

Sohrab's Channeling

20th September 2018

THE IMPORTANCE OF SOUND IN THE CURRENT ERA
BEING RESPONSIBLE WITH SOUND, WORDS AND THOUGHTS
ENERGETIC BILE AND ITS EFFECT ON THE BRAIN
EXTERNAL SOUNDS AND HOW TO BEST WORK WITH THEM
THE SOUNDS OF SILENCE IN YOUR SACRED SPACE

Prior to the meetings, Sohrab spoke of a recent personal session in which it had been mentioned that three instruments in particular...the sitar, the piano and bells...had the most diverse frequencies of all instruments. He further spoke of the energetic effect of temple and church bells on the physical body.

It was suggested by a group member that the meeting begin with everyone clapping together, instead of the customary chant of the Om. This was done.

Greetings!

Bells, in general, activate the hundreds of major and minor chakric points in the body. They also activate your energetic meridians: points of light repeatedly explode, breaking blocks, opening up the organs of the body and even curing diseases. Bells of the right frequency may be considered one of the most healing tools in existence. And yes, this would certainly include Tibetan Bells.

Drums work slightly differently. They ***activate two major areas:***

the root chakra and the pituitary/pineal glands. As drumming begins, these two areas open up and forge an energetic connect with each other. Energies begin to flow up and down, up and down, faster and faster. This vibration then spreads outwards, changing the frequency of all your cells.

Clapping of the hands also has a similar effect on the body, assuming it is done with focus and genuine intent, and not simply ‘for show’. Let us presume you have just clapped joyously and vigorously after seeing a wonderful performance. This ***sets off an energetic loop that extends from one palm, through the heart chakra, and back to the other palm. This loop, once established, spirals faster and faster, creating an energy field of ‘heart to service’.*** This field inspires you to serve the self and to serve others.

Think about it. Vigorous, joyous clapping naturally raises your vibrations, activates various points in the body, and stimulates personal creativity. You instinctively feel inspired by the performer to be more creative in your own way. This also urges you to creatively serve others as well.

Laughter is one of the most therapeutic ways to heal the self and to heal others. Here, even if the laughter is ‘fake’ and perhaps collectively induced at a Laughing Club, it works as well as genuine laughter.

Laughter that comes from deep within the gut creates ‘cellular diarrhoea’. ***The cells begin to rapidly vibrate and expel unwanted energetic and physical toxins; making space for Universal light to fill the void.***

If you really want to rid the self of disease and toxins, try belly-laughing for 3 to 5 minutes a day. (Smiling) Yes, we know this is difficult for most. You will feel absurd, and it is also difficult for you to do this at home, even in the privacy of your bedroom, as others can hear you. But if you really want a healthy and disease-free body, find

a way to do so; either at home or by joining a laughing club.

It may interest you to know that laughter, done in a sustained and regular manner over years, can even increase your height by a centimeter or two. The sustained vibration of laughter separates the cells slightly, thereby increasing your height. Don't worry, it doesn't help you grow from side to side; you do that quite easily on your own. (Loud laughter) Aah! You have all just grown a millimeter in height. (More laughter)

Sounds are now extremely important. ***You have all attained a high level of energetic evolution; one that demands that you be responsible with the sounds that you emit as well as those that you ingest. Harsh words, irritability, short-temperedness, sarcasm, vicious gossip and the like are now going to affect your bodies much more than they did in the past.***

When your speech has an unpleasant vibration, it produces ***energetic bile***. This has always occurred; but it will now happen ***about five times as intensely*** as it did in the past. This energetic bile often turns physical.

Why not conduct a little experiment? Spend an entire morning deliberately moaning, groaning, complaining and shouting. You'll find that, by the afternoon, your body is feeling very uncomfortable. You may even develop minor cramps and acidity. Emotionally you'll feel drained, dispirited, loveless and worthless.

Being human, you are naturally going to have moments in which you will unwittingly produce unpleasant vibrations and use harsh words. But we ask you to now be very responsible. Live in awareness and choose to change course. If you don't, and continue to do so for extended periods, you will produce both energetic bile.

This energetic bile is corrosive. It will, over time, harm the cells and the organs, and can create diseases. It will also affect the brain very powerfully. ***Of all the organs in the human body, the brain is the***

most susceptible to energetic bile. As it corrodes your brain pathways, it throws your thought-patterns out of sync, skewing your perception. This gives you a warped and unrealistic view of the people and the situations in your lives.

In the same way, ***pleasant sounds and words that you generate are also quintupled in strength. So why not 'befriend the self'?*** Compliment the self and compliment others. Tell others how much they mean to you. Thank them for their contribution to your lives. Honour the self and honour others for triumphs and achievements. Use kind words, encouragement and even constructive criticism, when needed. ***Do not fake it; speak the truth, but speak it out aloud.***

Go this route, and instead of creating energetic bile, you will revitalize the cells and create inner music and cellular harmony. This will make you feel wonderful: mentally, physically and emotionally.

Prayers and blessings in this time period are of extreme potency: they will intensely benefit not only the recipient but also the self. Find YOUR WAY of praying. This could include a well-established prayer, thoughts of love, serving another lovingly, listening to music and dedicating its energies to a loved one or the world in general, singing out aloud, laughing from the gut, and so on. All of this is prayer.

Let's now have your questions.

I've been suffering for over 6 months from non-stop burping. Doctors can't seem to find a cure for this. I noticed, over time, that every time I had a negative thought or said anything distasteful, it would intensify. Yet when I have joyous thoughts and speak pleasantly, I am temporarily OK. All that you have just said makes so much sense to me.

We would like to offer you some curative advice. Laugh out aloud in

a regular basis. If necessary, join a laughing club. Also sing out aloud on a daily basis. It doesn't matter if you can carry a tune or not; just sing for personal pleasure. But do this for at least 5 minutes a day. Any song and any genre of music that pleases you: all forms of music are 'spiritual'. The vibration of singing out aloud will heal, balance and align you.

I've been using Ayurvedic medication. Will this help me?

Yes, it will. But try to use freshly-prepared, naturally-brewed concoctions instead of store-bought medication.

I'm trying very hard not to continually grumble about things. But one often finds oneself swept up, especially when one is in a group. Many of us, for example, sitting together in a car, collectively grumble about the traffic, or the bad state of the roads, or the selfishness of other drivers. How does one circumvent this?

Let's start with your last point. The first thing to remind the self is that the driver rudely cutting in front of you is not attacking or disrespecting *you*. He doesn't even know who you are. He is just rude and thoughtless. Most people take this personally.

Now, let us assume that you are in a group that has begun to grumble or gossip about someone. Find a way to shift the group focus. You can do this in several ways. If you have the courage to do so, then speak out and calmly state that you are not comfortable speaking about someone behind their back. Or you can bring up a very positive point about that person. Or explain to the group the reason why that person behaves in a particular manner. Or even change the topic completely.

What about negative thoughts; ones which we don't verbalize?

A good question! They work almost as powerfully as the spoken word, adversely affecting your mental, physical and emotional bodies. It is a little too simplistic to say, "Just have happy thoughts";

but when you find yourselves excessively wallowing in negative thoughts, find a way to focus on something that is positive in your lives. Choose to switch.

Dear friends, we are certainly not suggesting that you block out negative thoughts and feelings. These can sometimes be very productive, as they may fuel you into doing something positive. Feeling angry about physical abuse to women, for example, can provoke you to take a stand, make your voice heard and possibly help other victims of abuse in many ways.

But most humans enjoy wallowing in pain and self-destructive thoughts. It's now your responsibility to choose to change this frequency, at will. You can do so in many ways: using an 'attitude of gratitude', counting your blessings, looking at the situation from a wider perspective, understanding why you have created it in your life, helping yourself by going to a counselor or therapist, and so on. But you have to touch your power and make a change.

Remember, this time period quintuples the intensity of your thoughts and emotions. This means you can get depressed or cause diseases in the body five times as quickly as you did in the past; but it also means that you can come out of it five times as fast.

We don't expect you to live like saints, with perfect words and thoughts at all times; but we do expect you to be self-aware and responsible.

Now let us speak of **external sounds**. Obviously, in a city like this, you are continually exposed to external sounds of great magnitude, most of which are harsh and unpleasant: traffic, harsh voices, arguments, bad news on your television set, and so on. We suggest that you now do two things.

The first: use the harsh sounds productively. Command them to release debris, toxins and negativity from you and from your environment. Use them productively, just as you would use a bottle

of acid in your kitchen to clean a dirty vessel.

Let's now assume that you are in an argument with an individual, and are being faced with harsh words and criticism. Here, you have two tasks at hand.

Task 1: Initially you have to own your Mastery and make a choice as to how to deal with the situation. Do you stand up and speak out? Do you remain silent and address the issue later? Do you walk out of the room?

Task 2: Use the anger to cleanse and detoxify the self. Now let's move further.

The second: choose to listen to sounds that please you on a regular basis. Listen to a lot of music; any music that pleases you. If you enjoy singing or playing a musical instrument, please do so.

We also urge you to ***consciously tune in to Earth-song.*** Listen to the waves of the ocean. Listen to the rustle of the leaves of a tree in the wind. Listen to birds chirping. Listen to the grass growing. Listen to the delightful chatter of trees and flowers. Yes, you actually can: just tune in and you will hear it. Listen to the sounds of the Universe.

All of this can be done physically (in nature or on your computer) or energetically. But do it. Open to external sounds that are expansive, exciting, beautiful, joyous, nurturing, uplifting and the like. This is extremely subjective: one person may be uplifted by light classical music, and another by vibrant rock. Whatever works for you is perfect.

Now let us have your questions.

Many of us are counselors and therapists. We have to create a space in

which our clients can rant, rave and vent. How do we then do this?

Yes, as therapists you do have to create a safe, harmonious space for your clients. In this case, declare to the Universe, “I am only a facilitator and a healer. I choose not to internalize these energies; I choose instead to use them to my benefit and to the benefit of my client.”

This applies to all of you here; not just to therapists. Anyone can choose to be the sounding-board for a loved one’s frustrations in exactly the same way. All of you, on occasion, have to listen to the problems of a family member, friend or colleague. Please continue to do so, from a space of health and openness.

How is all of this going to impact the Collective Consciousness?

The Collective Consciousness is re-tuning itself. That’s why sound is currently of prime importance. What you feed into the collective is really influencing it right now.

Our last point for today: ***it’s now of prime importance to learn to listen to the sounds of silence.*** Yes, you are going to say that this is impossible to experience in a large city; but we are not referring to external sounds at all. We speak of ***the sound of silence that perennially exists in your sacred space.***

Every human has, within their physical structure, a sacred space. This exists in a different dimension inside the body, so it can be as vast as it needs to be; it is not limited by your physical form.

We urge you to repeatedly connect with it. When doing so, you can visualize it in any way that pleases you. One person may see it as a safe, secure and loving room from childhood. Another person may mentally create an ethereal meadow with flowers, trees and sunshine. A third may prefer to thought-create the vastness of outer space. The visual is simply one that should give you a feeling of safety, security, love and wonderment.

The 'entrance' to this sacred space exists somewhere between your heart and hara chakras. It's not fixed; it may move from time to time. And this sacred space is the perfect place to retreat into when you are meditating, or relaxing in bed, or in an exploratory mood, or just want to be connected and in flow.

It's important to enter your sacred space and OWN IT. It is so sacred that even a grand Universal Master cannot enter this space without your express invitation. Even your own Master cannot enter it unless you welcome him or her into it. It's that private; that sacred. It must be.

Your most evolved Sadhus and sages enter this sacred space when in deep meditation. You have all heard of how they can be 'buried alive' or sit naked in the snow for days on end, and yet remain unaffected by these lethal circumstances. They simply retreat into the embrace, comfort, security, sustenance and silence of their own sacred spaces. If you truly inhabit and own your personal sacred space, nothing can touch you.

Start to get familiar with this process. Discover the silence within it; it is magical. ***Within this silence is the music of the Universe; of pure creation.***

How will one know that one has found it?

You will experience it, and in that moment you will 'know' it. If there is even the slightest doubt, you are not there yet. And when you are there, even for a few seconds, the noise and commotion around you *and within you* will vanish into the sound of silence.

Can one get lost in this and not come out?

You can never get lost in it. There is no danger. 'Getting lost' implies an imbalance; here there is only perfect balance. Your own beingness will bring you out of it at the perfect moment.

So if Masters cannot enter it, neither can darker forces?

Nothing can enter this space without your express permission and invitation. Yes, those who choose to work with dark energies do invite them into their sacred spaces. For them, this darkness is balance and perfection.

It is this sacred space that you enter when you are in a coma. It is this space that you enter when you get a creative flash; an 'A-ha moment'. It is this space that you enter when you are doubled-up with uncontrollable laughter. It is this space that you enter when you are at your most courageous; facing your 'dragon' with honour and valor. It is this space that you enter when you are in the throes of a fully loving sexual orgasm.

Multiple energies bless you today. We do not wish to individuate; yet we will for the benefit of those in the room who still need names and labels.

YOU ARE COLLECTIVELY BLESSED BY

THE ENERGIES OF THE YOUTHFUL GANESH

THE MAHA AVATAAR BABAJI

THE KALI MA

THE HIGH LORD MITREYA

THE GURU GOBIND SINGH

THE MOTHER MARY

THE COSMIC MEHER BABA

JOY, LOVE AND LIGHT FROM ARCHANGEL MICHAEL

A SPECIAL EMBRACE FROM THE SAI BABA

BE IN LIGHT.
