


19th July, 2012
THE ARCTURIANS
Channeled by Sohrab

PLANET EARTH'S NEW JOURNEY
THE UPGRADE OF EARTH'S VARIOUS KINGDOMS
ALIGNMENT WITH HER CORE
THE NEEDS OF THE PHYSICAL BODY

Trance Channeling begins

 Kindly sit in silence for a few moments and open up to the necessary energies. Each one here will receive a different combination of energies. (Pause)

Now take a moment and kindly send light to all the oceans around Planet Earth ...
Now kindly send light to all the fresh-water bodies of Planet Earth...-
Now kindly send light to both the Poles ...
and now kindly send light to the water content within your physical bodies ...

Thank you.

Greetings!

Planet Earth has begun a new journey and as inhabitants of planet Earth, you are all part of this journey. You are also writing a new journey for self, in conjunction with the one she is charting out for self.

She has now taken a decision to move into a new level of personal expansion. In the past, all her upgrades, shifts and movements have always taken into consideration the various kingdoms within her embrace. This time, she is working slightly differently, and is initiating an internal change which she intuitively is right for self, no matter the consequence to all her kingdoms.

No, she has not suddenly turned heartless, nor is she about to ruthlessly destroy her various inhabitants; but she is making an internal shift, knowing that it is right for self and therefore right for all her energetic and physical inhabitants.

She is finally placing self first: this is to be celebrated, as even Planet Earth, as a being, had issues to work out. She, too, has to learn to 'touch her power' and to experience her magnificence in self-love, before she can embrace her children with it. This is the journey she has now begun.

To facilitate this, she has deliberately changed the vibration of her core centre: her internal music has now changed. The way she accesses and vibrates with combinations of OM's is now different, and the rhythm she is releasing has been upgraded and is changing, moment to moment, in a very, very vibrant manner.

Her upgrade naturally affects you, and urges you to vibrate at a new frequency. But this upgrade also 'puts out a call' to various new Universal energies, which are attracted to her core center. These, in turn, upgrade her even further, and similarly affect you once again.

Even the solar flares, which are affecting Planet Earth, are now of a newer frequency and vibration than they were last month.

(Addressing D) Would you like to add to this?

On the 14th of July, a solar flare was experienced by earth which scientists described as being 'very different' from previous ones. I do believe that these are going to change both the sound and the structure of Earth. And not only Earth, but our Solar System as well.

And your galaxy. Your scientists focus on solar flares, but similar 'flares' are also being emitted by other stars around you. Planet Earth is now energetically 'hungry', and is drawing to self all of these. Each time she takes the energetic effects of these various flares into her core, a 'feedback loop' is created: she emits an even stronger call, and receives, once again, even stronger energies.

She is now drawing energies not just from solar flares, and star flares, but also from various celestial objects in different dimensions. This is your move into 12-dimensional astrology.

NASA has recently released footage of a mile-long space ship that they have seen in space...

Who do you think is speaking today?

The Arcturians?

You are correct! Thank you: we are glad you consider us friends, and not enemies. Many of us are strategically positioned around Planet Earth, to help co-ordinate these energetic effects, in the smoothest possible manner. You could consider us 'energy engineers.'

Planet Earth's different kingdoms are going to be accessing these energies at differing rates: as always, the **mineral kingdom** is going to lead the way. Crystalline forms are

now vibrating at a frequency far beyond your comprehension. Of the energies they release, only 10% are earthly; the other 90% are Universal ones.

The **plant kingdom** follows next. Therefore, the nutrition that you will now receive from vegetables, grain and fruit is very different. You will shortly feel the effects of fresh, naturally-grown plants and vegetables.


This kingdom will also start to repulse artificial growth hormones, fertilizers and pesticides. You will observe that plants grown this way will shortly begin to wither and die.

Good!!!

You may say that, but till your society awakens to this, you will suffer from shortages, and will cause imbalances in the kingdom. Spread awareness in this area; and attempt, as much as possible, to eat foods grown naturally and organically.

The **avian, insect and reptilian kingdoms** will then follow suit, followed finally by the **human kingdom**. Some individuals will choose to access these energies very rapidly and will quickly evolve; and other will move at a slower pace. The choice will be individual, and personal.

Can't you and our other Universal friends help us awaken rapidly, and move into abundance and prosperity?

 When you raise a child, you attempt to guide him, and offer him the benefit of your wisdom and experience. But after a certain point, you have to 'let him go', and develop in his own way. You cannot forever impose your value or moral systems upon him.


We *do* have the ability to influence the collective consciousness of the human race, but we never would. With energetic ability comes responsibility.

Were we to directly 'interfere' (which we could, in an instant), we would artificially change the natural evolutionary processes of your society.

Since time is not linear, by giving you an 'energetic vitamin boost' right now, it would loop back and affect your past as well. Anomalies would begin to form. Scientific discovers would appear 'before their time', when you were not ready to handle them, and chaos would ensue.

This cannot be permitted. But what we are permitted to do is to offer you little doses of self-awareness, and the opportunity to touch your own power. We have done this constantly, over the years. It is also our greatest desire to see you grow and evolve.

Why didn't you mention the animal kingdom?


 The animal kingdom hovers in between all the other kingdoms: some species are evolving very rapidly, and some are not. Certain species are readying themselves to completely exit the planet; others are upgrading self; and yet other, new ones, are being introduced.

These new species will vibrate at a very high level, and will predominantly contain Universal energies, not earthly ones. It may also interest you to know that many of your reptiles are also moving up the energetic ladder very rapidly. Their upgrade will actually serve you, in your processes.

Planet Earth is currently surrounded by many differing Universal friends: each group contributing, in its unique way, to her evolution.

She has chosen to experience a series of energetic jolts: some you may physically experience, others you will not. If you constantly align yourselves with her core center, you will 'flow' with these, in a smooth and easy manner.

How should we do this?

 In any way that works for you. Some many choose to do so in meditation. But this is not necessary. You can do this, as easily, in action. Just visualize her core center, and 'flow' with it. Some may feel impelled to open their heart chakras to her. Others may choose to open the entire body to her. Find your own unique way.

If you choose to heed this advice, then we suggest that you do this for at least 30 days. It can be done in just a few moments. Affirm "I am in alignment with Planet Earth's core", and it is done.

As she evolves, your chakras are now going to change rapidly. Be alert to this. On certain days, you may find parts of your body upgrading; and on other days, you may find your entire body vibrating and feeling unusually light.


We strongly suggest that you begin to 'listen to your body' on a daily basis. This is now not optional, it is a necessity. Listen to it, align with it, and give it what it needs.

If you continue to remain divorced from its needs and upgrades, you will find yourselves feeling more and more disjointed, unsatisfied and depressed. You will start energetically 'blurring', like a film out of focus, and you will not know 'who you are'.

Connect with the body at least one in a day. Again, this can be done in action; such as while you are showering. If you get a strong impulse to eat, or not eat, something,

please follow your inner guidance. If you are urged to exercise that day, find a way to do so. Listen, listen, listen.

Why is it that there suddenly seems to be a rise in the incidence of cancer nowadays?

 In general, every individual who is resistant to self-search, and has long buried aspects that he needs to face, is using extreme methods to 'jolt' self into awareness. Look around you. It is not just 'cancer', but falls, emotional upheavals, divorces, job changes, legal issues and the like.

Each person creates what he deems the most appropriate jolt for self. Is this necessary? Not at all, if you constantly examine self. But for most, they ignore deeper aspects till they are forced to look at them.

Now we urge you to listen very carefully. ***Planet Earth, on her new journey, is beginning to re-write her script. So are you.***

Starting this month, you are now re-scripting your future, writing in course changes and shifts that you had not consciously envisaged. Some of these may be 'difficult' circumstances, and others may be wonderful, expansive windfalls; but each will be vital for your rapid evolution.

The pathway, and the speed, is in your hands. Now add to this consciously. Choose where you want to go, and how you wish to do it. Face the twists and turns of life with enthusiasm and glee. Enjoy the ride.

You are also writing in major opportunities to change rigid patterns and structures: flow with them, grab them, take them, enjoy them, and revel in them. If you do, you will start feeling wonderful.

Take the various opportunities that come your way. Challenge yourselves. Whether the opportunity comes in the form of a new job, or a wonderful trip, seize it and experience it fully.

Old, stuck energies are now beginning to rot. When energies begin to rot, they short-circuit. But the moment you touch your power, and infuse them with new thought processes and affirmative action, they begin to re-create self.

Start to discover the quantum and the intensity of the power that you now wield.

JOY, LOVE, LIGHT AND THE BLESSINGS OF THE ARCTURIANS
