

Sohrab's Transcript

6th March 2014

THE ACTIVATION OF THE FIVE HIGHER SENSES

EARTHSONG

THE SONG OF THE UNIVERSE

DNA UPGRADES AND CHANGES IN THE BODY

Breathe and relax. Allow your body to settle into a new frequency with the chanting you have just done. Feel the pores of your skin opening up. Experience inner warmth. Sense a change in your heartbeat. Experience a difference in the blood flow. Check if there is any perspiration suddenly appearing on the body, in one area or another. Now tune in to the self. (Pause)

This was deliberately provoked today (54 rapid chants of OM), to take you into a new level of personal vibration. It is now essential that, even at the conscious level, you work with the new frequencies that are flowing within and around planet Earth.

Post the Maha Shivaratri flow, a new set of energies has opened up for the benefit of all the kingdoms of planet Earth. These have no name, and would be considered 'abstract energies' by you. They are ones that *will heighten all your personal senses*, if you choose to align and activate them within the structure. These do require your active participation, to a certain degree. Let us examine the senses individually.

Taste: Your taste buds and similar pores in the digestive tract have been upgraded and are vibrating at a new frequency. It is time for you to now, very deliberately, to taste food differently. Most of you are so accustomed to eating both rapidly and mindlessly that you are not even conscious of what you have ingested.

We urge you to experiment with differently types of food over the next few weeks, working one day with a piece of chocolate, and on another day with something extremely salty, and so on.

As you are eating the chocolate, for example, savor it in full awareness. At first, you will tune into it with your customary frequencies. It will please you, it will activate the dopamine center of the brain, and it will give you a sense of warmth, pleasure, nurture and love. All of this you have experienced before.

Then go to the next level. Ask your upgraded taste buds to give you more information. You will begin, with a little practice, to taste components within this piece of chocolate that you have never before tasted. It may surprise you to find, possibly, a salty tang within the chocolate. Acknowledge this, and once again savor it.

Then go to the third level. Ask this chocolate to reveal to you aspects of the self that are necessary for that moment in time. You may find yourself suddenly catapulted across time, to a moment in childhood when you were eating a piece of chocolate. Re-visit that experience. What were you going through then? Were you happy or sad? Does that moment have anything else to reveal to you?

As you familiarize yourself with this practice, you may find yourself taken to another lifetime as well; one that may not have a direct connection with 'eating a piece of chocolate'. Acknowledge this, observe it, and see what comes up.

The fourth level is now learning to 'taste' people and situations. Observe the self when in conflict with another: what taste arises out of this? What sensorial taste emerges when you are feeling joyful, sad, traumatized, belittled, and so on? What is your unique taste of love?

This is the level to which you can now taste; but if you don't choose to consciously bring yourself up to speed, you will simply miss out on a multiplicity of experiences now available to you.

You may ask: *“How can I do this in a social situation, when I am having a meal with my family or with a group of friends?”*

Yes, it is unlikely that you will be able to tune in all the time; but find moments to do so when you are not participating in the general conversation.

As you practice this, it will become second-nature to you; and you will begin to multiply the experience of eating to such a degree that your meal will become extremely colourful. This will lead you to an instantaneous understanding of why certain foods either attract or repel you, after which you will understand what your body really needs to ingest at any given moment of time. You will also begin to realize why certain foods suit you, and others don't. You may also discover the key to weight-loss or weight-gain through this process.

This process may violate all pre-conceived notions about dieting, what should be eaten and when, what is 'good' or 'bad' for you, and food-sequencing as well. We ask you to let it all be turned on its head. If you tune in this way, not only your physical body, but the other bodies as well will come into alignment. You will then experience a new balance, a new frequency, and a new 'togetherness of the self'.

You will experience inner power, energy and activity: your physical will feel very vigorous. You will experience an even and smooth blood-flow, better digestion, distanglement of the energetic meridians, and a renewed sense of health and well-being.

Smell: this is directly linked to taste. Be alert to aroma. Play with smells and aroma without judgment. Take them all in, and find out what they evoke within the self. Work exactly as you did with a piece of chocolate: allow a physical aroma to take you within this lifetime or to others, and find out what memories are being retrieved from the unconscious.

Similarly, learn to ‘smell out’ people and situations. Does your possible upcoming business venture have a smell of distaste? Is your marriage beginning to smell putrid? If so, what do you need to do?

Touch: Of all the 5 senses, this will be stimulated to the greatest degree over the next few months. Those who find it particularly distasteful touching, or being touched, must now work this out very speedily. This does not mean that you have to become excessively ‘touchy-feely’, but you will have to address this issue head-on.

We urge all of you to explore touch not just with your hands, but with all parts of the body. Walk barefoot very mindfully, and experience the touch of the soles of the feet on different surfaces. You may find the earth, or your own home, speaking to you through that touch.

Use an unusual body part to touch something or someone: an elbow, a knee, or a shoulder, for example. See what is provoked and evoked through that touch.

If you are particularly resistant to touch, go into it. Challenge yourself. Start by touching inanimate objects, and progress to animate ones. Through this process, you may find yourself flooded with both information and emotion. Doors to the soul will open up.

Healers, use touch as much as possible over the next three months. Your powers will be intensified. When we speak of touch, we naturally include touching others with your thoughts, words, intent, and actions. Touch others with your behavior, attitude, and with your smile. Lead by example.

Children, in particular, during this three month period, will need to give and receive touch very strongly. Please hug and touch them. Talk to them. Listen to them. Offer them your energies, in every way, joyously.

Sound: Do not be alarmed if you start hearing strange frequencies, buzzes, whispers, voices and other sounds to which you are unaccustomed, particularly at night. This is not an inner-ear imbalance, nor is it an ‘invasion of ghosts’. You are training the inner ear to tune into higher frequencies. At first, they will be unintelligible, but as you work with them, they will start to make sense.

On a practical note, please listen to people, and conversations, with the inner ear. Do not accept what you hear at face value.

Can you please give us an example of this?

Let us say that your child tells you angrily “I do not want to go to school tomorrow!” Either forcing the child to do so, or simply agreeing to this, will not help.

By listening with the inner ear, you may discover that what your child really means is that he is being bullied, or that he cannot keep up with a certain subject. This, then, needs to be addressed.

In the same way, if someone comes to you with a long, involved sob-story, learn to listen to the subtext. Help the person address what you pick up, rather than just offering sympathy and agreement.

Your homes are now going to be speaking to you very loudly. Your businesses will do the same. Listen to them with the inner ear. Tune in, tune in, tune in. Talk to them, and listen to them.

The body is shrieking out aloud. But you refuse to listen. Tune in! On one day, dialogue with a certain organ. Find out why an area is sluggish, or diseased. Listen, talk, communicate, understand, and work with it. It is actually so easy.

Sight: If you tune into the new frequencies of your eyes, you will start to see shades, hues and colours you have never before experienced. Clothing in your own wardrobe will start to look different. You may suddenly see, for example, a hint of red in a purple outfit, which you have never before noticed.

Find out why a certain colour attracts you on a certain day. Find out what it is saying to you. What it is evoking in you. What memories it is bringing up. What it is urging you to connect with. Objects, in your own home, such as a painting or a vase, will also speak to you very differently now.

You will now be able to read faces, and body language, to a level which astounds you. Even if a person sits before you stony faced....

At this point, the doorbell rings violently, and a very angry neighbor appears at the door, yelling loudly that people park too close to his gate every Thursday, and that he cannot get his car out of his driveway. He demands to see Sohrab immediately, and refuses to allow the meeting to proceed till this is done.

Several group members attempt to calm him down, and accompany him back to his home. There is a car parked close to his gate, but not across it, and this is then moved by its owner. Apologies are offered to him.

The group is shaken up by the violence of this interruption. It takes Sohrab several minutes to find his balance and resume the channeling.

Observe how the energies of one person can affect an entire group. This little experience was provoked, and affected you in every aspect just discussed.

It left 'a dirty taste in the mouth'. Had you tuned in, you would have tasted a moment in your past wherein you experienced an energetic attack. Where you felt small, put-down, dismissed, disregarded, and belittled.

Had you tuned in to 'the scent of discord', you would have smelled his frustration. You would have then explored a point in your life where you were on the giving or receiving end of a similar experience.

Had you tuned in with the inner ear, you would have gone beyond his angry words, and heard his cry for help. His energy was not those of anger at all: they were the energies of impotency, the inability to take charge of his life, and financial instability. He came from a space of deep pain and worthlessness.

Had you tuned into that, and had he (Sohrab) tuned into that, instead of crashing energetically, he would have been able to understand and accept the outburst from a wider perspective.

Since he was outside the door, and not in your physical line of sight, you could have looked at him with your inner eye. Had you done so, you would have seen him as an oppressor in your life. You may have seen in him the eyes of a punishing father, the clenched fist of an oppressive schoolteacher, or the grimace of a controlling mother-in-law. This would have given you a clue to an unassimilated aspect of your life.

Take a moment and send him light, love and stability. (Pause)

Do you have any questions?

When we 'touch' with distant healing, do we visualize actually touching the person?

Yes, that would be ideal. You could visualize touching the person with your palms, your third eye, your heart chakra, or in any manner that pleases you. This would also be the perfect time to perform psychic surgery. Go into the person energetically, become a surgeon of the light, and do what you must.

So taste will really help us work with body healing and re-shaping?

Yes. Tune in, and listen to the call of the body. Put aside dietary plans and customary sequences of eating food. Eat as directed by the body, in the quantities specified, in complete awareness and joy.

What if we make a mistake?

The only mistake you make is in eating unmindfully, or in pain and trauma. When you eat in trauma, even if you are ingesting so-called 'good' foods like green leafy vegetables, the body will go haywire. You are not bound by what you eat; it is your alignment with it that counts.

What happens when we eat mindlessly?

You are simply telling your body that you don't care what happens to it. It responds accordingly.

Even our animals are talking to us clearly now: I have noticed that when before my pet dog goes to sleep, he wants to chat with me incessantly!

You are correct. All kingdoms are now busy communicating with you. This is because, with your heightened senses, you are now able to tune into their language at a higher level than before.

What of people like me who already hear voices?

You will be taking it to a higher level. You may now hear multiple voices, and will be able to go deeper into what is being said to you. Do not be scared, particularly if this happens at night. When you allow fear to creep in, you instantly lower your own vibrations. Listen instead with the inner ear. You may be tuning in to Masters, guides, the voice of your home, your country, or the higher collective. Tune in!

What of negative energies?

Tune in to those as well. These are labels you give energies. If it does not please you, then choose to tune out; but do not run away from anything.

I have repeatedly been hearing long bleeps. I just cannot make sense of this.

You are tuning into Earthsong. Go into it and explore it.

Dear friends, with these new frequencies, planet Earth is now generating a new song. She has a certain vibration, frequency and hum that is already a part of your cellular structure. ***It may interest you to know that it is not gravity that holds you here, it is Earthsong.*** This frequency, vibrating in your cells, energetically ties you to the planet. When you shed the body, Earthsong ceases to exist in the physical cells; and Universal song replaces this in your energetic cellular structure. It is this that lifts you up into the ether.

This Earthsong is now upgrading to such a degree, that if you tune into it, you will start to hear the music of the Universe. You know that the OM is the sound of the universe. Let us remind you that in human form, since your ears are only attuned to a scale of seven notes, you cannot hear the trillions of notes and nuances of the OM.

You are now ready to expand your musical capabilities, so that internally, with the inner ear, you can hear, and receive the benefit of, newer notes, tones, frequencies and vibrations. These will automatically take you to a new level of awareness, expansion and Universality.

The next phase, which will shortly be upcoming, probably in April or May, will be new radiations received by Planet Earth from various Universal Beings who now wish to connect specifically with you. Through this, if you so choose, you can become a walking Ashtaari, or Sirian, or Plaidean, and so on.

Tune in with the inner ear to this, and you will start experiencing a new hum or vibration in the center of the third eye. This may make you feel, at times, a little dizzy, disoriented or confused. Do not fear this. You will shortly acclimatize to it. Due to this, please walk with care and precision.

Will the Earthsong change with these newer frequencies?

It is changing right now, and will continue to do so, so rapidly that by the end of 2014 it will be unrecognizable to you from the current perspective. Planet Earth, by the end of 2014, is going to hold 97% Universal energies, and only 3% Pure Earth energies; as compared to her current quotient of 37% Universal energies.

Will Earth then have a Star Body?

Most definitely!

What exactly is the definition of Earthsong? Does this mean her frequency and resonance?

Earthsong is a combination of sound, colour, light, frequency, vibration, consciousness and intent. All of which can be measured in notes of Sacred Geometry. She is re-composing her entire structure and content. As she does this, you follow suit.

In general, the greatest DNA upgrade you will give yourselves during this lifetime will take place during 2014. We caution you that this year, if you have blood tests, doctors will be puzzled. They may use old labels in an attempt to quantify this. Most of this will be incorrect.

(Turning to R, and referring to her ailing sister) THERE IS NO CANCER. She is cancer free, and does not require treatment for cancer. The radiation may be given, but there is no cancer. A label, given by doctors, as they are unable to understand the upgrades in her structure.

That is exactly what I got, and it puzzled me. Thank you for the clarification.

And you were correct.

(Addressing the group) Even though many medical diagnoses will be incorrect, this does not mean that you ignore all doctors and their advice. Simply check within the self at all times.

Blood tests, in particular, will show anomalies this year. And the change will be unique to each human. Flow with the changes; accept them and work with them.

These DNA changes may lead to physical and personality upgrades. Physical changes may include shifts in skin tone, colour and pigmentation; hair growth or hair loss at an accelerated pace; occasional skin eruptions, and so on. By all means attempt to work with them. If the skin turns dry, please use lotions to benefit it. But accept it as well.

Many will experience irregular heartbeats and fluctuations in blood pressure. Simply part of the upgrade.

I find my hands trembling at times.

Yes, this will be another common phenomenon. You may even sense within the body a tremble or flutter. Mild cramps as well.

In general, if the symptoms do not last more than 24 hours, you know it is an energy shift. If they persist beyond that without stopping, then please have yourself medically examined.

What is the purpose of all of this?

You are slowly moving beyond ‘just being human’; to a physical, mental, and emotional understanding and acceptance of your Universality. You are re-learning that you are a ‘Child of the Universe’, and not just of Earth.

Through this process, humans will learn to accept and embrace the fact that there are billions of Universal societies and beings. We hope that this process will take you away from fear or skepticism, and will awaken in you a desire to welcome your Universal friends, interact with them, share with them, and learn from them.

Fear is a major factor being cleaned out of humanity during 2014. Fear, being one of your greatest stumbling blocks, is coming up so strongly for most. The fear of losing a loved one, fear of poverty, fear of being judged...they are all coming up. Acknowledge them and face them.

The human race is moving forward, dear friends. A snowball effect is taking place. Be forerunners of experimentation, growth and evolution. Teach others by example.

WE LEAVE YOU NOW IN LOVE, LIGHT AND THE EMBRACE OF THE HIGHER SOUL ENERGIES OF THE DR. HOMI BHABHA.

BLESSINGS FROM THE ARCTURIANS

YOU ARE IN THE LIGHT AND EMBRACE OF THE HANUMAN COLLECTIVE

THE SHIV COLLECTIVE IS WITH YOU

SAI KA PRANAM
