

3rd November 2011

UNIVERSAL FRIENDS
THE ENERGIES OF THE PLAIDEANS
THE ARCTURIANS
Channeled by Sohrab

THE ENERGIES OF 11.11.11
A SHIFT IN ART, CREATIVITY AND MOVEMENT
A SHIFT TO FUSION FORMS OF CREATIVITY
THE UPGRADE OF ALL KINGDOMS ON EARTH
THE SONG OF THE SOUL
EARTH HEALING THROUGH MUSIC
THE NEW ATLANTIAN ENERGIES

Trance Channeling begins

If you would like to receive our light, we ask you to choose to open your crown chakra right now. Do this intuitively and instinctively, without knowing who we are. If it 'feels right', do so; if not, then don't.

Open to our energies: they are very light and expansive. They will feel like air. Enjoy them. (pause) You may continue to take in our energies throughout the duration of this meeting, if you do so desire.

Welcome, dear friends. This was done quite deliberately: you are now at a level of evolution where you must be able to intuit, in the moment, whether or not an aspect of energy is right for you, and you must be able to act accordingly.

A few in this room did 'close off' to us: that was correct, as the energies were not for you, in this moment of the now.

Now let us introduce ourselves: we are a new group of extra-terrestrials (though we prefer the term Universal Friends), who are working towards helping you access the new energies of 11.11.11. And we are only one of many such groups who have chosen to heed the call of Planet Earth, at this moment in time.

We are here to help in the activation of **artistry, creativity and movement** within all the kingdoms of Planet Earth: a vital part of your current evolution.

You are currently opening your structures to these key elements, as you have experienced them, and are experiencing them: in all simultaneous incarnations, and in all realities and dimensions.

This does not mean that you are all suddenly going to become budding painters or actors (laughter); but many of you will now get the inner urge to explore your creative sides, and to imbue your daily activities with a higher degree of creativity.

Some may feel the urge to explore dance, writing or the performing arts: if you feel this urge, please follow it through. Others may simply desire to become more involved observers, or more adventurous readers.

You will also find yourself with a heightened sense of personal aesthetics: many will feel urged to change their physical appearance, their body shape, and sense of clothing and jewellery.

As these changes take place, Earth will give rise to newer and more experimental genres of art, literature, music and dance. And all of this is very necessary.

Fusion music, for example, offers humanity a wider spectrum of energies and frequencies, as compared to traditional music. The combination of Western classical music with the rhythm of the tabla unites two musical histories and cultures. The dissimilar strands unite to give birth to a completely new 'offspring'; one that is much more than just the sum of its 'parents'.

In the same way, fusion food, fusion art, and fusion dance will offer humanity the opportunity to expand and assimilate to a much higher degree than before.

Blessings! We have no definable name to offer you. Just consider us Universal Friends.

(Sohrab shifts energies)

The process just described will affect all kingdoms of earth.

The **plant kingdom** will now begin to give rise to hybrids. Fruit and herbs will change and upgrade their composition. You will slowly discover new and multiple medicinal properties of roots, stems and leaves: ones they did not previously offer you. A certain root, for example, which previously cured one disease, may now offer you the cure for five. A certain fruit may offer you five times its previous nutrition. (The number 5 is going to be very potent during this upgrade process. Discover the significance of this number for yourselves.)

The **animal kingdom** is going through an 'artistic' upgrade, which will affect their brain patterns. This does not mean that birdsong will necessarily change. (Laughter) Actually,

it will. But in general, they will find more creative ways to exist, forage for self, take care of self, and protect self. They are also going to intensify their interaction with all other kingdoms.

Internal music, the 'song of the soul', is of vital importance at this moment of your evolution, dear friends!

Dear friends, most of you never take a moment to listen to your own music: each one of you has a distinct and unique hum, vibration and symphony playing within self. You must learn to listen to it with the inner ear.

At first, we urge you to sit with yourselves on a daily basis, and attune to this soul song. Some may 'hear' it; others may simply 'experience' or 'visualize' it: either way, you benefit self tremendously with this process.

Through this process of musical meditation, you can merge the physical body with your extended energies, and bring the complete self into union in this, the year of oneness.

If you truly align with your own music, you will find your daily life getting uncluttered. You will be less bogged down with petty inconveniences, and will find that you can see 'the bigger picture' at all times. You will instantly recognize when you are going off track, and know intuitively how to shift back into alignment.

How do we do this?

The 11.11 energies will amplify this process, if you choose to explore it. Take a quiet moment, and be with self. On one day, you may just experience the vibration of the OM. One another, you may experience a rhythm or a beat. On a third, the inner music may reveal itself to you as a visual or image. On a fourth, it may be a piece of music with which you are already familiar. No matter what, just align with it, and enjoy your soul song!

Along with this, we suggest that you listen to external music as well. Its aligning and healing properties are at an all-time high right now.

Play music in your homes and in your cars. Not only listen to music that pleases you, but push your boundaries as well. Explore genres that you have not previously enjoyed. Ask your children to recommend some of their music to you! Use it to your benefit.

Be aware that some may find it easier to listen to their inner music through movement and exercise, rather than through quiet meditation. So be it, as long as they do so!

What will the resonance of music do to the body?

A good question. Let us take both aspects of music together: let us assume a certain person does begin to listen to his inner music and at the same time, uses external music as a tool of pleasure, healing and wellbeing.

The combination of the two, together, will work miracles in the physical body:

First of all, the cellular structure, which is expanding at an extremely rapid rate right now, will be soothed and nurtured through this vigorous process. Rather than slowing down the process, you will be able to work at an accelerated pace, without discomfort.

Your personal awareness and your ability to access Universal knowledge and wisdom will increase.

You will also be able to heal, balance and align self at an accelerated pace. Now, if you have contracted to undergo an experience of the body for personal growth, it will not 'remove' the disease; but it will facilitate it in the smoothest possible manner, so that there is the least discomfort to self.

Your cells will start 'humming' with melodious resonances: these will emanate outward, and will be pleasing to all those with whom you interact. Therefore, your day will be more harmonious.

Your music will also similarly affect your homes and offices; freeing these spaces of disharmony and energetic blocks, and opening them to their growth and evolution.

As your personal music evolves, you automatically 'link up' with others around planet Earth and around the Universe who are 'singing your song': you will begin to interact with a host of new and wonderful energetic friends.

Through this process of familiarizing yourself with your own music, you are also serving planet Earth. As you upgrade the water content in your own cells, for example, you automatically begin to purify Planet Earth's water bodies. As you work on internal nutritional balance, you also balance Earth's elements.

This work does not require you to deliberately 'intend' that Planet Earth be served: as you serve yourself, you automatically serve Her.

(To G) The next time you hold an 'Earth Healing' meeting; why not use this technique, consciously and deliberately? Test it out for yourselves!

Does this mean that you are teaching us to be multi-dimensional beings?

Every single meeting contributes to that, dear friend! But yes, through this process of listening to and familiarizing yourself with your soul song, we are indeed urging you towards full assimilation of all aspects of self.

As you get adept with this, you will instantly be able to 'tune into' differing aspects of self, by simply listening to the inner music.

Let us look at the practical application of this: let us suppose that you are about to go into an important business meeting and you are feeling rather nervous and unsure of yourself. By simply tuning into the musicality of the 'warrior' and the 'entrepreneur' aspects of self, you will suddenly find the courage and the intuition you require to make it a success. You will hone into wisdom and self-assurance very easily.

'Doing this' is easy for you; 'trusting it' is not! You must learn to believe in self, and trust that you can do anything you choose.

Blessings!

(Sohrab shifts energies)

The 'artistry, creativity and movement', spoken of at the inception of this meeting, must now be discussed further. How will it affect the human race?

For those humans who are open to it, it will simply take them further in the fields of their energetic choice.

Please be aware that we said 'the fields of their energetic choice'. If a person allows himself to be trapped in a job that is not of his choice, or one that he does not align with, it will not work. But if he shifts focus and aligns with the job, it will.

So if a person is in alignment with his field, he will find new and exciting possibilities opening up to him. He will find his creative juices flowing, and a newfound interest, even a fascination, with his field. This applies to *all* fields of study, work and hobbies.

Through this, science and technology can now leap forward, once again. True mathematicians can now make mathematics 'sing' again: they can delve deeper into the artistry and creativity of numbers, and come up with breakthroughs in all fields of study. Why? Because pure mathematics is the foundation of all creativity. Art, sculpture, literature, music and dance are all based on mathematics.

With this shift, dear friends, even the most 'boring and mundane' job can become exciting, vibrant, challenging and creative. It is simply upto you to infuse it with these new energies.

If you have been 'trapped' in a painful, traumatic relationship for years, now is the time to infuse it with your new music; to find new, artistic, creative solutions to shift it around. Paint a new picture of this relationship: but to do this, you have to add endeavor to it, as you have to be the artist.

You are now walking Gods upon this planet: the sooner you acknowledge this, the sooner you will be able to wield your divine power.

Are the new emanations from the Atlantean crystals facilitating this change?

Yes, they are. This activation has been demanded by Earth's higher consciousness. The Atlantean crystals are offering a part of the energetic changes, and yet others are being offered by magnificent Universal Friends. The current speed and level of activation could not be taking place without their help.

Many Universal species are participating in your evolution. They receive no thanks or even acknowledgment for what they do. They do not even want it; as they simply work for the joy of furthering the progress of another society.

Some, for example, work as 'energetic engineers': they offer you the tools, and the know-how to use these energies. They recalibrate your structures to make them compatible to these new energies. However, whether or not you choose to use them must be your decision.

Today, for example, you have been given the know-how to listen to your inner music. Whether or not you go home and try this out must be your choice. It is hoped that, by the end of 2012, the human race will have made a 180 degree shift. This is because, of all the earthly kingdoms, the human race is the one that tends to go the furthest astray.

You are, of course, meant to explore uncharted territory, and to push your boundaries. However, you are not meant to do this at the cost of Planet Earth and her other kingdoms. You have yet to learn to balance exploration with destruction.

The human race has intuition and a logical mind: you are now working very specifically with the logical mind, attempting to attune it to your intuition.

Your intuition will tell you how far to go, how many trees you can cut down, and how much oil you can extract from the earth. You are, for example, meant to avail of her oil and natural resources; but you are not meant to drain her dry.

The further you push her boundaries, the more you will eventually harm self and all her other kingdoms. If you do not soon awaken, your crops will wither and die, and your water will be too polluted for you to drink.

It is time to WAKE UP. Merge the intuition with the heart and the logical mind. Act with responsibility.

Is that why the pituitary and the pineal glands are being activated?

During the Atlantean age, many of the inhabitants actually experienced mental imbalances and schizophrenia, due to overexposure of the brain, pituitary and pineal glands to the crystalline radiation. This would not have happened, had they used the energies responsibly.

The same opportunity is now being offered to you: do not abuse it, or else accept responsibility for the consequences.

Sir, we are only a handful listening to your words. What of the other 7 billion?

Let us assure you that he (Sohrab) is not the only instrument of awakening! All people around the world have the opportunity to get this information, and to awaken. And receive it they do, in different way. But in general, they prefer to live in greed and ignorance.

Also, let us remind you that a small group, such as this, can change the world. You simply need to change yourselves first. Live this truth. Pass it on.

As lightworkers and as Rainbow Warriors, which you all are, it is now your privilege and your duty to lead others, by word and by example. Speak out! Act differently! Live the change. You now cannot hide and wait for another to 'do it first'.

Music and art are gentler ways of working towards peace and brotherhood.

Let us 'gently' correct this notion: music and art are not gentle at all! They, along with love, are very, very powerful forces!

If a single high note can shatter a glass, imagine what multiplicity of sound can do. It can destroy a civilization, or create a civilization, depending on how it is directed.

The music of love can cure a cancer. At the same time, the discordant music of anger and hatred can create a cancer.

It is now time for the human race to access its inner music and to use this productively, for fresh creation.

The new crystalline energies are a combination of pure mathematics and complex musical notes, tones and frequencies.

This 11.11.11, the entire planet and all her inhabitants are moving through one giant portal, which offers you the opportunity to shift course and create self anew.

Beyond that, a multitude of portals will open: there, each individual will make choices of which ones he wants to enter.

Can we use internal and external music to help us release debris before we enter these portals?

Most definitely, but remember that the music will act as a tool. It will not miraculously make your issues vanish; on the contrary, it will bring up the issues for your reviewal and assimilate. You must exercise your power and your responsibility.

I have been noticing that many earthquakes are taking place, world-wide, in approximately the same latitude: why is this? It is almost as if the world is splitting into two!

The Atlantean crystalline beds are currently 'splitting in two', releasing new energies. Your cells are energetically 'splitting in two', releasing old debris and making way for a new infusion.

In your personal lives, you are experiencing similar 'splits'. You are splitting from old friends, and welcoming new friends into your lives. Many are leaving behind old, familiar jobs to take up new, unfamiliar ones. You are splitting from old patterns, belief systems and thought processes. Your own masculine and feminine concepts are also splitting apart.

Similarly, these earthquakes help planet Earth energetically split apart, offering her the opportunity to release old debris very quickly, and make way for the new.

A new Merkaba is being constructed for her evolution.

Why is the Number 5 so important right now?

What do you know of the significance of this number?

(Various group members answer)

It is related to Earth energies.

Fast movement.

Change.

Freedom.

Experimentation.

Creativity.

Have you not answered your own question?

JOY, BLESSINGS, LOVE AND LIGHT FROM THE ENERGIES OF THE PLAIDEANS.

JOY, LOVE AND LIGHT AND THE BLESSINGS OF THE ARCTURIANS.

JOY, LOVE, LIGHT AND THE VIBRATION OF THE MEHER BABA

BLESSINGS FROM ST. GERMAIN.

THE SARASWAT BLESSES YOU.

THE NATRAJ BLESSES YOU

BLESSINGS FROM THE KWAN YIN.

YOU ARE UNDER THE GUIDANCE OF MAHA AVATAR BABAJI.
