

Sohrab's Channeling

1<sup>st</sup> October 2015

A WAVE OF SPACIAL AND ENERGETIC DISTORTION

ITS EFFECT ON THE HUMAN MIND, BODY AND ENVIRONMENT

ITS EFFECTS ON THE KINGDOMS OF PLANET EARTH

Greetings!

The information we are about to share with you is not a part of the scheduled 'growth and development' study-course we generally offer you. Nonetheless it needs to be shared, so that you Lightworkers can take a slight detour and work to aid Planet Earth at this time.

A spacial distortion has recently been drawn to planet Earth. This energetic distortion is not intended, nor contracted, to be a part of her evolutionary process. But as you well know, 'like energies attract one another'. The collective consciousness is in such disarray that it has drawn to itself this spacial distortion.

This could be viewed as a massive energetic wave, one which contains multiple frequencies of time, space and dimension; but not in a balanced form. It is therefore further distorting time, space and dimension on planet Earth.

Let's examine this practically. This wave is changing time as you know it. You already know, from past sessions that time is speeding up. This was intended to happen.

But this wave is changing time, moment to moment, in a rather uncomfortable and haphazard manner. You will find portions of the day moving at break-neck speed, and other portions dragging along.

These time-space anomalies will also affect your bodies and your thought processes. This may change your pulse-rate, suddenly speeding it up, and then slowing it down. You may experience odd aches and pains, which then suddenly vanish. Minor diseases may arise, and then subside. Your thought processes may

also go into disarray. Excessive confusion may suddenly arise, followed by inexplicable clarity.

This is not a scheduled part of the general upgrade processes that we have been speaking of, over the last few months. That was intended to be a relatively seamless one. This distortion is throwing it off-track.

*How is it doing so?*

To explain this, we must touch upon a concept we have explained in the past: **Pro-time**. *Pro-time is when you bring together two different time-lines, and merge them into one.*

Right now, you are sitting here in this room, on this particular day, at this particular time. But if we ask you to think about what you did at a particular point in time yesterday, you can. You are actually not ‘remembering’ it at all; you are bringing together two time-lines: the current one, and that point in time yesterday.

At your current level of evolution, you cannot ‘hold the two together’ very strongly. So you only get glimpses of the events of yesterday, rather than the full experience.

When, for example, this is done under hypnosis, because the filters of the mind are removed, you get a much more detailed picture. You notice things with startling clarity, and have a much fuller experience.

The human race is now moving into a more advanced phase called **No-Time**. *This is not timelessness or a void; it is a point where all time-lines merge so fully that it feels completely still.*

You touch No-Time, for example, when you are in very deep meditation. At that moment, you are actually experiencing all time-lines at the same moment. But you are so balanced and expanded that you can do so without disturbing your own rhythm.

The current wave of distortion is not allowing you to access No-Time. Because if you were in No-Time, these disturbances would not affect you at all. But this wave, which is disrupting your growth and evolution, is ‘tossing you upon stormy seas’.

*How long will this last?*

We cannot say, as it will continue as long as the collective consciousness is in disarray. You are in a ‘Catch-22’ situation. You can only rid yourselves of this wave if the collective consciousness comes into balance. But, having drawn this to the Planet, the wave itself is keeping you out of balance.

We appeal to you, as Lightworkers. Start working on this now. You must do this for the self, and for humanity. ***Right now, don’t even bother trying to work ‘externally’ with the collective consciousness. Work exclusively with the self, repeatedly bringing the self into balance, moment-to-moment.*** You are figuratively walking down a slippery slope. You have to work at maintaining your balance at every moment.

To regain your balance, you have to first experience the chaos within the self and all around you. Acknowledge it and accept it. Then choose to bring the self into balance in the very next instant.

Yes, this is hard. When you are out of balance, all you want to do is wallow in self-pity; or rant, rave and ‘let fly’. Irrationality and anger becomes comforting and even pleasurable. But try and move through that, into a space where you once again desire balance and centering.

There are several tools you can use to help the self:

***Music... particularly soothing, melodious classical or spiritual music of any form, will help you regain your balance.*** You may recall that we have often said that all forms of music are spiritual, and that is so. But to combat ***this*** distortion, you will need soothing harmonies and mellifluous tones.

***High-vibrational foods*** will also serve you well. The body needs to be predominantly alkaline at this time. Ingest a lot of liquids as well: any liquids that please you. But naturally, synthetic liquids will not do so.

***Breathing*** will also help. Either follow a Pranik system that you have studied, or create your own. But you will all need to spend a few minutes a day doing this.

We also suggest that you ***wear colours that help balance you*** out on a daily basis. Now here, we cannot specifically recommend either pastel shades or bright

colours. This will be very individual. Tune in on a daily basis, and wear that which you feel intuitively will balance you out for that day.

***Dear friends, you will notice a lot of irrational behaviour within the self, and around you as well.*** People are going to say and do odd things, and behave in ways that are out of character. You will also find strange feelings and emotions arising; some of which seem to have no connection to your current life. Keep trying to find your balance on the slippery slope.

***Don't suppress that which arises. Bring it up and deal with it in a healthy manner.*** Rather than attack the person in front of you, verbalize what you are going through with the self, with a therapist or with a trusted friend. (Smiling) If you need to beat up a pillow in the privacy of your bedroom, please feel free to do so. Don't suppress or deny your feelings but don't just lash out.

***Animals and pets,*** during this period, will also behave erratically. Food and behavioural patterns may shift. Try and work with it.

In general, the ***Mineral Kingdom will not be affected,*** as its frequencies are more powerful than that of the wave. Being the leading kingdom of this planet, minerals are working to combat the effects of these disruptive energies by emitting such high vibrations that they are eventually dispelled. ***Your crystals, at this moment in time, are you mini-Gods; helping clean up that which the Human Race has created.***

The ***Plant Kingdom will be affected to a degree.*** We therefore ask you to be sensitive to that which you eat. On one day, the grain that you cook may be pure; and on another day, energetically contaminated. Tune in, and if something doesn't 'feel right', don't eat it.

*Can you recommend some general high-vibrational foods?*

Yes we can, but you will still need to tune in to what best suits you individually. The ***pomegranate and the papaya are currently very high-vibrational fruit.*** Citrus fruits and those that are not very dense will also serve you well.

All vegetables that are energetically pure will also be of benefit to you, particularly those that are deep green. Lemon is an all-purpose cure, and can be either dissolved in water or squeezed on your food.

Individuals will also need certain spices. Here, we cannot generalize. Some, for example, will need a dose of chili powder; whereas others may find this counter-productive.

In general, heavy oils and deep fried food will not serve you.

*Milk and milk products?*

This will be 50-50.

*Onions?*

Generally very good for you. Onions, tomatoes, capsicum and spinach will serve you well.

*How long will this chaos last?*

That will depend on you, and on the collective consciousness. Please understand that this is at odds with the intent of Planet Earth.

You will recall that you are in the midst of a scheduled vigorous upgrade; one which was intended to end mid-October. You were hoping by then to move into a wonderful space of personal expansion; one in which the mental, physical and emotional bodies would be vibrant and expansive.

This plan has been partially sabotaged by individuals and groups which have so powerfully affected the collective consciousness that it has gone into disarray.

*Have the Illuminati and CERN contributed to this?*

These are contributing factors, but not the only factors. Here, each person has to take responsibility.

However, the Illuminati are particularly potent right now. Their 'evil' influence is at an all-time high. They are energetically like acid, eating into others and themselves at all times. They have gone beyond the point of no-return.

*You spoke earlier of crystals. Which ones should we select to keep at home?*

Here again, your relationship with the Crystalline kingdom is a very individual one. However, you may certainly consult your friend here (K) for her guidance and expertise. A word of advice: do not equate either size or monetary value with the potency of a crystal. Some of the tiniest ones are the most powerful.

*So the belief systems of individuals and groups have a strong effect on the collective consciousness?*

Yes, this is so. Rigidity, close-mindedness and focus on that which is not of the light have truly affected the collective consciousness. Bigotry, hatred and intolerance, for example, are such potent energies that even if a few feel this way, it affects the collective very powerfully.

*Is there some alien energy possibly also causing this destructive wave? How has this happened, when we were so 'on track', and were working towards growth and expansion?*

No, dear friend. You must learn to take responsibility as a collective for that which you create.

Let us explain this once again, very simply. On a day when you are in a bad mood, everyone appears to be rude to you and everything seems to go wrong during the course of the day. On those days when you are feeling wonderful, everyone smiles at you, things move seamlessly and smoothly, and you even receive unexpected, very pleasing surprises.

Like energies attract similar ones to themselves. Now multiply this concept a million-fold. The collective consciousness is simply putting out conflicting frequencies, and therefore that is what is being attracted to it.

Now, we are not urging you to give up and fatalistically accept it. Change it by changing your way of thinking. You must now accept how powerful you are as Lightworkers. Now put into practice that which you have studied. Live it.

*What if we choose to start our day by being positive and energizing ourselves, our environment and our loved ones?*

That would be a perfect choice. Start with the self, rather than working 'externally' for the collective consciousness. By changing your thinking, you will automatically be changing and en-light-ening the collective.

*So then 'the good times' are still far away? Story of my life!* (everyone laughs)

Yes, do laugh! Laughter is truly the best medicine. Laugh at yourselves, laugh at what is around you, and change your frequencies. Have fun!

**YOU ARE BLESSED TODAY BY THE ENERGIES OF THE COPERNICUS.**

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