

Sohrab's Channeling

25<sup>th</sup> August 2016

KRISHNA CONSCIOUSNESS IN 2016

THE KRISHNA CONSCIOUSNESS GREETES YOU!

Let us speak of Krishna Consciousness, so that you better understand us.

You tend to visualize the Masters in a form that pleases you, or in one with which you are familiar. You also tend to attribute certain colours to our energies. But in actual fact, each Master has no form or specific colour.

We could be best described as having energetic fragrances. If you were walking through the Spirit Realm right now, it would be like walking through a garden of exquisite flowers. The fragrance of the roses, for example, would represent one Master, and the fragrance of Jasmine would represent another.

As you walked through this garden, your senses would be filled with the essence of one Master, and then another, and then another. They would start to blend in the most divine way, filling you with a magnificent symphony of scents.

On Earth, because your sense of smell is limited, the combination of too many fragrances may become distasteful to you; a veritable assault on the olfactory senses. But in spirit, more and more complex combinations only intensify the 'spirit sense of smell'. They heighten the experience, taking it to levels of pure bliss. These fragrances become more and more heady, exhilarating, and musical.

So Masters cannot be easily separated, although individual frequencies and essences can be identified at times.

***The Krishna Consciousness is a fragrance of great potency, one whose Universal mission is to awaken and enlighten.*** And it affects different

Universal societies differently.

You are currently receiving new doses of Krishna Consciousness, starting today. This will help every Kingdom on earth, and every single individuated member of these kingdoms, to increase their vibrations and proceed with the cleanse that has already been initiated worldwide.

Now let us speak of the human kingdom. Each one of you will be internalizing this Krishna fragrance and using it in a manner best suited to your growth. But in general, ***this Krishna fragrance will be further activating your existing DNA and adding to it a new strand of Universal DNA. This new strand offers humanity the opportunity to awaken to the presence of other Universal societies who are friends, not foes. It will urge you to view the Universe as a wonderful collective of these societies, working together in harmonious divinity.***

Many of you Lightworkers are already familiar with this concept: for you, your connection with Universal friends will simply increase. You will better understand who they are for yourselves.

But many on earth are still closed to the idea of the presence of other beings. They will find themselves slowly having thoughts and recollections of their existence in other Universal societies, at various points in their incarnations.

This may come to them in the form of dreams, daydreams, visions and feelings. The media will play a part in this process: while a person is watching a so-called sci-fi film, it may all suddenly seem very familiar to him. This awakening is going to happen very rapidly now, as it must.

***The second level of Krishna consciousness that is coming in will help you shift and upgrade your physical body in a manner that is appropriate for your future growth and evolution.***

In some cases, it may be necessary to change your body shape, rid yourself of certain diseases, work in a different manner with your body or to re-energize the physical. If this is so, the Krishna Consciousness will urge

you in this direction.

But do not think that this energy is all about 'losing weight'. This certain could be an urge, but the focus is not the beautification of the human body. ***The focus is to ready the body to receive the new energies, knowledge and consciousness that is going to flood Earth during 2017.*** So your bodies are in training right now, to ready them to withstand and contain these new energies.

Even those who are possibly going to exit the planet before the year end will work at this, as even if they do, they will participate in the new Earth energies of 2017.

Due to this process, you will notice that ***your bodies will now start to speak very loudly and clearly to you.*** Once again, we urge you to listen! Your own body is the supreme arbiter of your nutrition; no doctor or dietician can know you as well as you know yourself.

So continually tune in to the self and decide what you need to eat and drink, what exercise is appropriate for the self, and even what you need to do on a daily basis.

The word 'do' also refers to your daily routine. Some, for example, will feel urged to work twice as hard at their chosen businesses; whereas others may feel the need to cut down their daily work and rest more. You may feel urged to take up a new hobby or course of study. Some may feel impelled to change professions.

Listen to the Krishna Consciousness and align with it. If you go against the call of the body, you will throw yourselves into physical, mental, emotional and energetic disarray.

***These energies will also urge you to now assume the full responsibility of being a Lightworker.*** Each person's mission is different. Some may have public missions. Others may feel urged to work with a select group, such as a single family or a small group of friends. But each one of you will be urged to now share your knowledge, wisdom and expertise with others.

You will have to guide, council, advise, direct and heal. This is the call of the Krishna Consciousness.

If you hold back, out of embarrassment or feelings of inadequacy, you will be doing yourself, and others, a tremendous disservice.

*Are we going to move into the 5<sup>th</sup> dimension in 2017?*

Dear Friend, this has been discussed in the past, but we will briefly touch upon it for the benefit of many in this room.

You are already striding both the 3<sup>rd</sup> and the 5<sup>th</sup> dimensions. The 4<sup>th</sup> is simply a passageway between the two. As a lightworker, you are continually moving back and forth between the two. To exist on earth, you have to exist partly in the 3<sup>rd</sup>. Without that foothold, you would simply vanish.

When you are involved in base human activities, you are in 3D. But when you are in flow, or you connect, or you channel, you are in 5D. Now, in 2017, you hope to work much more out of 5D, and remain in 3D for as little time as possible.

*Could you please give us an example of this?*

Let us say that you are having an altercation with another person. You are now functioning predominantly from a 3D perspective: getting upset, angry, frustrated and caught up in the trauma of the situation.

Now, if you could shift course right in the midst of the same fight, breathe, center yourself, and find out exactly how to deal with the situation without getting caught up in a whirlwind of emotions, you would be functioning predominantly from a 5D perspective.

Please do not dismiss the 3D aspect as being inferior or unwanted. Observe him (S) right now. He is currently in flow and channeling (5D); but his 3D skills allow him to speak out, use his brain, voice box, vocabulary and oratorical skills to communicate this information to you.

So the two must go together; but you are training the self to be able to adjust and fine-tune the tilt between the two. In 2017, your quest is to be able to work towards a 20% 3D vs. 80% 5D balance.

To do so, you have to be able to deal with every practical situation in life while remaining detached, so that you don't get swept up in detrimental emotions. You have to work towards looking at the bigger picture at all times. At all times.

*What really is detachment?*

This concept is so often mistaken for 'not caring'. True detachment is the capacity to love and care more than you ever did before, without getting caught up in earthly emotional tangles. This leads to unconditional love.

While you are on Earth, you can never fully experience unconditional love. To be able to fully experience it, you cannot hold any 3D energy. But you CAN touch it from time to time, entering this zone for a brief period and then returning to 3D reality. Unconditional love is the ability to love someone so completely that you have absolutely no desire to change them. Unconditional love allows you to love every aspect of the other person completely, wholly and totally.

***The Krishna Consciousness is now also helping you create an energetic prototype of yourself, which you are constructing so that you can step into it on the stroke of midnight, when you enter 2017.***

This has been done by you in the past, but you are upgrading the process this year. All of you have a projected view of ***who you would like to be*** in the future.

You may, for example, be working towards moving from victimhood to self-empowerment. You may be working towards taking responsibility for your words and actions, instead of allowing these aspects to control you. You would then program these positive attributes into the prototype.

This prototype is an actual energy field; one which matches your physical

form. It has two arms, two legs, and a head. You are creating this and placing it at the portal of 2017. You will keep adding attributes to this and on the stroke of midnight 2016, all of you will step into, and inhabit, your new energy 'skin'.

Now this does not mean that you will instantly be fully empowered or balanced. ***But once you step into this new skin and you simultaneously interact with the new frequencies that will be flooding Earth during 2017, you will repeatedly feel impelled to behave and function in accordance with the prototype programming.***

*Can we program this consciously?*

Most of it will be done at the higher-conscious level, but we are introducing you to this concept so *that* you add your conscious programming to it as well.

***We do suggest that, on the stroke of midnight 2016, no matter where you are, you close your eyes for a minute, center yourselves, welcome this new energetic form and consciously enter it.*** (Smiling) Even if you forget to do so, it will still happen; but if you add your consciousness to it, you can take it so much further in an instant. Give yourself this as a New Year's gift. You deserve it.

Now, once you enter this Krishna-consciousness created skin, and you accidentally revert to old patterns, you will find yourself extremely uncomfortable. That should be your alarm-clock to remind you that you have slipped into old ways. Choose, in that moment, to bring yourself upto speed.

*Could you please give us an example?*

Let us say that a person has programmed her prototype with self-empowerment, and she suddenly finds herself playing the perennial victim to a tyrant husband. She will suddenly feel so uncomfortable, victimized and oppressed that she will be urged, in that moment, to remind herself that that is not 'who she is' any longer. She then needs to touch her

power find a way to stand up to him, in the very next moment. If she does so, her body will instantly come back into balance.

We are deliberately alerting you to this, because if you allow yourselves to keep slipping back into old patterns that *you* have declared no longer belong to you, you will truly have a horrendous year. This is not the “Universe striking you down”, this is you refusing to align with the programming you have set out for yourself.

A lot of this programming is done at the higher-conscious level, so you have the right to sit in meditation and ask of the self, “What have I already coded into my prototype?” And you also have the right to program it at the conscious level. Choose wisely, choose well. For example, “I choose to be more courageous”, “I choose to live a more balanced life”, “I choose to be non-judgmental” or “I choose to be totally responsible with my body and all that I put into it”.

The options are infinite and the power is in your hands. Though the Krishna Consciousness is helping you facilitate the process, you are the computer programmer. And you will live by what you have created.

***During 2017, the Masters are going to further retract from Earth. We are not vanishing; we are still with you. But we must now allow you to direct the course of Planet Earth. If you choose to energize the planet, so be it. If you choose to blow up the Planet, so be it.***

***We are not being permitted to interfere with your choices during the next year, and this directive has come from the Human Collective Consciousness of Earth.*** This consciousness has said, “Let us truly test ourselves”.

Dear friends, you may of course continue to call upon us, individually and collectively, to advise, guide and support you. But we can no longer interfere with your choices.

***There have been times in the past when the Human race has gone into crisis, and we have stepped in and prevented mass destruction. But now we***

***must stand back and let our children fend for themselves.***

***Yes, we intervened when the first Atomic Bomb was exploded on Earth. Had we not done so, there would have been a holocaust and all of you would today be mentally and physically deformed. Three quarters of the human race would no longer exist. We stepped in and averted this outcome. Should you repeat this during the next year, we will not be able to intervene.***

Take heart. Our words are not meant to punish or chastise you. You are a group of beautiful Lightworkers. Our words are meant to awaken. Please pass on this information to others. Help them awaken as well. Set off a chain reaction of awareness.

(Gool speaks) *I have been repeatedly asking people to be in their seats by 3.15 pm, so we can spend 15 minutes before the meeting in silence, working to uplift the Collective consciousness. Wouldn't this help?*

This would be of great benefit, dear friend, but you cannot enforce this as a rule. Invite people to do so, and those who are responsible will join you in this effort. But do not keep the others out.

*But it would help?*

Yes, it most certainly would. Even a single minute of joint focus would be of infinite help.

We ask you to start the healing processes right now. Invite into this energy field all the names mentioned at the beginning of the meeting, along with yourselves, your families and loved ones, your homes, your domestics, your pets, your business colleagues, your friends and enemies, your politicians...bathe all of them in the Krishna Consciousness. There is space for all. Do this in silence. (Long pause)

And it is so.

Before we end the session, we wish to inform you that ***the Krishna consciousness is once again upgrading the brain, pituitary and pineal glands.*** These areas need constant upgrades. Suck these energies into



these areas regularly, in private or in public, as frequently as you desire. They will only benefit you.

And in those moments in which you feel very cornered, trapped and helpless (perhaps during a fight, a legal battle or during a personal attack) take a few seconds and open the brain, pituitary and pineal to Krishna Consciousness. Breathe, and proceed. You will find this miraculous.

THE KRISHNA CONSCIOUSNESS BLESSES ALL OF YOU AND EVERY SINGLE INHABITANT OF THIS PLANET.

(Sohrab speaks now)

I am still in a link, and am getting that the easiest way to connect with Krishna Consciousness is through the medium of music. You could do this by singing, playing an instrument or by listening to any music that pleases and uplifts you.

Thank you.

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