnate, do we return to the same level or the next? How do we keep adding to the '144 spokes'?

The Arcturians:— When you are in spirit, you can certainly work on your 'spokes', but there is no substitute for practical experience. So you choose to incarnate to garner this experience. You might choose to come to earth to work on a single spoke, one that takes you to the next level of 'tolerance' or 'acceptance'. You may be successful in a

single lifetime, or you may not. You may come to work on several spokes, and thereby achieve differing levels of assimilation in differing areas, some to a greater degree, and others to a lesser one.

You never go 'backwards': after an incarnation on earth, or wherever else, you either return to the same level, or to a higher level of spokes to take you to the next level.

Group Member: – I have a question, you said '*or wherever, on Earth or wherever*' : would you please expand on that.

The Arcturians:– Incarnations, as you well know dear friend, can be taken in millions of societies around the Universe. Earth is but one of these choices. Thousands of factors determine where you choose to incarnate, the vibrational level of the society being just one of them.

Even Earth itself offers you options. You are well aware by now of the various semi-solid and gaseous inhabitants of this planet itself, that live beneath the surface. Each also has its own level of evolution.

You generally choose an incarnation that offers you the perfect level of vibration to further your personal growth. You could, for example, even choose to join groups of beings who are not 'of the spirit world', and yet would appear to you like bolts of lightening, or electrical storms.

Group Member: – I provoked this question because most people do not understand this. My son had told me that he had moved into a place of high vibration, where he had to 'shed faster'.

The Arcturians:– A very 'popular choice' is to incarnate into groups of beingnesses who do not have a planetary body of their own, but move freely through time and space. You might view them as 'celestial rays of light'. They do not reflect light, but generate their own. Due to their extreme 'mobility', when they need, for example, a dose of earthly experience, they can simply project themselves here for a brief period in time, and garner the desired experience through one of you!

This temporary symbiosis would, of course, be permitted by your higher soul, and only if it benefited the both of you.

Group Member:– Is this one of the processes that expands and enriches the creator, the source?

The Arcturians:– All experiences expand, enrich and re-create the Creator! When you talk about 'going home', you have a linear concept of a point on a circle, completing the sweep and returning to its point of origin. That is incorrect, and very limited. Your ever-

expanding selves never take you back to the 'point of departure', but towards a 'new point of creation'. And that too is ever-expanding, ever-changing, and ever-creating itself.

Group Member: – So God is growing with you??

The Arcturians:– So God is growing with you, because you are God. You are the creator and you are the created. You undergo the experience to become the experience itself.

Group Member: I have a question, how much of this is in our consciousness? Expansion, the movement into different fragmentation, etc.?

The Arcturians:– It's already all there! You are just re-membling it. You are here on earth to peel off layers of self, and to push your boundaries by assimilating experiences. All of this helps extend your 'spokes'.

The one constant in the Universe is the desire to grow. Nothing ever desires to 'go backwards'.

You may, from your limited perspective, view a criminal or a non-searcher as person 'going backwards', but indeed it isn't so. He is simply following a growth pattern unique to self, which you cannot comprehend.

We will leave you with this much today. We are well aware of your resistance to scientific topics, but, dear friends, you need to add this understanding to your ready appreciation of 'spirituality', to expand self. Just as your mathematicians, scientists and doctors need to embrace spirituality to further their personal growth!

Group Member:– Suppose, after several incarnations, we just wish to 'relax and chill out', can we?

The Arcturians:– Indeed you can and you do! You are the arbiter of your own growth, dear friend! You always have Masters and other souls to guide and advise you, but you are the final authority in your own growth. It is you who 'sets the examination papers', and then sit down and take them!

Everything above is reflected on earth. Do you not take holidays during your lifetime? Do you not take a daily lunch break?

You can choose to remain in the spirit form for as long as you like, at times 'working', and at other times 'resting and recuperating'. Similarly, you may even choose an incarnation in which to primarily rest, assimilating only little bits and pieces of energies along the way.

Have you not observed around you those people who seem to be leading a peaceful, contented life? Will all the comforts that they desire, a happy, stable relationship, and no particular worries? Some of these friends are simply taking a 'lunch break'.

Of course, many you consider to be doing this may be working on deep, internal issues of which you are unaware. Or they may simply be presenting this façade to the world. But some, indeed, are just taking a well-deserved break.

Not all of the 'break-takers' have placid existences. Some, who may have an inherently warrior-like energetic structure, may take these rest periods by incarnating on earth and sowing discord around them. This would have to also benefit those at the receiving end, while the perpetrators were simply enjoying themselves. Can you not see this reflected in self? Some people's idea of relaxation is lazing by the sea; others prefer to relax by playing a vigorous sport or by bungee jumping.

Group Member:— Are some who are in a coma doing this too?

The Arcturians:— Some, but only a rare few. The comatose state is generally self-induced to facilitate deep, inner resolution without any interference from external stimuli.

We must leave you now.

BLESSINGS, JOY, LOVE AND LIGHT FROM THE ARCTURIANS.