

November 25, 2010
THE ASHTAAR COMMAND
Channeled by Sohrab

Thanksgiving New Energetic Rays

Trance-channeling begins

■ On this day of **Thanksgiving**, we offer **you** thanks: we offer you thanks for the dedication you have shown in the pursuit of your personal soul growth; we offer you thanks for the many times you have fallen down, made mistakes, gone off- track and have yet had the spirit to pick yourselves up and carry on.

We offer you thanks for those wonderful, humorous moments in your lives: when you laugh, we laugh; when you see the absurdity of a situation, we see it; when you acknowledge, in the midst of the pain, trauma and confusion, that there is a bigger picture and that this is all an illusion, we celebrate with you.

So today, we offer you thanks. We offer you thanks for the courageous choices you have made through out your lives; we offer you thanks for having chosen to incarnate on Earth, which is not an easy planet; we offer you thanks for the soul vibration that each and every one of you contains, which fills the Universe with joy, colour, with subtle shades. Your diversity creates Universal harmony.

So on this day of Thanksgiving, we ask you to do something for yourself.

Take a moment and choose a Divine Father for the moment of now: this could be a Master with whom you are already familiar, or another, or a creation of your own. See him, create him, and demand that he become your Divine Father for the moment of the now. [pause]

Now choose a Divine Mother in the same way. [pause] Now choose as many Divine siblings as you wish. (pause)

Now visualize yourself sitting in the family collective that you have chosen, and celebrate Who You Are today. Visualize yourself in divine clothing, in divine physical form, in divine energetic form, with divine, expanded light and energies emanating out of you. [pause]

You are supreme. And from this space of magnificence, bless your own Earth family, your own Earth physical body, and your own Planet Earth. As you do this, kindly chant 5 joyous Oms. (the group does so)

From this space of joy, slowly awaken to a new, expanded self.

Let us introduce you today to ***a new series of energetic rays*** that are currently bathing Planet Earth. These are not to be confused with the ray structure many of you have already studied; though both are naturally inter-linked. But these are different, and very 'current'.

Though we use the word 'ray' to help you understand the phenomenon, these are more like gentle streams of energies that offer you; a subtle 'wash'. These rays are now bathing the planet and all her inhabitants. Their 'symphony' is being conducted by various Universal friends. Each ray also has a keeper, who is in charge of this process.

We are going to classify these energetic emanations by colour, for your identification; but you must first understand that this is inaccurate, as each contains layer upon layer of colours, vibrations and frequencies, far beyond the human spectrum. So the colour we 'label' each one is simply the lead-in, through which you can connect to their vastness.

The first of these new energetic washes, which is currently passing through Planet Earth, could be termed the **Pink Ray**.

The Pink Ray is governed by the Christ office, and the leader of the Pink Ray is the Jesus Christ, in the form of the **Lord Sananda**. This is being directly co-coordinated by various Ashtaar members, and this gentle wash (which you have been receiving for over one week now, and will continue to receive for as long as it is deemed necessary) indeed an energy of love, but it has a specific series of purposes. Love is a very general term: you are now familiar with the earthly view of love, as well as the cosmic view of love, which is 'the force of love'.

What this Pink wash is doing for you, both individually and collectively, is activating cell memory; helping each and every aspect of Planet Earth lovingly 'remember' what is best for self first and for the collective next.

This would be a good time, for example, for all of you to put into motion those aspects of change you wish to make in your lives, for personal benefit. Your cell memory is already urging you to do so, but most of you aren't listening to self.

On a very practical level, your cells could be urging you to join an exercise class, follow a new food plan or pursue a new hobby. The Pink rays are awakening these aspects of

self, and giving you very pertinent guidance...for example, what *kind* of exercise you need, at this moment of time.

Use this ray consciously to ask yourself what you really want to do, for yourself, right now, and start listening to self! We gave you the example of exercise and food; but this pervades every aspect of your lives: your relationships, your self-discovery, your hidden talents, and so on.

So choose to 'bathe' in the Pink ray, call upon the energies of the Lord Sananda, and ask yourself any question you have, pertaining to your personal growth and expansion. You will receive instantaneous answers: some may even surprise or shock you, but if it 'feels right', it is right!

Now let us move on to the second, which we will call the **Green Ray**.

Unlike the pink ray, which is bathing earth in a subtle and gentle manner, this one is working in an extremely strong and rapid manner. *This ray facilitates physical transformation.*

This ray will help all aspects of planet earth that wish to move and transform self, do just that: physical bodies, land masses, structures, oceans, crystalline beds, and so on.

Most of Planet Earth and her inhabitants currently desire personal renovation and reconstruction. This call is simply being answered by the Green Ray.

Let us speak of the human race: many of you are, quite deliberately, creating diseases for personal growth; others are 'removing them', equally speedily, for the same reason. Observe this over the next three to six months.

Many of you are shifting around the position, size and composition of certain organs in the body. Let us give you an example: a certain person may actually change the size of his physical heart, and the pace of the flow of blood through it, along with its pumping action and its rhythmic beat, all for the purpose of overcoming his resistance to love.

This person will then activate the love energy through the 'urgings' of the pink ray, and simultaneously use the green ray to effect these physical changes in the body, to further facilitate this personal shift.

The most widespread, worldwide work being done by the human race, with this ray, is on the digestive tract. Most are changing their personal patterns of food intake and digestion.

Please observe this in self: if you have not already begun these changes, you are likely to do so, over the next few months. You will get 'urgings' to eat things you normally

don't, or to adjust your meals in slightly different ways. You may find yourself shedding old habits, or even intensifying some of them, for the purpose of shifting them in the future.

Many of you will experience recurrent thirst: this is a sign that you need to hydrate on a regular basis. Most human beings are extremely lax with their water intake; most need to keep drinking small amounts of water throughout the day, but don't. Please be aware of this: it is now no longer 'an option'. The frequency and the vibration set off by the new rays is going to 'short-circuit' the body, if you do not drink on a regular basis.

Another aspect of the body that is currently under renovation, at a rapid rate, is the physical brain. Many, many human beings are choosing to upgrade their neural pathways, patterns, frequencies and vibrations. In some cases, this may lead to temporary headaches and disorientation; but this will pass.

The advantages of this process are quite obvious: your capacity to absorb, retain, and comprehend information and knowledge will accelerate tremendously.

You will also find yourself far more 'selective' in what you take in, and what you retain. The human brain is currently like a sponge, absorbing and retaining vast amounts of information quite indiscriminately. You have now begun a 'reformatting' process in the brain; removing that which is not necessary for your evolution, and retaining that which is.

You are actually setting up a 'filtration unit' in the brain, which your scientists will discover, in due course. This will help you process, analyze and store that which is necessary for your current and future growth, and release that which is not.

The upgrade to the physical brain will also increase your psychic abilities and your perceptual powers. In other words, when you are talking to a human being, you will find yourself 'reading between the lines', picking up the energy of the person and understanding where the person is coming from, so that you 'respond' to situations, rather than 'react' to them.

You will also find yourselves more sensitive to your own space, your neighbourhood, your political and social events, and so on. Great advantages!

However, while this upgrade is in process, you may experience occasional headaches or disorientation. You may also find yourselves irritated or upset with self, for some of the information that you are bringing up, from within the brain, to release. Old thought patterns, for example, or rigid boundaries, or concepts that you have held for years.

Simply understand what is happening and just let the process take its course: you don't have to 'do anything' consciously with this ray, except open to it.

The Green Ray is governed by the **Sai**. But this aspect of the Sai must be viewed as purely extra-terrestrial, almost star-like.

Questions?

Group Member: *I am definitely finding homoeopathy currently working at a very accelerated rate: what used to take months is now definitely happening in 3 or 4 days. So do we send out an intention to activate these rays, or do they just work on their own?*

Yes, you will find the potency of all drugs now increasing. This is occurring, as your bodies are changing so rapidly, and sensitizing to what you ingest. At the same time, these new rays will indicate to you what suits your body and what doesn't. You may find that drugs that you have taken for years suddenly don't suit you any more, and others are required. You may find a need to shift from allopathy to more natural cures, or vice versa. Be alert to your body and your digestion!

To answer your second question, the rays do 'work on their own', but now that you are aware of them, work with them to further the benefit to self. If you join with them consciously and joyously invite them to work with you and for you; you will receive their maximum benefit.

Group Member: *On the same subject, I had just been given a course of antibiotics for my back pain, and something inside me has been telling me that 'I should stop it', even though I have just taken them for 2 days. I have started getting mouth ulcers ---*

Exactly! And you are correct, now in the past you would not have manifest these physical symptoms so readily; you would have felt a general discomfort and simply ignored it. Now the stakes have been raised. Yes, please shift course.

Group Member: *I have also been feeling very disoriented during the last 2 days: is this because of the new rays?*

That is more to do with the ray, but partially to do with these particular drugs, please do shift course. This does not mean you cannot take allopathy; you can, but these particular drugs do not suit you. Ask self what is best for self right now: you may find the answer in non-allopathic areas.

Group Member: *Why have we, as a collective, drawn these rays to Planet Earth?*

Quite simply, for 'over-all transformation'.

Group Member: *Into what?*

👉 Into Whom you choose to Be! To speed up your evolutionary processes. To leap forward, as individuals, and as a collective. To explore the 'who I am not', in order to get further along the path toward the 'who I am'.

Group Member: *We are constantly being subjected to so many conflicting theories about food, and what is good for us, and what is not. Now that the digestive tract is further changing, how will we know that to do, what to follow?*

👉 Each one must listen to his own body! You may even find some drastic changes occurring: staunch vegetarians may turn non-vegetarian; and vice versa.

Group Member: *And is that ok?*

👉 Yes, if it is in alignment with self! Please listen to yourselves! Some of these changes will only be temporary, others will be permanent, but that you cannot know. All you can do is listen to the needs and the call of the body, moment to moment!

Parents, be alert. You must urge your children to do the same for themselves, and not impose your views, and your bodily requirements, on them. Of course you may guide them; but please listen very carefully to their needs...they are generally more in tune with their bodies than you are.

Please remember that the term 'digestion' must be looked at in a wider perspective. It applies to the soap, shampoo and creams that your bodies 'digest'. It also applies to the air that you breathe, the information that you take in, the films that you watch, and the people with whom you interact.

Group Member: *What do you mean by 'extra-terrestrials'?*

👉 Dear friend, you are new to these meetings. The term 'extra-terrestrial' applies to all those wonderful beings that inhabit this magnificent Universe, who are simply not of Planet Earth. Let us assure you that Earth is not the only inhabited planet!

Group Member: *But why are they trying to come and give us rays?*

👉 Because, unlike the peoples of Earth who generally only do something when they want something in return; there are many, many evolved societies who work joyously for the benefit of all, without desiring official 'payback'!

Of course, energetically, there is always an exchange of energy: As you give, so shall you receive. That is a Universal Law.

Many of these friends belong to what is called the Ashtaar Command: a group of wonderful, inter-galactic friends, who are highly advanced, and who work joyously for the overall growth and evolution of all societies in the Universe.

Group Member: *Are other planets and societies in the Universe also receiving these rays?*

■ A good question. Each planet or society draws to self what is perfect for its evolution, at any given moment in time.

These rays have been drawn by Earth and all major planets in your solar system. But their effect on each is slightly different.

Group Member: *Since April 2010, I have been experiencing just these changes: I have gone from being a vegetarian to a non-vegetarian, and now back to vegetarianism. I now can't take very hot food anymore, and though my appetite has decreased a lot, I feel fine and healthy.*

■ For the most part, you are in balance and are listening to self; but your body does require certain nutrients, and you are not listening to this aspect of self. This stems from a past pattern of self-deprivation. You have worked hard at shifting this in self, and that we applaud. But you do require more protein. Increase this, in any form that pleases you.

Group Member: *Why do people in most spiritual circles say that non-vegetarianism is not good for one's spiritual growth? Is this because of the dense energy of meat?*

■ Dear friend, this is a subject for an entire meeting! But we will touch upon it today.

Yes, meat is generally 'denser' than vegetarian food; but it is also part of Earth's "Laws of Nature". Observe how everything on this planet feeds off another. It is part of a natural cycle that the planet has chosen, so it is not 'wrong'.

It is not so much what you eat that matters, but your intent behind it that has gone awry.

The ancient Red Indians, while hunting for food, first asked the permission of the soul of the animal before they killed it. If this permission was refused, they simply released the creature. They also killed responsibly, for food and clothing; and never for sport or amusement.

Soul choice plays a large part in the experience of vegetarianism/non-vegetarianism, for personal growth reasons. What has gone out of balance is Man's wastefulness, cruelty and thoughtless destruction of the plant, animal and mineral kingdoms.

Group Member: *It was told that I was metamorphosing and then later I was told to take the lunar energies into my digestive tract: is that the metamorphoses that what you just spoke about today, and can it be used by everyone?*

Yes, that is metamorphosis; and no, it cannot be used by everyone. That information was given to you specifically. You had overdosed on the Green ray energies, and the lunar energies were offered to you as an antidote, to counteract the effect. You are now in balance.

Group Member: *Are these two rays connected to the prana that goes into the digestive system?*

They are indeed. These rays are shifting the vibration and composition of prana, as you know it.

Group Member: *We now know that Man indiscriminately slaughters both animals and plants, without any communication with the soul. And then we buy this from the market and eat it. Can we, in any way, do something to neutralize the effect?*

A good question. Though you are not individually responsible for this, collectively you are. You have to effect changes in the overall consciousness of the Planet.

Saying Grace over your food (and really meaning it!) can help. Genuinely bless the food you are about to receive. Thank the animal or plant who has offered it to you. Align with the food on the table, and align with self: do you really want it? In what proportions?

We only briefly touch upon the third ray today. We will continue this discussion at a future date, as there are many more rays to describe.

The third ray could be titled the **Silver Ray**. And the Silver Ray is a ray of **pure consciousness**. This ray does not work with the physical body at all; but on the extended energies that surround your physical, in this particular incarnation. It does not work with other aspects of simultaneous incarnations or parallel existences.

This ray will help your surrounding energies grow, expand and vibrate at a higher frequency, thereby affecting the physical body, and urging it to follow suit.

Now examine the synchronicity of the three rays: the Pink Ray activates the love center of the cells and organs; the Green Ray urges the physical body to awaken to the first ray, and to shift, change and expand; and the Silver Ray works simultaneously on your extended energies, urging these to do exactly the same.

All three work in perfect harmony, towards the same outcome: growth and expansion. Transformation of the Self.

FROM THE ASHTAAR COMMAND.
