

27th January 2011

THE UNIFIED ENERGIES OF THE GROUP

Channeled by Sohrab

Activating Aspects of Self That are Planet Earth

[Prior to the meeting, several people asked for healing for their friends]

Trance Channeling begins

■ Today, you will be urged to connect with a series of different energies, and to work with them for self and for others.

First, create an energy bubble above the room and within it, place all those whose names have been mentioned, and all those to whom you wish to offer light and healing. Please include yourselves as well.

Please connect, in your own unique way, to the energies of the forests on Planet Earth: visualize a forest, experience it and sense the forest energies within self. They are deep, vast, ancient, vibrant and yet balanced and serene. Experience the stillness of the forest. Direct these energies into the bubble above you.

Now, once again, go within your core and touch the crystalline bed energies that reverberate within you. They already within self: experience your own crystalline energies, visualize them and allow them to radiate upward, healing all those in the bubble.

Now touch the desert energies within self. Experience the expanse, the beauty and serenity of the rolling dunes.

Now touch, deep with your core, the ocean energies within self. Allow your entire physical body to experience the depth of the ocean and emanate the rays upward.

Now touch mountain energies with self: see yourself as a magnificent mountain and emanate the energies upward.

Now see yourself as a meadow filled with flowers, filled with scent, aroma and colours, and emanate these energies upward.

Now touch the core centre of Planet Earth within self, and emanate these energies upward and outward in all directions.

AND SO IT IS, AND SO IT IS, AND SO IT IS,

Well done. Let us explain very briefly what just took place, by citing an example. When you are angry, you are quite aware that the blood rushes to the skin, you begin to perspire, your heart rate increases and you begin to emit vigorous vibrations. All this is apparent, because you can sense it, feel it, and experience it quite tangibly.

You did exactly the same thing today. By virtue of your current incarnation, you are cellularly connected to all aspects of Planet Earth, individually and collectively.

Your personal perception of a desert, for example, may be pleasurable or distasteful; that is immaterial. When you activate that aspect within self, you connect with it in the way Planet Earth views it.

So today, you were all urged to activate aspects and emanations that you do not normally exercise. In this process, you offered self and all the healing recipients, the opportunity to explore self more fully and completely. Another perspective on touching your own power.

During the year 2011, it has already been explained to you how to touch different aspects of self, and how to work with the unified energies that are flooding your planet. *You cannot individuate energies anymore. If you do, you are simply the loser.*

You may, by all means, welcome your favorite Masters and guides 'at the head of the line', but please acknowledge that they are also unified in nature.

You are now urged to start connecting, on a daily basis, with different aspects of planet earth. If you are walking down the street, and you see a tree filled with vibrant flowers, instantly connect with them, experience their exuberance, and activate that aspect within self.

This needs to be done instantly, in motion, as you continue your daily tasks. The next time you walk into this room for a meeting, connect with the energies of the group, the room and the home while you are chatting with your friends. Why lose out, when you can add so much to your experience?

2011 cannot be a year of 'rigid practices'; you must formulate your own unique way of connecting and working with self and with the Universe. He (Sohrab) may offer you a guideline during a meeting; take it home and make it your own. Add your twist to it. Find what works for you.

Touch your power. Sense everything around you. Feel it out and acknowledge it to self. The human race has chosen to live in a state of disconnect for a long time: it is time to

reverse that process. Do not make it a chore, make it a game. Make it part of who you are.

Again, when you are going for a walk, do you ever connect with the energies of one street, and then of another? Play with them. Discover the difference. When buying vegetables, speak to them!

Gone are those long periods of deep meditation: yes, you may certainly continue that practice if it pleases you, but you have to also learn 'living meditation', as has just been described.

Moment to moment awareness is now of paramount importance. Be aware of your moods, emotions and feelings at all times. Humans, being complex beings, experience a minimum of 5 emotions simultaneously. Sometimes 25! Are you even aware of what you are feeling right now? What layers of complex emotion you are holding in this very instant?

Let us explain why this is now so important.

Planet Earth, as you well know, is currently being flooded with new, exciting, and vibrant energies. Some are arising from her core center, and others coming towards her from the Universe.

Your physical structures have energy receptors, just like your tongue has taste receptors. You are simply being urged to 'clean out' these receptors, to facilitate a smooth and rapid intake of the new energies.

As you continue to do this, you will find yourselves experiencing moment-to-moment vibrancy, excitement, curiosity, expansion and joy. Wouldn't you choose this? It simply requires your personal effort and conscious choice to take it to new heights.

Until now, you were given the leeway to work at a higher conscious level alone. 2011 demands your active and conscious participation as well. These new energies do not permit laziness, inertia and blockages on your part.

Let us now share some new information with you.

Many of you have already worked extensively with your inner child. The inner child concept is now mutating. *Your inner child is now becoming multi-dimensional, which means that you may now be choosing to work with aspects of the inner child that do not even belong to this lifetime.*

So suddenly, the old, familiar inner child is suddenly unfamiliar. (Laughing) A lot more work for the hypnotherapists in this room, as they have now have to go back and work

with past clients in a different way, examining new aspects of the inner child that are now manifesting. And of course, they have to examine self as well!

Group Member: *How different are they from the aspects with which we have already worked?*

■ They are parallel, because the aspects that you are assimilating daily are bringing with them their inner children.

Group Member: *If there are all these new inner children appearing, then surely it is time for physical, practical work rather than the theoretical approach? Aren't these children going to trigger off a difference in our current relationships?*

■ They must! Your relationships are already changing moment to moment, as is your interaction with money and finance; with spirituality; and indeed with your family. You are cleaning all the facets of the diamond that you are. Every single meeting this year will deal with a different aspect of power and oneness.

A second major shift is taking place this year, in the consciousness of your individual organs. You are already aware that the digestive tract is in the process of a major upgrade: this has been spoken of before.

Now, you are beginning to merge with your current stomach, for example, other 'stomachs' from different aspects of self: past existences, parallel realities, and the like.

Therefore, if person A is merging with an aspect of self that is not accustomed to a physical stomach, and is more used to working directly with prana, his appetite will suddenly decrease. Person B, who has a history of starvation, may suddenly find himself ravenous.

You are not 'bound' by this: you are now armed with conscious knowledge of what is occurring, and you can demand of your stomach to work in the manner most appropriate for the current 'you'. But while this is happening, ask self what you need to look into at that moment in time.

You are accustomed to consider that the heart is for 'loving', but a different aspect of your heart may have another function...ask what it is. Be aware and alert at all times. By all means use the guidance of a friend or counselor, but you are the ultimate authority.

A third aspect we wish to share with you today is the upgrade in the Angelic Realm.

There are different streams of Angelic beings around the universe: you are familiar with the individuated forms of those who work with Planet Earth, but they have 'cousins' who work with other societies, in a different manner.

The Angelic Realm has recently initiated an 'exchange program': you are not 'losing' your friends, but gaining new ones as well. So now, for those of you who choose to connect with this marvelous group of friends, there are new ones to be discovered, and connected to, as well.

You are already familiar with those of your realm, who work primarily with the energy of love, to help Planet Earth and all her inhabitants move forward. The primary colours you associate with them are white and gold.

The new visitors, however, could be viewed in reds and oranges. They are a complete collective, with no individuation, as the societies with which they deal are in energy form as well, and do not need individuated definition.

Their primary function is to help the societies under their purview to connect with other societies around the Universe. They are, in fact, the friends who helped the Ashtaar Command liaise with planet Earth, when they first arrived. So their function is not primarily 'love' but 'joyous connection'. They could be considered celestial liaison officers.

Group Member: *It is the year of change, constant change!*

■ Nothing on your planet ever remains the same. Every person, animal, plant and mineral is changing and upgrading at an accelerated pace. If you choose to bring your awareness in alignment with this pace, you will experience it and vibrate with it.

Group Member: *Even the element of manifestation has changed considerably, so any old pattern that was used before to manifest is now not going to work. Isn't this so?*

■ Indeed. There is an energy which you can call the energy of pure creation: it is out there; always been out there and always will. It is the Is-ness. Your relationship with the Is-ness has to be ever-changing, as everything about you is constantly changing, moment to moment.

Group Member: *How do we 'introduce' ourselves to these new friends?*

■ When you walk into a party, into a room where you don't know a soul, how do you introduce yourself to people?

Group Member: *I'd go ahead and say hello!*

Exactly. Each person must do so in his own, unique style. Some take the bold approach; others the subtle.

Group Member: *I absolutely agree to this concept of ever-changing manifestation. Earlier I used to sit and plan and think out what I wanted to manifest: today I just calm myself and think it out, and it just happens. There is no struggle anymore.*

Precisely! You will all find yourself needing, desiring and getting the opportunity to flex different muscles within self; those that you have never flexed before. So in general, if you are a quiet, retiring person, this year you will find more opportunities and the need to repeatedly assert yourself. If you are an overbearing person, you will find the need to stand back and remain calm and silent in situations.

Enjoy these 'undiscovered' aspects of self. Some may even shock you. So be it!

Group Member: *Initially we thought we had to manifest something actively: I now feel that the moment the thought comes to you, it is done!*

Yes. It has always been that way; it is just that your energy structure was not evolved enough to internalize this concept. You may recall that, years ago, we said that when you get the thought to offer someone healing, it has already been done by you. The thought itself is the last in a chain of energy events that have already taken place!

So the crux is 'trust'. And an inner certainty.

Exactly. We do not actually need to 'walk you' through healing processes. We do so, to help you build up the inner trust and certainty. But if you notice, whereas initially you used to work with healing for several minutes, we now only ask you to do it for a half-minute at most. This is reflective of your own trust that 'it is done'.

Similarly, when you 'visualize' your new car or new home, you have to trust that it is already out there, awaiting your arrival. You just have to bring yourself it it.

BLESSINGS FROM THE UNIFIED ENERGIES OF THIS GROUP.
