

1st July, 2010
THE ANCIENTS
Channeled by Sohrab

The Ancients Healing the Oceans

Trance Channeling begins

Greetings!! Let us introduce ourselves -

We are a group of Ancients. We are not from your planet and yet we are what you may call “planetary specialists”. We are of your galaxy and we have been called in by the consciousness of Mother Earth for guidance, advice, and energetic assistance. We are currently communicating with several such groups, as well individuated lightworkers around the planet, as your help is now required. Today, we will first lead you through a series of energetic exercises for your planet, and after that we will answer your questions.

Deep undersea movements are now imminent: some have already been initiated and there are more to come. Some of these will be actual sea-bed movements. Others will be undersea volcanic and other such eruptions. Yet others will be caused by movement of the strata beneath the sea-bed.

Now, these movements are neither to be ‘stopped’ nor ‘provoked’ by you. Simply use your energies to balance and align them, so that when they do occur, they may do so in the smoothest and most harmonious manner possible.

Having understood this, turn your attention to the Pacific Ocean. Visualize the base of the ocean; you will instinctively be drawn to the appropriate region or regions within this ocean. Visualize yourself there and simply spread your light. You are offering the region harmony, harmony, harmony.

[Sohrab begins chanting deep OMs while the group works]

Now turn your attention to the Atlantic Ocean. Do not worry if you cannot pinpoint these areas geographically. It does not matter: just make the intent that you are there, at the appropriate place, and you will be. Now position yourselves at the sea-bed. Begin spreading your light here. Focus on balancing the vibrations here: balance, balance, balance.

[Sohrab chants as the group works]

Now focus your energies *above* the South China Sea. Do not enter it, remain above it and send down the energies of healing into this region. Here you may actually 'heal'.

[Sohrab chants as the group works]

Now you will visualize an area called the Bay of Biscay: you will enter the water and you will irradiate your light outward. Here you are filling the water with your purity.

[Sohrab chants as the group works]

Now you will turn your attention to the Indian Ocean: once again you will enter the water and once again you will send out the vibrations of purity and cleansing, purity and cleansing, purity and cleansing.

[Sohrab chants as the group works]

You will now enter the Suez Canal and you will vigorously cleanse this area. Visualize your energies literally scrubbing out this region.

[Sohrab chants as the group works]

You will now turn your attention to the Arctic Ocean. Please offer both the sea and the sea-bed the energies of balance.

[Sohrab chants as the group works]

Now you will turn your attention to the Gulf of Mexico. Here you will energetically create a spiral, and energy vortex, that emanates from the sea-bed upwards into the Universe. Through this vortex you are facilitating a smooth energetic release that is required.

[Sohrab chants as the group works]

And so it is, and so it is, and so it is. Thank you for your assistance.

You may question us now.

Group Member: – I saw a small, dark spot in the Suez Canal.

The Ancients: – What did this indicate to you?

Group Member: – That something is wrong there.

The Ancients: – Yes, a vigorous energetic cleanse was required in that space. You may be wondering why other areas were not targeted. Remember, many groups around the world have been called upon today to do this work. The specific energies of this group were the most suited to the areas worked on, by you, today.

Group Member: – With these imminent earth movements, are ancient worlds going to surface?

The Ancients: – Most definitely.

Group Member: – And how will they assist us?

The Ancients: – Ancient wisdom is already being released: energetic and physical caves are opening up, releasing tools, objects and energies for your growth and development.

When an ancient civilization begins to re-emerge, it first releases its core energy, like a beacon of light. The energies of two such civilizations have already been released: that of Atlantis and Mohenjo-Daro.

Does this mean that they will now emerge physically, as they were before? No. But the 'energy call' of these civilizations is now beginning to make itself heard.

Group Member: What is an 'energy call'?

When any civilization collapses, or gets buried, or is 'removed from the face of the earth'; the earth still contains an 'energetic database' of this society: its history and geography, social values, technology, evolution, knowledge and wisdom.

This 'energetic database' remains dormant within the earth, till such times as it is deemed appropriate for a re-emergence of these energies. When this takes place, the energies themselves have also advanced with the passage of time and earth's collective advancement, so they are 'not quite what they used to be' when the ancient civilization retracted.

You are therefore now receiving an 'upgraded' version of the Atlantean and Mohenjo-Daro energies. You will shortly find much media attention focused on these two civilizations.

Group Member: Why are these energies being revived?

Planet earth is going through huge personal upheavals, re-construction and internal changes. She wishes to re-discover these aspects of self that will only aid in this process.

It is likely, for example, that during the next five to ten years, the new scientific breakthroughs and discoveries made by your scientists will be facilitated by the Atlantean energies, rather than through the spirit realm.

The Atlantean energies predominantly contain and provoke endeavor, scientific knowledge, and the ability to 'think outside the box.'

The Mohenjo-Daro energies contain deep, inner knowledge and wisdom, and provoke inner pride and perfection. Here, we use the word 'pride' in its purest form: full appreciation of self.

Planet earth and all her inhabitants need large doses of these aspects for her growth and evolution.

Group Member: – Are the three lunar eclipses connected with this upheaval?

The Ancients:– They are elements in a chain of events that are taking place energetically, for the shifts within and around planet Earth.

The Lunar eclipses, the new movements of the planetary bodies around the Earth, the shifts or the tilt in your axis, global warming, the new energies being released by your mountainous regions (which was spoken of before), and the shifts in the oil (life-blood) within Planet Earth, together with several other aspects, *are together creating new, multi-dimensional energetic grids, as a prototype for what Planet Earth wishes to grow into.* In other words, you are building a new and improved structure for the future, and you are creating the framework right now.

Group Member: – How are all these changes on Earth affecting the Cosmos?

The Ancients: – There are two predominant 'Cosmic Repercussions': that which is 'meant to be'; and that which is being created, moment to moment, through Earth's Free Will.

'That which is meant to be' covers the constant shifts in the evolution of every aspect of the Universe. Each time a star or a planet, for example, undergoes a change; it energetically sets off a chain reaction affecting, either directly or indirectly, every single other body in the Universe. This could be compared to the way your bodies grow naturally and normally from childhood to adulthood, due to your personal evolution, nutrition, growth hormones, genetic coding, conditioning, upbringing, external conditioning and so on. This could be considered 'normal evolution'.

This is, however, that which is created 'moment to moment'. Your free will allows you to use or abuse your natural resources; to create or destroy that which is around you, and so on. All of this, which is decided 'along the way', changes the course of 'normal

evolution', and in turn, has the same far-reaching Universal consequences. Other planets and areas of deep space, when receiving your created vibrations, will act accordingly, and you will simply receive the usual 'rebound effect'.

To understand this very simply, "What you sow, so shall you reap". When you are in a good mood, everyone around you comes into balance. When you put out constant anger, that's all you get back from all whom you meet.

Group Member: – You spoke of Atlantis, but what of Lemuria?

The Ancients: – Yes, dear friend, you are aware of Atlantis, Lemuria and Mu. We only spoke of two energies being re-activated right now; many others will follow suit. As these energies arise, watch for a wonderful resurgence of ancient/modern knowledge, technology, and herbal and other medicinal cures.

Group Member: – We have all read of the huge crystal that the Atlanteans used as a power source: are these energies being activated through this crystal?

The Ancients: – Let us correct this slight misconception: there ancient Atlanteans did not use a single crystal, but worked with a huge bed of crystalline forms.

These forms have since mutated; there are now beds below beds below beds of such crystals, all resonating at a very high frequency. Within each bed, each crystalline crest resonates at its own special frequency and harmony. These differing frequencies and harmonies create self-sustaining 'energetic music'. They bounce off each other, and combine with celestial frequencies, at an even higher rate now.

The ancient Atlanteans knew how to harness and direct this energy; they worked with pure tonality.

Group Member: – And yet they self-destructed!

The Ancients: – Why?

Group Member: – They got over-confident, arrogant, too big for their boots....

The Ancients: – So how are they any different to you? Even here and now, if you give a poor, uneducated man great wealth or political power, he tends to abuse it. Isn't that happening around you right now? So you have no right to point fingers at the Atlanteans.

Dear friends, please understand this, without judgment. A sudden surge of any form of energy does tend to 'cloud the senses' and affect the physical structure as well. Many

of the ancient Atlanteans began to suffer schizophrenia and brain-damage due to over-exposure to excessive energies.

Now, let us return to the aspect of “Water Healing” that we initiated at the beginning of this session. Water is an extremely potent and ‘current’ energy, at this moment in time.

You may recall that, a few sessions ago, we guided all of you through a personal meditation, and spoke of the water imbalances in your bodies. You also know that these are simply reflective of Earth’s water imbalances.

The very water molecules on your planet are now beginning to change. The Ph balance is now shifting, due partly to humanity’s irresponsibility, and partly due to the new energies being drawn to planet Earth.

The very meaning of water is now beginning to change, and as this happens, you are going to experience those changes in your physical body. Your intake of liquids, the way they distribute themselves in your bodies, and the way they offer nutrition and sustenance to your body is all going to shift.

Also remember that liquids are synonymous with your emotions, and with your psychic abilities. It is the liquid content in your bodies that facilitates your ability to connect, to ‘flow’, to daydream, and to dream.

You are now likely to dream more frequently and more vividly. Instead of trying to pin down the significance of every detail of your dream, ask self instead what the message was, in it, for you.

If you receive a premonative dream, you are obliged to inform those involved, or to energize the situation. But do not take on the responsibility of trying to change the situation.

But when they are the usual personal dreams, ask self, “How did this make me feel? What do I need to look at in self? What am I not looking at consciously?” Start to become your own dream-interpreters.

You are now also likely to start experiencing *waking dreams*. Now, what are these?

Waking dreams will feel somewhat like a daydream, but with more potency, more ‘reality’. You may find yourself ‘imagining’ either a past-life experience, or an event or situation from your current past, which suddenly ‘pops up’ with great vigor and clarity. They are being provoked by the shifts in the liquid content in the body, and require your immediate attention. Please pay attention to these, as they will arise at a timely moment in your lives, for instant reviewal. Do not dismiss them: they may even take the

guise of a sexual or violent fantasy, but this does not mean that they are the wanderings of an idle mind.

Now, beyond waking dreams, you may also receive *waking dream impressions*. These may be sudden flashes or impressions that last for a few seconds and then vanish as quickly as they arise. Go back and review them.

We spoke at an earlier meeting of the energetic rift across the continent of Africa, through which Earth was initially releasing aspects of fear, mistrust and discontent. *She is now beginning to release the trapped energies of victimhood, oppression and control.*

If you examine yourselves closely, you will find all three aspects have come up, either in internal or external situations, for yourselves as well. Work with them. Assimilate them.

Group Member: – I do believe the next 45 days are very crucial for our energies. Beyond that, for a period of 60 to 90 days, I do believe that we will be ascending very rapidly. Is this correct?

The Ancients: – This is indeed correct, but the period is a little more ‘flexible’ than that which you have outlined. Why?

In past sessions, you have learned about the various energetic vortices that exist within planet earth, which move around from time to time. These vortices help her redistribute or release energies from within herself.

She has now begun to generate a new series of vortices for specific transmutation of energy, which will pass through the surface of the planet and into the Universe. This effect is causing ‘energetic suction’, which will affect all in the general vicinity of the vortices.

Let us hypothetically say that if a vortex like this opens up in your city, through which Planet Earth is choosing to release aspects of victimhood; then all those in your city would find their victim issues being ‘sucked up’ to the surface, for reviewal and assimilation. All the inhabitants would then find themselves feeling strongly ‘victimized’.

These would include all aspects of victimhood that you have not previously acknowledged or addressed. These would also include those aspects of victimhood from previous existences that are still unassimilated strands within self. They would then be dredged out of your cellular structure with the aid of the specific vortex beneath your city. So you may indeed consider this ‘glorious ascension’.

Remember, Planet Earth is now working at her pace, for the good of her inhabitants. At times she even supercedes the will of humanity. Now, this does not mean that she is being 'ruthless'. But she is now being the Divine Mother, and taking charge of self and of her children. She simply urges all of her kingdoms to follow her in full faith and trust.

BLESSINGS FROM THE ANCIENTS

If any of you wish to connect with us, you may joyously do so. Do not attempt a visual; but instead, 'hear us' as an echo in the inner ear.

(Other energies now come to bless the group)

BLESSINGS FROM THE ANGELIC REALM.

SAI KA PRANAM (Sai blesses Nirmala)

BLESSINGS FROM THE MOTHER.

A Message to the group from a Group Member, who was in attendance at the meeting:

Dear Sohrab:

After our meeting on the 1/7/10, I felt very upbeat and positive and in a way excited about life, so I thought to sit and write that evening and this is what I got.

Do share with the group if you like..

My question to the Universe was - 'Today at Sohrab's, while healing the Atlantic ocean, I got the message that it was all about the Earth learning and balancing her Ying and Yang [at this time I had extreme pain in my right wrist -which represents the Ying - Yang chakra in our body]. Then Sohrab spoke of the rise of Atlantis and Mohenjo-Daro [2 very different energies] representing her Ying and Yang correspondingly. Can you elaborate on this?

The answer to this was:

'Hi, Thank you for visiting our realm of worlds again. Yes, the Earth is going thru an upheaval and why not, so many of you in this 3 dimensional plane r going thru personal upheavals with corresponding pain, illness or physical discomfort.

Then you go to a doctor or a healer or a hypnotherapist [ha ha ha] - same way Gaya goes to her friends in the Galaxy for help and healing. She will accommodate large amount of water in her core and this water absorbed into her core between the tectonic plates will solve a lot of water problems globally [at a later date].

But this core water will be touched and discovered when a certain critical mass has finished touching, observing and resolving their core issues [Sohrab you spoke of water balance and imbalance in the body at this channeling].

So Look at *the power of the human mind – just look at the phenomenal ability to co-create as a race* and your power over this earth of yours. As each one of you sorts out and gets rid of your onion peels, correspondingly Gaya will touch her core too [critical mass for each peel varies] and balance herself and revel in her glory after understanding her Ying and Yang issues.

It is all so simple - LIFE IS SIMPLE - BUT NO! Man has to think without his heart and land himself in a soup! If each Group Member of your group were to put others before themselves a huge ripple effect would start- look at the basic issue of food at your meetings - all old Group Members leave the responsibility to other old Group Members and the new Group Members are aware of the arrangement but choose to ignore this.

This is the very same attitude which the Earth suffered - she was ignored in totality -so her Ying was forced to come up [like a mother or housewife] and she spent unnecessary

energy providing and cleaning up and absorbing uncaring human mess - *can you imagine the catastrophic imbalance that lack of civic sense has leashed on earth?*

Damn your garbage and plastic and nuclear waste - just clean your thoughts. Clean them now before it's too late and believe you me, She is ready to swallow the bad as now her Yang will rise.

Atlantis will rise and all you Atlantians will remember your mistakes and you folk will take charge and with great joy in my heart i say - one more peel has been peeled - hallelujah.

Atlantic energy is rising, rising and rising my friends -do continue your work and with the greatest of joy you will meet more and more of the race and apathy must be cleaned out and awareness will and must arise

Mohenjodaro energy will be sent to those groups who actually do the work -as in physical cleaning up of oil spills, medical garbage or cleaning rivers, the medical fraternity etc.

They will do their bit and those who work without ego will actually be more effective at an energetic level.

So good luck and do pass on the message.
Love n Luck always Meher and Sai.
