

17<sup>th</sup> January, 2013

Sohrab's channelling

ASSIST SOULS

HUMAN UPGRADES DURING 2013

THE FUTURE CREATING THE PAST

THE CREATION OF YOUR OWN MASTERS

(The group begins with the customary 9 OMs)

(To N) Come, come! I can't wait for this!

(The energies of N's son hug her)

I am a Master. I always was one. I am in such joy! I know you have been having hard times, but I am with you every step of the way. I am no longer your son; but I am your friend, philosopher and guide. I am at ease now. I will be with you every moment of this special day (N's birthday) and this year. Wear some pink for me tomorrow!

(The group chants 9 OMs, and Sohrab shifts energies)

### **The greetings of Maha Avatar Babaji!**

Today is an extremely important energetic day for your planet. You (indicating D) have already spoken of the solar flares currently affecting Earth. What you are receiving today, however, are not only these energies, but also a blast of myriad Universal energies.

Each one of you is incorporating these into your structure, and deciding how best to use them for your personal growth and evolution in the future.

Most of you, today, are therefore experiencing one of two physical reactions: you are either feeling very tired, lazy and lethargic; or else highly energised, joyous and open. This is simply a bodily response. We urge you to rest as much as possible this evening and tonight. A deep sleep is not necessary,

but sufficient rest is vital to the process.

*How exactly are we 'taking in' these energies?*

Each of you has enlisted the aid of an **assist soul**. You may recall that, at a prior session, we had spoken of **support souls**: those who help humans whose bodies are breaking down, but still wish to remain on earth for growth purposes. These support souls are not walk-in; they do not imprint the human with a different personality. They work silently and selflessly, simply acting as an energetic nursemaid to the incarnated person.

An assist soul is slightly different. Once again, the assist soul leaves no imprint, but simply comes to assist the human over a limited period of time, for a specific purpose.

Most children, for example, sub-consciously call upon an assist soul during their examinations. Though this soul does enter the child's body, he does not influence the student with his knowledge of a particular subject. He simply provides the student with a level of balance, focus and motivation. You do exactly the same: you unconsciously call upon assist souls to aid you when going through periods of trauma, or a complex situation in your life.

Each of you has, today, called upon an assist soul to guide you through the energy upgrades of the day. Now that you know this consciously, we urge you to deliberately connect with them and work with them through the process.

Right here, right now, close your eyes and just take a moment to first acknowledge the presence of the assist soul. (Pause)

Feel the energies of this soul: is it warm or cool, vibrant or gentle? Connect with his signature. You may create a visual if that helps you, but know that this is one of your creation. (Pause)

Now contract with this soul to work consciously with his energies during this day, and through the night. His energies will be with you till late tomorrow morning. (Pause)

The actual merger took place early last night. Some of you have had a

fallout experience of acidity or physical discomfort. This will pass. You have merged with a very powerful friend.

Now welcome this friend, and contract to connect with him mentally, physically and emotionally during this short time with you. (Pause)

Enjoy the support of your assist soul. Now return to full consciousness.

To answer your unspoken question – is this a master? Yes, every single assist soul is a master of some form, though not necessarily a master with whose name you are familiar. Though we use 'he' for convenience, this soul has no sex. He is a combination of at least 80% Universal energy, and less than 20% earthly energy.

The new energies coming into you today are working on various parts of the self simultaneously. You are primarily using them to upgrade your **cellular structure** very rapidly. You have tapped into the recent solar flares and cosmic rays, and with the aid of your assist soul, are configuring these energies in a manner best suited to self. Each one's particular combination is individual and unique.

*Can we consciously aid this process?*

No. This is just for your information.

You are also **reconstructing your expanded energies**. As your cellular structure changes, so is this reflected in your expanded energies. But at the same time, you are using these energies to also recalibrate the timelines, frequencies and dimensions in your entire structure.

You are also working on the **emotional body**. Be aware of this today: your emotions are likely to run high. You may find yourselves suddenly very upset, or very happy. This zig-zag is simply a fall-out of the process.

The fourth and equally important aspect you are working on with these energies is to help you further explore your **occult feminine**. You are pushing boundaries, and working towards incorporating, into your current structure, aspects of the occult that you already contain in different timelines and dimensions. If, for example, you have great knowledge of crystalline power in a certain aspect of the extended self, you are working towards



incorporating this, to a higher degree, in the current self.

*What of the children of today?*

They are working at an extremely accelerated pace; much faster than you are. Today's energies, for example, will be accessed in inverse proportion to a person's age. The younger you are, the faster you will access them. Again, if you find your children or grandchildren suddenly 'acting up', you must understand that this is a fall-out of this process. And though the process for all is beginning today, it will continue for several months.

With the help of you assist souls, you are also entering your own extended structure, and are re-drawing its configuration. You are vibrating the various master strands that you all contain, combining them in new and unique ways, and are creating new, inner celestial music. In short, ***you are changing the sound, frequency and vibration of the inner OM.***

Many energetic shifts are being initiated today, the effects of which you will only see later.

*Can you please give us some examples of this?*

A certain area is changing its vibrations drastically, which is likely to lead to a small outbreak of war at a later date.

A vast group of enlightened people are banding together today, to begin work on a project that will later benefit mankind.

A new and vital cure, which will only be later marketed, is being discovered as we speak.

Dear friends, today is a day of great energetic creativity. Each cell is going through a mini 'big-bang' process. We speak of this body, this incarnation. He has already spoken of the energies of 4/1: we urge you to be very, very, particular about your thoughts, words, actions, emotions and your choices.

Your choices are key. If you go into a space of anger or depression, choose to shift this, if you do not want it to persist in your upcoming life. Be alert, and be responsible.

***Today, you are also in an instant and deep connect with all loved***

***ones who are in the spirit realm.*** Simply know this. Celebrate this connect: choose to think of them, talk to them, experience their presence, celebrate them, and celebrate yourself. If you do so, you are simply re-writing the existent energetic bond between you.

Do this with twice the intensity with a person who, while on earth, hurt or tormented you. You are not perpetuating the earthly events of the past; instead you are acknowledging the magnificence of the contract that is now over. You are urging self to completely assimilate the process, so that there is no need for a repetitive future one.

*Do today's date and the stress on today have anything to do with numbers?*

Yes, today's date, along with earth's current position in the Universe has much to do with this. The whole Universe is made up of numbers, dear friend. To understand this more fully, you would have to study sacred geometry and 12-dimensional numerology.

*The Lemurians, an ancient earth race, were apparently activated by the Plaideans some 300,000 years ago, and subsequently became a single race about 90,000 years ago. I know that this DNA is now being activated. Can you please speak to us of this?*

To answer your question we may need to refer to linear earth time, even though you know that time is concurrent and simultaneous. However, on earth, since you are still bound by linear time, we will use this concept to explain it to you.

***On this day, with your current energies and DNA, you have looped back in time to activate the DNA structures of the ancient Lemurians, Atlanteans, and the like.***

Certain loops are being set off today, moving backward through space, time, era, dimension and centuries; influencing the past, and then moving back to you once again. In short, your current energies are changing the past. ***It is the future that creates the past; so that the past can give rise to the appropriate future.***

Let us examine this practically. You are all aware of the story of the

Atlantean civilization, its glory and its downfall. This society has actually been created by you, even though it is officially 'in your past'.

Today's energies are looping back in time, urging the past Atlantean scientists to awaken to their misuse of power and the over-manipulation of crystalline energies, and offering them various options for a 'different' future. Should they take this, then an alternate reality of Atlantis will be created; one which continues to exist, flourish and evolve.

Similarly, today you are also individually looping back into various points in your childhood, influencing it, and offering your younger self support, guidance, strength, wisdom and options.

***A lot of the guidance that you experienced as a child comes from the Master that you are today.*** If, for example, you recall a dangerous moment in childhood, in which an accident was suddenly averted, it is probably the current 'you' that has helped out, by simply looping back in time to save you.

*So we are our greatest Masters and guides?*

Exactly! You are now beginning to understand how **you** are truly your greatest guide, your own best friend, saviour and guardian.

Earlier on in life, if you knelt down in Church and begged the Lord Jesus Christ to come to your aid, what you really did was this: you accessed your future self, merged this with your own Jesus strands from your own vastness, and created help at that moment. This aid was a combination of your own future wisdom, experience and merger with the Master strands.

Taking this even further, ***your current assist soul is a combination of Self/Master energies of your own future.***

*If we can loop back in time, surely we can loop forward as well, and change the future?*

Of course you can! By all means move into your future, see who you will be in 5, 10, or 50 years, and shift it around if it does not please you! It is this very ability you now possess that creates simultaneous, rather than linear, time.



This is the multi-dimensionality that we continually speak of, dear friends. It is your divine right. Belief in the self and in your ability to do so is the key. If you don't allow yourselves to believe it, it won't happen in your reality.

*Isn't this just idle 'daydreaming'?*

Of course not! You don't have the ability to daydream without effect. Daydream, and it instantly becomes a level of reality. Daydream with intensity, and the reality comes closer and closer to the current self.

*Can one command the higher self and the future self to work towards the attainment of one's goals?*

You must! But this command is only effective when you are in full trust, belief and union with the self.

Right now, you are in complete trust and belief that you are sitting here, in this room, listening to this discourse. Therefore you have created it. He (Sohrab) has learned to believe that he can access higher aspects of the self and channel. Therefore he can and does. It is as simple as that.

*Gosh, this is all so complex!*

Dear friends, the more complex the information gets, the simpler it gets. Complexity is simply your resistance to the simplicity of All that Is.

**BLESSINGS FROM THOSE ASPECTS OF THE SOHRAB THAT ARE THE MAHA AVATAR BABAJI AND THE ST. GERMAIN.**

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