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THE CHRIST OFFICE
Sohrab's channelling

THE EFFECTS OF THE 21.12 UPGRADE ON THE VARIOUS KINGDOMS OF EARTH

Take a moment in silence and just experience our energies...

 Welcome, dear friends! What energies have you recently experienced on Planet Earth?
(Various group members answer)

- *Electric*
- *Happy*
- *Emancipating ones...a sense of inner freedom, and the ability to express and assert myself*
- *Total expansion and belief in self.*
- *Abundance*
- *Calmness*
- *Very sensitive*
- *No separation at all...collectivism*
- *Was anyone discomforted by the energies?*
- *Yes, repeated headaches*
- *An Emotional roller-coaster.*
- *A mixture of elation and anger.*
- *Depression*
- *The womb area was brought to my attention...it felt uncomfortable*
- *Restlessness and suffocation.*

Now, post 21.12, the new planetary grid is in position and has been activated. This grid, which has attracted both Universal energies and those from the core centre of the earth, has begun to vibrate at a very high frequency. All kingdoms on planet Earth have begun to feel its effects.

The crystalline kingdom has begun to vibrate so intensively that for it, the 24-hour day is now only 1.5 hours. This is causing all crystals to emit a new, personal song. This music is so high-pitched that it cannot be heard by the human ear, but all other kingdoms can do so.

This 'siren song' is extremely seductive; it urges all the kingdoms of earth to move forward at an accelerated pace, and to touch aspects necessary for personal and group evolution.

You still perceive earthly crystals as physical and solid; but in actual fact, that is less than 10% of their actual composition. 90% of the consciousness and effectiveness of these crystals comes from their new and vibrant ethric bodies. These etheric bodies are as 'real' as their physical aspects; but you still cannot see or touch them.

If you so desire, you can now choose to connect more fully with your crystals. Acknowledge their new vibrancy and composition, and 'tune' into their song with the inner ear. This may even make

you slightly disoriented or dizzy, but accept this. The crystalline song is indeed working on the rapid advancement of the human brain, and the pituitary and pineal glands.

On the 23rd I was so terribly dizzy for no apparent reason: is this why?

Yes, you were unconsciously tuning into the newly-birthing crystalline beds of Atlantis, and using them to help you energetically 'shape-shift'. Be aware this is likely to happen to you repeatedly.

How is this 'crystalline song' helping the human race and the planet?

This crystalline song instils in you a sense of 'inner urgency'. This is not a discomforting sense of urgency at all. On the contrary, you will experience an 'inner excitement': you will feel like speeding up your own processes.

You might now choose to take steps that you previously may have hesitated to take; to move forward rapidly, and to courageously address issues that you have, in the past, avoided. The energies flowing through the brain will dredge up thoughts, patterns and belief systems that you will now desire to instantly review and re-adjust.

These energies will serve the human race very beautifully. If you resist them, you will start feeling very disharmonious: annoyed, irritated and frustrated with self.

Planet Earth is using these energies in exactly the same way, yet she puts up no resistance. She will bathe her denser areas more intensively with the energies, and direct them throughout her being as she pleases. She is being magnificently **self-ish**, as she should.

She will use the crystalline song to very deliberately open up blocked areas, and to infuse them with light. Those who inhabit the areas will naturally experience an intensified aspect of the song as well. You will now understand that you are receiving these energies in two predominant ways: directly, as orchestrated by the self; and indirectly, through Planet Earth's initiative.

Your physical position/location on the surface of the planet is relatively immaterial. If you desire the energies of your homeland and another continent, you will simply draw these to the self instantly. However, the levels of intensity will differ, depending upon where you are.

(Pointing to two newcomers in the room) People who are currently travelling extensively are doing so quite deliberately at this point in time: they desire to benefit from the energies of several physical spaces quite intensively. They desire to open up all their bodies to change and upgrade: physical, mental, emotional and spiritual.

I have recently been urged by self to paint a series of pictures of flowing lava: does this have anything to do with what you are describing?

Most definitely! You are, through your pictures, urging self and others to flow intensively with the new energies.

Now let us move on to the **animal kingdom**. Here, we speak of animals, birds, reptiles, insects and fish collectively.

Each member of these various communities is choosing to use the crystalline song to upgrade very rapidly indeed. They desire, by the end of the coming year, to be at least 50% more advanced than

they currently are. This is a tremendous leap forward; most kingdoms advance approximately 3 to 5% at a time.

This move forward will give them an extremely keen sense of self-awareness, of self-preservation, of brain-power and reasoning, and the like.

Whales and dolphins are really beyond this category, as they are energetically predominantly extra-terrestrial. Their growth will be very different.

I understand that flowers will now acquire a new perfume, a new essence?

Members of the plant kingdom are indeed in the process of enhancing, and in some cases completely changing, their attributes. Your botanists are going to need to be very alert to these changes in 2013.

If they are, they will soon discover enhanced or completely new uses for various flowers, trees, herbs and berries. New cures for various diseases are now readily available for harvest by the human race.

You may recall that we had, at a previous session, spoken of a small, red berry, which was already in existence, but not yet discovered. This was a fore-runner of this process.

The essence of this berry contains a cure for almost every known disease; but if the dosage is incorrect, it can kill you.

This is a magnificent new hybrid. It cannot be over-used, exploited or used solely for commercial gain. It has to be used in its natural form, and therefore cannot be synthesised into pills or ointments. If you attempt to harvest it and process it in any chemical way, or mass-distribute it, it will simply be ineffective.

It is already growing in various places around the world. The harvester has to be taught to connect intuitively and energetically with this berry. As does the doctor or healer administering the cure.

The moment this is commercialized, or misused, it will either lose its efficacy or simply kill. ***Its energies have to be respected.***

You asked about flowers. They too have latent DNA, and are now beginning to merge energetically with species from around the Universe. This merger will most certainly produce a variety of new aromas and essences. They too will begin singing a new crystalline song.

This new song affects all on planet Earth. You can use it as well. Choose to welcome it into your core, and you may find interesting latent abilities surfacing that you never knew you had.

Can you give us an example?

A previously untuneful person may find she can suddenly sing very melodiously.

What of the avian kingdom? I hear some will change colour?

Yes, some will modify their plumage and others will alter their flight patterns and aero-dynamics. Many will also be able to better avoid predators. Their birdsong will also change.

What of pets?

🟠 Pets are also advancing very rapidly, but in a slightly different way to wild animals. Whereas the wild animal is going to hone its senses and its self-preservation skills; pets are undergoing two predominant changes.

Their own character traits are going to intensify (a stubborn dog is likely to get even more stubborn); and at the same time, their rapport with their owners is also going to increase.

They are going to behave very much like teenagers: problems will arise, but at the same time you will be able to communicate with them and understand them better than before, if you make the effort to do so.

All pets desire to communicate with their owners; yet less than 50% of the owners desire to communicate with their pets. Why not change this?

Your household pets are currently extremely sensitive to visitors from the spirit realm. This often confuses them, as some energies are pleasing to them, and others are not. This makes them feel insecure at times. Once again, why not help them by giving them a secure environment, and also by attempting to connect with what they can see?

Last evening I was patting a street dog. I noticed he 'took' to a few passers-by, yet seemed very averse to others.

This is a common phenomenon right now: not just with animals, but with humans as well. You, too, will find yourselves unusually drawn to some people, and rather repulsed by others.

This leads us to the ***Human Kingdom***.

With the effects of the new crystalline song on your brain, pituitary and pineal glands; you are currently hyper-sensitive to external energies. You may also find this taking attraction/repulsion taking place with physical spaces and events in your lives.

Live in awareness, respect yourselves and your needs, and if you need to temporarily distance yourselves from a person or a situation, do so without judgment or condemnation of the other.

If you cannot physically do so, simply chose to move dimension while with them: you are not uni-dimensional any more, dear friends!

Very recently, twice over, I was in public spaces, and I found I couldn't bear to be near the people who surrounded me.

🟠 A perfect example of what we have just said. Choose to shift dimensions, and create space around self energetically. You could even visualize self in a beautiful open meadow, or in a comforting space. Use your multi-dimensionality.

For those who are contemplating moving towards vegetarianism, 2013 would be the perfect year in which to make the shift. Even if you are not urged from within to do so, it would be beneficial to you to alternate between a vegetarian and a non-vegetarian diet on subsequent days.

2013 is not only about self-empowerment, but also about pushing boundaries. Each of you will be entering energetic wormholes of your creation: your paths may cross at times, but in general they will be individual and unique to you.

Can you please give us a practical example of this?

Let us say that all members of a particular family are facing financial issues. It may appear that they have all entered the same energetic wormhole of learning how to touch abundance; but they have not. Each one will create a unique learning pattern, with unique experiences, and will begin to pursue this relentlessly. This is because each one's perspective of and relationship with money is different.

During 2013, you will have to learn to answer your own questions. You may indeed continue to ask for support and guidance from external sources; but the final answers will *have* to come from within.

The human kingdom is using the crystalline 'siren song' to touch its multi-dimensionality.

Let us illustrate this with an example. All of you are sitting here, in this time and space, listening to this discourse. As we speak, memories and thoughts are triggered off: you may find yourself correlating a particular point to an event in childhood; or to an unfamiliar Universal aspect of self that you just 'know' is you. Embrace and acknowledge those aspects as fully as you do your current reality. You now truly do have the ability to acknowledge that you exist in different time-lines and frequencies simultaneously. Just KNOW this and TRUST this.

The Universe is truly your playground. We use this word deliberately: it is your divine right to explore it joyously and exuberantly. At times, on a playground, you take a tumble and fall. When you do so, just pick yourself up, dust yourself off, have a good laugh and continue to play the game! Go ahead: at times, experience the joys of riding a bike downhill without using the brakes!

Why are so many people having problems with their eyesight right now?

In the past, you would have attributed this to people who 'refuse to look at their lives'. Though this can still be true in some cases, the physical eye is upgrading at a faster rate than the rest of the body. The physical eye is beginning to merge with the inner (third) eye, giving you a greater insight into aspects that you have previously refused to examine, as well as the opportunity to view it from 'the larger perspective'. Some people, at this moment of the now, are deliberately choosing blindness to increase their inner sight to a much greater degree.

Can we further this process consciously?

Indeed you can. Experiment with it when at rest, and not in physical motion. When, for example, you are sitting in someone's home, or in the back seat of a car, or quietly in a room. Allow your eyes to defocus, and command that the inner eye show you that which is appropriate for the now.

Some, who are energetically sensitive, will actually begin to 'see' visions of the self; others will use the mind's eye. You may find yourselves visiting an aspect of childhood, a current scenario, or even an alternative aspect of the self from a differing timeline and reality. Do not instantly dismiss the image.

If, for example, you suddenly 'see' yourself as Alexander the Great; do not allow the logical mind to clamp down and dismiss the image as a figment of your imagination. This does not necessarily mean

that you are him; but if you probe further, you may find that some of his qualities (such as leadership, command, and strategy) are aspects of the self that you need to assimilate in the current now.


Be multi-dimensional and trust in the magnificence of the self, dear friends! We now do not desire to waste our time working with those who continually dismiss or negate self.

Though I am not particularly fond of Narendra Mody, of late I have found myself continually identifying myself with him....

Follow exactly what we have just said. Ask yourself what qualities are common between the two of you, not just in this form but in all your forms. Do not dismiss those qualities that you also find distasteful within self: acknowledge them and embrace them.

You, dear friend, are being currently encouraged by self to increase your personal vibrations at a very rapid rate. Your structure desires freedom: freedom from earthly restrictions, from the norms of society, and from other external influences. Examine your structures and belief systems; find which have been imposed upon you, and which are actually yours.

Can you speak to us of the current worldwide spate of rapes?

 You are simply externalizing exactly what you are doing: the repeated and continual rape of the self, and of planet Earth. Each external rape is simply a mirror to help you examine self.

Each time you dismiss self, degrade self, put self down, and feel small and unworthy, you are energetically abusing yourself and raping your own energetic structure. You continue to refuse to listen to the call of the body, mind and spirit. Your body urges you in one direction, and you wilfully move the other way.

Each time you degrade self, you introduce into self an 'energetic virus'. This then begins to spread and mutate, and combines with the newer and newer viruses that you continue to self-introduce, producing a hardier and more resistant strain.

These viruses take on a life of their own. They can only be eradicated by an increase in your personal power, and in self-honour. So when you truthfully say to self: 'I am magnificent. I am valid. I am worthy' and mean it, you begin to counteract the efficacy of the virus. These statements, of course, have to come from balance.

Are you now beginning to see why we have continually stressed on 'the power being in your own hands'? You can indeed take the support and guidance of others, but till you begin to affect a change in your own lives, by touching your own power yourself, nothing is really going to work for you.

Let us now examine a subtle shift in 2013 in the energies of healing.

Upto now, you have always been able to 'reach' another with your thoughts of love, prayers, healing light and good wishes.

Starting this year, your energies will still flow to the recipient, but if they do not value themselves, or deem themselves worthy, the energies will simply bypass them. The energies will not be 'wasted'; they will simply flow to another who does so, and also loop back to the self.

If, therefore, you continue to exist in self-negation, no amount of well-wishers, doctors, surgeons and healers will be able to benefit you.

Due to the new, intensive crystalline grid energies, you are, in some ways, in an energetic replica of the last few years of Atlantis.

You are now being subjected to an even higher dosage of energies than they were. Some will choose to use these productively, for self and for mankind. Others will overdose on the energies and create personal mental disorders like schizophrenia. Some will intensify their personal characteristics, be they what you term 'positive' or 'negative'. The choice is literally in your own hands.

YOU ARE IN THE LOVE, LIGHT AND EMBRACE OF THE JESUS CHRIST.

BLESSINGS FROM THE CHRIST OFFICE.
