

Sohrab's Channeling

31<sup>st</sup> May 2018

## THE RISE OF ATLANTIS

The energies of Atlantis have now been re-activated on Planet Earth. Yes; it is the rise of a new energetic civilization. This rise is not geographical: an island is not going to physically appear in the ocean. But many of you are ancient Atlanteans, and these energies are going to surge up through you.

Most earth beings have their roots in Atlantis, Lemuria or Mu; three grand energetic civilizations of the past. Those of you who have come from Atlantis are now beginning to subconsciously re-activate these frequencies in your structures.

***These are going to arise from the very core center of your cells and will emanate outwards, giving you a new frequency, glow, auric field and a new energetic grid.*** This energetic rise is going to be gradual, but if you choose to tune into it, you will start to feel and acknowledge a difference in your physical, mental and emotional bodies, over time. We give you this information because everybody sitting in this room today, from the youngest to the oldest, is going to experience this.

These energies are being fuelled by several sources. They begin by your energetic awareness, and acknowledgment, of having existed in Atlantis at some point in cosmic time. They are also being further activated by energies that are now emanating from crystalline mountains that exist deep within the ocean.

Yes, these crystalline mountains exist very physically, but they are covered by energetic force-shields. Your satellites will therefore not

discover their location; nor should they. If the human race discovers these mountains, their energies will be plundered and grossly misused. Let us assure you, however, that they are very real.

***Lightworkers and dedicated self-seekers have now earned the right to tap into these crystalline mountains and use the energies to activate their cellular structures.***

You don't need to know their exact location; that is immaterial. Just connect. Why do you hold onto names, spaces and geographical locations? Energy transcends all of these.

***Some of you will now start dreaming or day-dreaming of yourselves in some Atlantean form. Welcome these; take them further.*** Enjoy them. They are old cellular memories re-awakening.

Many of you held very important energetic positions in Atlantis, and were crystalline workers of all kinds. Some of you were Priests and Priestesses. Others were scientists. Many of you harnessed crystalline energy to become expert healers. So ***start to consciously activate these 'memories'. Induce a day-dream.*** Sit in a meditative state and ask the self, "Who was I and what did I do in Atlantis?" Trust that your psyche will reveal exactly that which you need to know.

So, to summarize: you are being 're-awakened' by your own openness, by emanations from the ancient Atlantean crystalline mountains, *along with* the new Earth energies we described a couple of meetings ago; purely abstract, Universal ones now being disseminated by the core center of Planet Earth.

Let's now speak of ***the effect of these energies, over time, on the physical body.*** If you tune in, you will find the physical body feeling charged up, alive and vibrant. While the upgrade process is on, you might occasionally experience sensations like pins-and-needles, cramps and minor aches and pains.

This *may* occur while the physical body acclimatizes to these new

frequencies. After all, the cells are not yet accustomed to these vibrations, and they may resist the process. Should this happen, talk to your cells, soothe them, and urge them to open up.

***Your blood composition and the so-called ‘normal’ parameters of the body are going to change quite rapidly over the next 6 months to 1 year.*** Be careful when you have medical scans and tests.

Doctors may not understand this process and may urge you to take heavy doses of medication which might not be necessary.

Now, do not disregard all medical advice; we urge you instead to use your intuition and not to panic unnecessarily. The body will eventually acclimatize and settle into its ‘new normal’.

Some of you will find your hair and nails growing more rapidly than before. Some may experience skin outbreaks. Women’s menstrual cycles may be slightly erratic over the course of the year.

Here’s an interesting thing: ***closely examine your own eyes.*** In fact, we suggest that you photograph them, close-up. And then do the same a year from now. Many of you will then observe a slight change in their actual colour tone, as well as a marked difference in the energetic intensity of your stare. The expressiveness of the eyes will be quite different. So go ahead: conduct this scientific experiment on the self. Have fun with it.

***This Atlantean energetic upgrade will also urge many people to make adjustments in their food and diet.*** Many of you will experience, over the course of the next 6 months, ***unusual food cravings.*** Please give in to them. If, for example, the body suddenly wants large doses of orange juice, then drink it. Do not worry about the sugar content. This may only last a few days.

***Some of you will find the body taking on a new shape. This could go either way: expansion or contraction. The face itself could, over the course of the upcoming year, also change shape; as could other body parts.*** Nothing will be so drastic that you are

unrecognizable, but changes like these are likely to occur.

***Please pay particular attention to your bones over the next few months***, as these are being rapidly upgraded. If you require doses of calcium, then make sure you take it. If you find them aching, treat yourselves to a massage. Also, please be physically responsible with your bodies; this is not a pleasant time in which to damage your bone structure.

Naturally, this could happen to anyone, so do not live in fear or be excessively cautious. But, at the same time, do not be rash or foolhardy and do something that possibly could damage the bones.

***The lower back is likely to be very sensitive***, even if you have never previously had a back issue. Give it nurture, love and support. Repeatedly correct your posture.

The lower back, particularly the area labeled L4/L5, is one of the major points of inflow of the new Earth frequencies. Other points of receptivity will be the crown/pituitary/pineal, nape of the neck, sternum, and the soles of the feet. Use these productively to absorb the frequencies.

***The Atlantean energies are also going to urge you to alter and upgrade your personality.*** We suggest that you actively participate in this process by deciding where you would like to shift or enhance your personality. A person may choose, for example, to be more commanding, or authoritative, or to learn to speak her truth, or be comfortable in social situations, or empowered, and so on.

Choose options and then activate them from the new Atlantean energies that your very cells are emitting. Don't draw them from outside; draw them from within. You may choose as many personality upgrades as you desire. You will find them unfolding quite miraculously, over time. Please remember that this also includes modifications in behavioural patterns, thought processes and belief systems.

These energies are a boon, a true blessing that you have earned. Don't waste them; your active participation is required.

Questions?

*You spoke of the sensitivity of the bones and lower back. I have been having trouble in these areas for a while now. Is this related to these new energies?*

No. The effect of the energies we speak of is very, very current. Though they have been energizing Planet Earth for a few months now, they have not affected the human body so far. So all of you may now begin to use these energies for your benefit: to heal, balance, align and nurture the self. We remind you once again: go within the self to access these energies. Don't try and draw them from external sources.

*Do we need to first invite these energies to be a part of us, and then go within to access them?*

These energies have already been invited in by the human race. But it would benefit you to first visualize your connection with the Atlantean crystalline mountains to simply strengthen the existing bond, and then go inwards.

*Could these new energies possibly urge us to distance ourselves from some people? And desire more silent time? I find this has happened to me very recently.*

Yes. These are going to be gradually accessed, over time, by most of the human race. But each will do so at his or her own time, and to differing degrees. Therefore, if you have suddenly 'increased the dosage' and others around you have not, you may feel the need to temporarily distance yourself from them. And they may also have the same unconscious urge. This is because there is an energetic mismatch.

These energies are also going to make you feel, at times, rather

reclusive; desirous of your own time and space. If you have committed to a social engagement and suddenly get an overwhelming urge to 'be private' that evening, try and give in to the feeling. But if that is not possible, attend the social function but command the self to be 'private in public'.

*Are these energies going to affect all the kingdoms of Planet Earth?*

Yes, they will; we will speak of this in a future session.

*Could you define these energies?*

We could glibly say that these are energies of pure consciousness; which they are. But let us further describe them. They will also promote awareness, expansion, enthusiasm, self-analysis, healing and magnificence. Even these words barely scratch the surface. ***They are energies of pure re-creation of the self: physically, mentally and emotionally.*** They are the purest core energies of your collective consciousness.

BLESSINGS FROM THE STEPHEN HAWKING COLLECTIVE.

Yes, it is a collective. We are a group of Universal creators, scientists and mathematicians. We work in joy and harmony to inspire all those on earth who are similarly inclined, helping them connect with THE FLOW.

BLESSINGS.

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