

Sohrab's Channeling

13th June 2013

A NEW HEALING COLLECTIVE

AN EXERCISE TO HELP YOU FIND AND USE YOUR OWN HEALING FREQUENCY

THE IMPACT OF THESE ENERGIES ON THE VARIOUS KINGDOMS OF EARTH

Greetings!

We are the collective energies of a new healing delegation that has recently been drawn to planet Earth by her collective consciousness. We are temporary visitors and will remain here as long as needed.

We are Universal healers, consisting of energies and entities from various Universal societies. We function very much like your 'flying doctors', who air-lift patients to hospitals. We, of course, do not remove you physically; but on occasion we temporarily move your energies out of the physical body, work upon them, and then return you to your own structure. After this, you are at a new level of personal evolution.

Our main purpose here is to help you tune into your own, personal healing frequencies. Each one of you has a personal song, vibration and frequency specific to self-healing. Yet most of you are unable to tune into it at will.

The tuning-in process is very much like turning the dial of a radio till you catch the appropriate bandwidth and signal for a particular radio station, at which point the music comes through loud and clear.

Your inner healing frequency is at your disposal, yet you only stumble upon it accidentally at times, and you are not able to easily hold onto the frequency. We are here today to help you work with it in a more conscious and constructive manner. We will be sharing this information worldwide, through mediums and through direct downloads.

Is this frequency affected by our emotional ups and downs?

This frequency is generated by your core, and is pure at all times. It is not affected by your daily moods, emotions or physical state. But when you are in a state of trauma and separation, you find it more difficult to access this frequency, as you are the one stemming its natural flow.

Most of you are now comfortable with the concept of calling upon your favourite Master energies to aid and assist you in times of physical or emotional imbalance. This, however, is an incomplete process, as you still externalize these energies. You may certainly continue to do so, but you must now also activate your inner healing abilities. The two together will work wonders. And as you get adept with this process, you will find that you will slowly rely more upon the self, and call upon external energies less and less.

I am a little confused: you spoke of inviting in external energies; but surely everything is within us?

You are correct: everything is within you. But for most people, these are just words. Most

continue to visualize external forces aiding them, and thus create an instant separation. This also demeans the power and effectiveness of the self. The power of the self is supreme, and we are here to teach you just that. You are the creator, you are the Universe.

May I say something? I feel the most important thing is truly believing that you are the healer and the healed; you are the teacher and the pupil, you are the lover and the beloved. So what you are really telling us to do is acknowledge the power of the self first, and then the entire Universe comes to your aid.

Thank you. You are absolutely correct. You do have to believe that all is within the self. You also have to feel worthy of receiving self-healing, and you have to believe that your body, mind and spirit deserve to be in perfect balance and alignment.

Many diseases come from an unconscious desire to punish the self. Self-flagellation is more common than you think. Your cells have been programmed over generations to believe that they are not worthy or deserving of perfection. You have spent lifetimes putting yourselves down, belittling yourselves, suppressing your abilities, and feeling small and unworthy. This has now become a familiar comfort zone. It is now time to be aware of this, and to choose to change your coding. It is your divine right to be in balance and expansion.

We are here to help you, and all other kingdoms of earth, with just this. We are also here to serve Mother Earth herself, and to help her in her process of upgrade. She truly desires to cleanse, heal and vibrate at a new frequency. She is not going to 'hold back' anymore for the sake of her children. You now have to keep pace with her, or choose to exit.

Let us take you through an exercise today to help you discover and touch your own healing frequency. This is only a guideline: in the future, you may amend this exercise, and find your own unique way of 'tuning in'.

Close your eyes and just be with self...

Choose to align the basic chakric system, from crown to base. Allow your own energies to flow freely up and down this system, faster and faster...

As you do this, experience all the minor chakric points in the body coming into relative balance and alignment...

Go into the heart, and visualize a space deep within the physical heart...now go even deeper into this, into a personal sacred space here. Allow this sacred space to give you a pleasing visual. This could be a physical room with which you are familiar, or a tract of deep space, or a bright meadow...don't hold back from the visual...

Reside joyously in this space, and with the inner ear, begin to listen to your inner beat, hum, or throb...

Align even further with this rhythm. It could evolve into a piece of music with which you are familiar, a sound, a beat, a chant, a prayer or the OM. Allow it to reveal itself to you...

Choose to intensify this, and allow it to spread throughout your body. Let it reverberate in every cell...

This is your current healing frequency. Now, if you so choose, you may invite any other

Master energy or energies *from your own extended structure* to merge with it and intensify it...

If there is an area in your physical body that is in pain, discomfort or trauma, intensify the energies in that area. If not, spread them evenly throughout the body...

Now draw them into the brain, pituitary and pineal glands, so that they expand your inner vision...

And so it is, and so it is, and so it is. Now joyously return to full consciousness.

Dear friends, you will need to practice this several times before you become adept with it. Each time you revisit this exercise, you may hear a different sound, and visit a seemingly different space. Go with the flow. Similarly, if you hear a piece of music which you have been recently listening to, do not dismiss this as the workings of the mind. You would have been impelled to listen to it, as its vibrations would be appropriate for you at that moment in time.

Can we use this for others as well?

Of course. First heal yourselves, and then extend the energies outward to embrace anyone else you desire. In this manner, you are simply urging another person, place, situation or event to simply tune into its own healing frequencies. You are also acknowledging that you and the external are one.

For those of you who already work with other various healing techniques, this will only further them and will lead you to flow at a new level of vibrancy and expansion. Remember, you are simply tuning the radio to make the music more clear.

Can this be offered to the collective consciousness of the human race?

(Smiling) We have already been invited to help the collective consciousness with this. Any further assistance that you offer will be gratefully received by us and by the collective. The effects will then multiply.

Please tell us more about yourselves!

As earlier mentioned, we are a collective, comprising of various energies and entities from differing areas of the Universe. We have no form that you would recognise; we are a collective of wave-like energy, frequency and vibration. Our core is Tachyon energy (with which you are now familiar), but we are more than that.

You could consider Tachyon energy to be our equivalent of your chakric system; around this swirl energies that we have gathered through interaction with various Universal societies. Since visualization is so important to you, we suggest you 'see' us as multicoloured waves of light and energy, flowing within and around you.

In all probability, we will be working with the human race over the next two to three months. We never impose ourselves upon any society; we only respond to the call of the collective. And we remain as long as the collective deems us necessary. We are here at this moment in time, as your collective desires to upgrade very rapidly and intensively.

We come to help you access your healing frequencies, and also to help you bring to light your issues and stubborn blocks, so that you can acknowledge and assimilate them. Most of you lightworkers are comfortable with the concept of at least acknowledging your issues, but approximately 93% of the human race still refuses to do so.

For them, we will act like an internal hurricane. They will experience the intensity of our energies, which may even disturb them. Our inner vortex will force up, into their consciousness, the issues that they need to address. If they still choose to ignore these issues, the vortex will bring up these issues repeatedly, each time with more intensity, till they just cannot ignore them. This way, they will be forced to acknowledge the issues and find a way to touch their own power and make some sort of course correction.

Dear friends, we are aware that this sounds as if we are imposing our energetic will upon the human race. We assure you that we are not. We have simply responded to the energetic call and demands of the collective consciousness, and will serve you accordingly.

What happens if someone stubbornly refuses to accept your energies?

As per the instructions of your collective, they have to go along with this, or exit. You will observe, during the course of this year, many unexpected exits. Many of these will be people who do not desire to work at this pace, and that is their divine right. But please do not assume that all who exit are doing so for this reason. Many will simply use the energies of 2013 to exit and further their evolution in different ways as well.

All on earth are now accessing our energies to facilitate personal growth, healing and evolution. Some may affect a 'miraculous cure' for terminal cancer, for example, and through this experience, jolt themselves into awareness. Another may simply ride on our energies to bring up an issue. Yet another may use our energies to create a external 'shattering' event that jolts them into self-examination.

Many public figures, who are in a position of power and authority, will use our energies this year to affect external changes for the growth of a group or a country.

Many people in the arts will subconsciously draw upon our energies to add to their creative endeavours. This may give rise to a book, painting or film which affects the general public and expands their awareness.

Are all the kingdoms of earth drawing upon your energies?

The animal and plant kingdom, in particular, have chosen to draw very strongly upon our energies. As they are far less resistant than the human kingdom, they will smoothly and easily access our energies for personal growth and evolution. Both kingdoms are choosing to increase their sentience. They now desire to communicate more freely with their own kind, as well as with others outside their species. Both kingdoms have also increased their connection and communication with Planet Earth.

The mineral kingdom, being the most evolved on your planet, has chosen not to use these energies for self as they are working with very different energies at this moment in time. They, however, have joyously agreed to magnify the energies for planet Earth and all her other kingdoms.

How will your presence here on earth impact the medical and pharmaceutical industries?

The medical, pharmaceutical and technological industries on planet earth are the most resistant to our energies, as they are prone to greed, suppression and control. To help shatter this, our energies will predominantly be accessed by appropriately enlightened people within these industries, who will set off a chain reaction.

You are likely to observe, over the next few years, tremendous advances in these fields that

are shared with the public; and at the same time, the collapse of certain corporations and individuals within these fields who are particularly resistant to change and evolution.

Mother Earth is no longer going to easily permit greed, one-upmanship and control in these areas. Yet this change cannot happen overnight, as it would shatter the collective consciousness and throw you into mental, physical and emotional disarray.

Let us now share with you something new and interesting: you have all heard of how others are not permitted to interfere with the collective consciousness and the free will of Planet Earth. This has now changed slightly.

Mother Earth herself, under the guidance of several Universal collectives, is plotting a new course for her evolution, to which the Human Race has not yet agreed. This is currently under discussion.

Celestial conferences are being held: many great souls, Masters, guides and even Universal Political advisors are in attendance here, discussing the pros and cons of such a choice. All the kingdoms of planet earth, barring the Human Race, are in agreement with Her choices. It is only your kingdom that chooses to remain sluggish and resistant to the upcoming change and evolutionary process.

It is likely, in the future, that she will overrule your choice, and proceed according to her proposed plan. Once initiated, there will be no holding back. Lightworkers have agreed to this shift, but many other humans have not. It will be your responsibility, as lightworkers, to lead the human consciousness forward, and to urge them to accept the accelerated evolutionary processes that will lead you into a brighter, more evolved state of existence.

We give you our joy and blessings. As we have no name to offer you, let us call ourselves your ENERGY HEALING FRIENDS.

(Sohrab shifts energies. He beckons to S to come forward)

Come, come, how many invitations do you want? (He repeatedly taps S on the thymus) A new energy is being placed within you: please receive it. Thank you. (He then whispers a personal message to her)

(Now addressing the group)

You have not been left out! You are all receiving my energies! The Meher Baba is very involved in the processes just described by your Universal friends. Many Masters are involved in this process, but the Meher is in charge: he is number one! (Laughing loudly and uproariously) Please open to the joyous energies of the Meher. BLESSINGS!

(Sohrab shifts energies)

Sai Ka Pranam!

You may joyously place all the names discussed before the meeting into the healing vortex of this meeting. Add to this anyone else you desire. There is room for all. And do not forget to include yourselves as well. (Pause)

Dear friends, many will exit this year. Please have no fear: it is as it is meant to be.

BLESSINGS.

(Sohrab shifts energies)

Dear friends, the energies of the Guru Nanak wish to close the meeting today. Yes, the Guru Nanak joyously greets each and every one of you. You are invited to tap into his energies this year, but if you do so, be aware that you will be energetically propelled forward. Then there will be no holding back! We invite you to joyously take this risk.

BLESSINGS.
