

15th July, 2010
THE ATLANTEAN COLLECTIVE
Channeled by Sohrab

The Crystalline bed of Atlantis The Lemurians

Trance channeling begins

Open yourselves to the energies emanating through him (Sohrab) today.
Welcome these energies into your structure (pause).
How would you describe them?
Do not attempt to identify a name...just the energies themselves.

Group Member: – Vibrations...

Atlantean Collective: – What kind of vibrations, gentle or strong?

Group Member: – cool

Group: – strong...peaceful..

Atlantean Collective: – Each will receive them differently.

Group Member: – a very 'happy' kind of light

Group Member: – Wisdom

Group: – Wisdom....musical...peaceful and light....soothing...healing...

Atlantean Collective: – In general, are these vibrations pleasing to you?

[All say yes]

Group Member: – It brought my body back into balance.

Atlantean Collective: – These energies are vibrating at different frequencies at the same time. ***They are the energies of the newly-activated crystalline bed of Atlantis.***

Use them, work with them. All on Planet Earth are now receiving the benefit and the effects of these new, multi-vibrational, multi-frequency Atlantean crystalline energies.

Those who resist them will experience discomfort...possibly an acidic effect in the system. They may even experience minor cramps. If this occurs, deliberately and consciously 'open' that area, and demand that the cells stop resisting them. At the same time, ask the area, or the particular muscle or organ, what related issue you are resisting. You will receive an instantaneous answer.

There is no escaping these energies: the fact that you are alive on Planet Earth at this moment in time means that you have contracted to work with them. Those who choose not to, will exit the planet.

Understand, therefore, that they have not been 'imposed' upon you; but instead that you have chosen to work with them, and to benefit by them.

Animals, being far less resistant to new energies than humans, are responding very openly to them. You will not notice a marked rise in the intelligence quotient of all animals, particularly in your house pets.

Animals in the wild are responding in a similar manner. You will also notice that animals will now reproduce at an accelerated rate. This is only temporary: they will soon acclimatize to these vibrant energies.

Now let us speak of these energies in relation to the human kingdom. These are indeed the old Atlantean energies, but with a new, upgraded influence.

It was a misnomer that the ancient Atlanteans only used a solitary, giant crystal. They harnessed the energies of several vast crystalline beds, each containing powerful crystals vibrating at differing frequencies and amplitudes. Using their ability to combine vibration, light, sound and their personal energies; they created for themselves power, healing tools, and anti-gravity modes of transportation.

These beds, buried deep under your ocean floor, are now beginning to re-activate at an extremely rapid rate. Some have lain dormant, others have always been active; but now they are joining forces and working with renewed vigor as a collective.

This is releasing newer, very powerful vibrations of varying frequencies, which will naturally fill Planet Earth and all her inhabitants.

Till they are working at full strength, you are likely to receive slightly haphazard energies. You could liken this to an orchestra tuning up, before launching into its musical symphony. Because of this, you are likely to experience energetic imbalances in your physical, mental and emotional structures: just accept it and ride with it. It is probable that, within about two months, the crystalline beds will be fully active and

vibrating at a much higher frequency: one that is also more balanced and acceptable to you.

The activation of these energies is naturally reflected in your personal structures. You are now likely, as we said before, to receive unusual images: waking dreams, visuals, thoughts, strange brain patterns, flashes, strong intuition, gut feelings and so on. Go with these, do not resist them.

Why? **These are not energies that take kindly to resistance.** In the past, when you have resisted energetic growth, the universe had accepted your resistance and permitted you to stay dormant, if you so chose to do so, till such times as you were ready to move further. All have now contracted to activate at a rapid rate.

So if you try to fight these energies you will short-circuit: this could cause physical diseases, schizophrenia or mental confusion.

If you find yourself moving into these areas, know that you are resisting the energies and instantly command your physical body to open to the frequencies flowing through you, so that you align with them. Currently, the energies are determining the appropriate frequency for your bodies: you must keep pace with them.

Do not fear this, dear friends: it is an exciting time, and you will only be given the appropriate amount of energies that you can handle. Remember that the crystalline energies are fully sentient; they know exactly how to 'dose' you. But if you resist, you will move into discomfort, as they are not particularly 'sympathetic' energies. They do not work with the caress of love, but with the force of love.

Connect with these energies for a few minutes before you fall asleep each night. Just welcome them in. Allow yourself to drift off and visit Atlantis: experience the city, the culture, and the energies of the crystalline bed. That way, you will find yourself growing and vibrating at an extremely rapid rate when you awaken the next morning.

Group Member: Could you please give us the location?

Atlantean Collective: No, we will not do so. That is to remain secret for the moment. Humanity, in its greed, would simply attempt to plunder the crystalline bed. Though the bed would not permit this to happen, the human touch would set off an energetic chain reaction that is not appropriate, at this moment in time.

This may interest you: the crystalline bed is currently shielded by an energy grid of its own making; one which makes it impossible to detect. Portions will slowly be revealed to humanity, and it is hoped that, at that time, humanity will have grown to a level of self-awareness and expansion, that it will attempt to celebrate the discovery without the desire to destroy or plunder it.

Another reason that we cannot accurately pinpoint the location is because the beds are now not anchored in one particular place, and have the ability to move at will, materializing in differing spaces, as is appropriate for their energetic work.

Group Member: – At around 12.15 pm today, and was feeling a bit depressed, having just had an argument with my maid. At that moment, I saw a crystal cluster and instinctively picked it up. It started vibrating very strongly: this has never before happened to me. I must have mentally asked the question, “What is this all about?” I instantly got a strong answer: *take back your power!*

Atlantean Collective: Thank you! Remember friends: all crystals are now in direct connect with the Atlantean crystalline bed, and are upgrading very rapidly. ***Please treat them with respect! They are not simply tools, but are sentient beings. You must invite them to work with you, as you would a colleague.***

This information must be communicated to the scientific and medical fraternities. Many scientific and medical instruments harness crystalline power, and often have diamond tips. If they are not respected, they can misalign and malfunction. If you can find ways of explaining this to the very practical doctors in particular, it would be of great use to all.

Group Member: – Can we continue to use crystals for healing?

Atlantean Collective: Indeed you can! But find out what the crystal wishes to do first. Communicate with the crystals as if they were friends, and ask what they wish to do at that moment in time. Respect them if they refuse. Remember, all crystalline forms are growing and gaining sentience, including the salt crystals in your bodies, in your food and water, those in the walls of your homes, and so on.

Group Member: – May I share something please? I had ‘given’ a particular plant a crystal pendulum, and now there are 15 other plants that have grown beautifully around it.

Atlantean Collective: Thank you. When your crystals now break, ask them if they are ready to be disposed of and, if so, how? Many a time, they have deliberately subdivided, and still have great energetic value.

Today, let us continue our discussion of Atlantis and Lemuria. Let us have your questions about these two societies. (to Coomi) Yes, dear friend, you were indeed from there.

Group Member: –I read on the email that they were completely free of duality of any kind: this concept has always attracted me.

Atlanteans and Lemurians

Atlantean Collective: You are correct. Let us explain the difference, in general, between the Atlanteans and the Lemurians.

Atlantis was a 'glamorous' place. Yes, the inhabitants were indeed highly scientifically and spiritually evolved; but they enjoyed the glamour and 'energetic buzz' that thrills you today, when you visit cities like New York, Paris and Berlin. Spaces such as these are meant to please you in this way: you automatically tap into their frantic vibration, and increase your own.

Lemuria, in general, was more focused on spiritual awareness, spiritual growth, knowledge for the sake of knowledge and expansion of self without the need to openly declaring it: they were great thinkers, searchers, mathematicians, people who created magnificent literature, art and so on, but in a more reserved manner.

Their primary focus and strength was the yin-yang balance within self: what you call 'androgyny.' They explored both male-female and same-sex relationships, and celebrated both with equal joy and respect. They understood that no great artistic or scientific endeavor could be achieved without the embrace of the masculine and the feminine aspects within self, and within nature.

This gave rise to a much gentler, more balanced society than the Atlanteans, who were volatile, passionate, and vigorous as a group. (To the earlier questioner) To forestall your next question, you experienced life in both Atlantis and Lemuria, at different points in time.

Group Member – What is the connection that the Lemurians had with nature around them?

Atlantean Collective: Guided by their internal yin-yang balance, and their psychic abilities, they were in harmony not only with nature, but with all elements: to them it was natural and normal to be able to communicate with animals, plants, minerals and celestial objects around planet Earth.

Group Member – So if the energies of Atlantis and Lemuria are coming up again, are we now going to be able to follow suit?

Atlantean Collective: That is exactly what the human race is working towards, and why we are discussing this topic today. But your success rate will depend on you.

Group Member – The question is, how do we come into balance? It is a constant urge, yet a constant struggle.

Atlantean Collective: Herein lies the paradox: Humanity's natural state is balance; yet humanity has grown to be *more comfortable with imbalance*.

The way to come into balance is not to attempt to deny those aspects of self that are in imbalance; but instead to embrace them. To accept that it is all right to be vicious, to have a hot temper, to be angry, to be greedy, and so on.

As you start embracing and accepting those parts of self, they become what is called 'assimilated' and then they do not control you anymore. You are in charge and you then **choose** when to exercise your hot temper or your greed or your viciousness; but you can never be rid of energy aspects that are part of the human existence.

Genetically, you are a combination of energies that have been in existence as long as the human race has been in existence. Now, obviously, you have incarnated many a time before the existence of the human race; but we are talking of you today because you have chosen, in this incarnation, the human form and the human coding.

By that very choice, you are genetically and energetically connected to all experiences that humanity has ever had. So, deep within self, you have experienced and 'understand' the hunting skills of a caveman, the slaughter during the crusades, the hatred of various communities and the joys of parenthood. All human experiences are coded within you.

How can you 'cut out' this coding, unless you rip apart your cells? But if you acknowledge and accept this coding, instead of fighting it, it begins to vibrate at a lower frequency. It is only then that you can **choose** which aspects of self you wish to exercise.

Group Member: – Are we being given 'a peek' at Earth's soul? I am so glad that I came today, as I needed to hear this. After last Thursday's meeting, I went home and got an 'urge' to write. The message I got was this: the core of the Earth is uncovering herself and her issues, like layers of an onion being peeled off. Just as we go to healers to help with our own issue-resolution, so has she gone to 'a group of energies', who are helping her do the same. We, her inhabitants, naturally reflect her process. I realize now that this is what is being talked about at this meeting. Is this what the Atlantis crystalline beds are helping with? And, as one would say, "Is the collective consciousness finally reaching a positive growth path?"

Atlantean Collective: It is at the demand of the collective consciousness that the crystals have now chosen to re-activate self. So this is indeed a great compliment to the entire consciousness of planet Earth and ALL her kingdoms.

Group Member: – I need to say this, not to contradict, but to emphasize something that I feel is the most important point being made here today. For our evolution, we keep

working towards the 'positive'; but every time we reject the 'negative', we also push away the positive. So, in order to take the collective consciousness to that level that we need for our growth and evolution and to catapult ourselves into that space of expansion, we need to accept the yin-yang, the dark and the light.

Group Member: – I was just wondering if one should connect to these energies for guidance: there are currently so many options and tools for growth that one tends to get confused. Which route does one take?

Atlantean Collective: – (laughing) – Whichever you are guided to, at that moment in time. There *should* be hundreds and thousands of options available to you: the universe only offers abundance, it is you who perceive lack.

When you walk into a well-stocked library, the information offered to you seems limitless. But the acting of 'browsing through the books' offers you immense pleasure, till finally you come upon the 'right one' for the moment.

Group Member: – Can we use these energies specifically to help balance our yin/yang?

Atlantean Collective: – You must, you must!

Group Member: – How do we do this?

Atlantean Collective: – Let us clarify an important point here: you do not need to 'draw these energies into self'; they are *already* flowing through you. But you do need to bring your conscious mind and your body to this awareness. Simply accept that they already exist within self.

How you use them is your choice. They can be used for simply anything and everything: for self and for others, for personal growth, manifestation, healing, and so on.

Let us reiterate: these energies know better than your conscious mind how and where to flow. So, rather than attempting to direct them, why not just sit back, KNOW they are working, and ask them to reveal to you why, where and how they are already doing so.

Let us assure you that even the common man, who may have no conscious awareness of this phenomenon, will still benefit by them. But, by aligning your consciousness with them, you can simply move a little faster.

Group Member: – Last Thursday, you spoke of how two pyramids on different planetary bodies align, creating an energetic beam between themselves. Does pyramid therapy with an individual structure also work then? Sometimes they are placed under the bed of a sick person.

Atlantean Collective: – Yes, indeed it does work, dear friend. We explained to you the celestial structure of multiple pyramids, but an individual one also holds great power and potency.

(Chuckling) Do not forget: even when you place a tiny, solitary pyramid under someone's bed, it may **still** come into alignment with another such structure on another planetary body! The joint consciousness of the sick person, the pyramid itself and the healer will ensure that this occurs, if it is deemed necessary!

Group Member: – Where did the Lemurians come from?

Atlantean Collective: – The Lemurians originated from distant galaxies: most were star-seeds, others originated from prior star-seeds on planet Earth, who then evolved into a race of Lemurians.

Very few Lemurians or Atlanteans were actually original inhabitants of Planet Earth: in other words, they would not have chosen Earth as a frequent destination for repeated incarnations. Many were first-timers on this planet.

Their DNA and cellular structure therefore contained an innate knowledge of differing star systems and differing Universal societies.

They were also deeply connected with all marine life on earth, the whales and the dolphins in particular, but also with many species that still exist, which you have not yet discovered.

They often called upon the help of these wonderful creatures to access parts of the crystalline beds deep under the ocean. Some were kept as personal pets, where the bonding was like that of a 'soul brother'.

Dear friends, ***please do not condemn*** these wonderful societies for their eventual downfall. Yes: greed, arrogance, one-upmanship, and competition did indeed arise. Yes, their own energetic irresponsibility did eventually rebound on them.

You cannot easily understand the 'heady' effects of exposure to very high-level energies. They were exposed to energies ***over one hundred times more powerful*** than what you normally receive. This eventually caused, in many of the inhabitants, brain imbalances, schizophrenia, intoxication and a skewed view of life, that eventually lead to their downfall.

You may now argue that they were responsible for not using these high-level energies more responsibly. That is true. Yet only partially so.

Group Member: – And today, we are doing precisely the same thing!

Atlantean Collective: – Yes, today you are doing precisely the same. Take nuclear power as an example. You could use this to illuminate and empower the world. Yet you use it for weapons of mass destruction. Nuclear power has brought about the same headiness and intoxication. Yet, you do not have the excuse that the Atlanteans had: your brain waves are not affected by this. This comes from your greed and imbalances of power, and the responsibility is solely yours.

Atlantean Collective: – Exactly! When you drink too much alcohol, your defenses come down, and you often behave in a manner that you would not otherwise. An overdose of energies affects the brain waves and patterns in a similar manner. What happens to you when you are exposed to radiation? When you stick your finger in a plug socket?

Group Member: – Were the continents physically in the same place as they are today? What about Atlantis and Lemuria?

Atlantean Collective: – Though you do have maps charting the land masses as they were ‘once upon a time’, most of these are rather inaccurate, dear friend. In earth’s early stages of evolution, land masses ‘moved’ far more rapidly than they do today; detaching themselves from one area, drifting, and re-attaching themselves to other tracts of land. Islands also rose up and sank at great rapidity.

When a society (like the Atlanteans) harnesses and utilizes such a high degree of energy, there are likely to be constant shifts and earth movements.

They, for example, were subject to many storms, shifts in tides and currents, and earthquakes. But due to their skill and awareness, they could often harness their crystalline power to deflect or reduce the effects of, say, a tidal wave and other such shifts.

Group Member: – What happens to our energies when we shed our physical bodies?

Atlantean Collective: – They shift into two predominant spaces: a portion returns to the energy structure you just inhabited (in this case, planet Earth), and the rest returns to what you call your ‘higher soul’.

In simple terms, Earth’s genetic coding (containing your personal experiences in connection with her) returns to the planet; and your energetic DNA is stored by the higher soul as an assimilated experience.

Now, in the future, if you choose to incarnate on another planet or into a different energetic society, where it is not appropriate for you to recall your earthly experiences,

you will not activate that part of self. It will remain dormant, until such times (if ever) that you choose to return to this arena.

Most of you have had multiple experiences in differing societies around the Universe, yet these remain dormant, or as fragmented 'possible' memories. But if you choose, you can begin activating some of them.

Group Member: – Why this experiment?

Atlantean Collective: – Because you wish to find out more about who you are, who you have been, and who you will be: in other words, '**your completeness**'.

Group Member: – What was the physical size of Atlantis and Lemuria?

Atlantean Collective: – This constantly varied, dear friend, due to the shifts in land mass. Atlantis started out about the size of the city you inhabit, and shifted at points to an area the size of India.

The Atlanteans were Master builders: not only skilled craftsmen and architects, but also energetic builders and re-distributors.

Let us give you an example: if they realized that a certain area or landmass required a 'vitamin-like' dose of nutrients or minerals, they harnessed their crystalline power, and combined it with sound vibrations, to 'attract' another landmass from across the globe to unite with that area. In this 'marriage', a new infusion of nutrients would be evenly distributed throughout the depleted area.

Through this 'shape-shifting', they greatly benefited earth for its future generations. They are almost solely responsible for the even distribution of crops and animals that you now see around the world.

JOY, LOVE AND LIGHT
FROM THE ATLANTEAN COLLECTIVE.