

Sohrab's channeling

11<sup>th</sup> April 2019

## INTER-DIMENSIONALITY (Part 1)

*Prior to the meeting, Sohrab shared with the group two inter-dimensional experiences he had had in the 'dream state'; ones in which he visited totally different aspects of the self in alternative dimensions. Both had left him feeling very unnerved and that 'something was wrong'. An animated discussion then took place, with various group members contributing similar experiences. The group was then asked to chant '9 joyous OMs'.*

Greetings!

It is lucky for you that right now, in another dimension, this very group is sitting down and chanting **really joyous** OMs; ones that have helped you. Yours have had no effect on them! *(Laughter. One of the group members shouted out "One more!" The group enthusiastically chanted OM again. )*

Thank you. You have just exploded a star. *(Loud laughter)*

Dear friends, we are now going to initiate a series of meetings on **inter-dimensionality**. Today will be a brief introduction to this concept.

The discussion prior to this was very necessary. And please do not assume that the various newcomers in the room today will not be able to understand this concept; they are more than ready to delve into it.

Inter-dimensionality is now the order of the day. It is an aspect that

Lightworkers and self-seekers worldwide are going to have to 'play with' and explore on a regular basis. You have to lead the way for the rest of the world to follow. Help them figuratively move from an era of 'black and white TV' to one of '3-D images and holograms'.

Let us begin by answering a question that was earlier asked, "*Can we use this to heal ourselves in this dimension and reality?*"

Yes, indeed you can. A connection has now been forged between you and your inter-dimensional selves. Please note that today we are speaking of your inter-dimensional selves; not of you past lives. Temporarily separate the two, till we put them together at a future discussion.

Until now, you have been allowed access to your past lives, through meditation and regression therapy, so that you can grow and evolve. But your multi-dimensional aspects have deliberately been separated from you; very little of these energies have been permitted to flow into your 3<sup>rd</sup> dimensional reality.

Had this been earlier permitted, it would have changed the dimensional frequencies of Earth. That would not have been appropriate.

*Why?*

Had you, for example, had access to computers and the World Wide Web two centuries ago, it would have thrown humanity's learning curve awry. You would not have been mentally or energetically ready for it at that time.

You are now ready to explore your inter-dimensional selves. You can do so (with intent) in the dream state, in the daydream state, in meditation or even when you are wide awake, as long as you are balanced and relaxed.

Let us give you an example of this. Sit quietly in your own bedroom, defocus the eyes and command the self to show you another

dimension of your own room. Do this, and you may see different décor in the room, different physical dimensions of the room, and even different people in it. Do not confuse these with ‘spirits’; they would simply be those who inhabit that dimension.

In the same way, you can command the self to visit different dimensional aspects of the self and even open up an energetic dialogue with them. In doing so, you will exchange that which is appropriate for both aspects of you. We suggest that you start with only one aspect of the self at first.

Some of you will now also experience what he earlier described. *(Prior to the meeting, Sohrab shared an experience he had had in Istanbul. He was sitting at a café on the banks of the Bosphorus, watching the boats going by, when suddenly he started seeing holographic images of ancient sailing vessels alongside modern ships. He had not understood this at the time. )*

You could, for example, be sitting in a car or bus, and suddenly find that the landscape around you looks different or unusual. You could be talking to a friend and start seeing a different form super-imposed on her. Trust these moments, instead of getting unnerved; it’s time to explore them at will.

*I am a doctor, and I have read of, and dealt with, people who have MPD (Multiple Personality Disorder) or are schizophrenic. I have even read of an MPD case in which one persona is highly allergic to nuts; whereas when she moves into another personality, she is not. Are these people shifting dimensions?*

Yes, you are indeed correct. They do slip in and out of differing dimensions and have no ability to control this process, so for them it is both disturbing and dangerous. They are not able to come back to their current dimension at will.

In the case of patients with MPD, they often get sucked into dimension after dimension. Some of these can even go beyond the human form.

This process is extremely disturbing for them.

You may wonder why we are now urging you to explore this concept. This is because your cells are now beginning to turn inter-dimensional. Please do not confuse this with DNA upgrades; it's to do with the frequency of the cells. ***Your cells are now learning to vibrate at differing frequencies at the same time.***

Let us try and simplify this concept. ***Because you live in a 3<sup>rd</sup> dimensional world, when you drive a car, you can only go at one speed at a time. The car is either running at 5kms per hour, or 10, or 50, at any given moment in time. You cannot even conceptualize driving the car at 5ms per hour and 50 kms per hour at the same moment. Yet this is what the cells are now learning to do: holding different frequencies at the same time.*** Yes; this is hard to comprehend, as you exist in linear time. This is a concept of simultaneous time.

This is now beginning to happen. Yes, this will eventually affect your DNA, but we will not discuss that today.

So let us assume that your cells generally function at the '5 km vibration', which is your earthly, day to day reality. When you begin to delve into alternate dimensions, you now hold a '10km vibration'. Yet you are still anchored in your '5 km vibration'. The two 'speeds' now co-exist in the cells at the same time.

When you have MPD (and, in certain cases of Schizophrenia), you lose your initial anchoring vibration, so you actually *let go of* the '5km vibration' and fully inhabit the '10km vibration' or the '15 km vibration'. Then you *become* another person.

Ideally, they have to be taught to hold onto their earthly vibration. Counseling, meditation, breathing and the appropriate medication can help bring them into a level of integration and cohesion.

*So if they are taught to relax when they are into it, won't they be able to*

*handle more frequencies and even return at will?*

Yes; the more you relax into the process, the more dimensions you can access and yet be cohesive. Yet, this is not enough for them. They literally get sucked into different dimensions, one after another, with no personal control over the process.

*So if we teach them how to ground themselves, won't this help?*

Yet it will; along with the *appropriate* medication. Most of what is administered unfortunately numbs their senses, and this worsens the condition, as they have no mental control to battle the process.

Please note that we are speaking of MPD to *all of you*; not just to the counselors and doctors in the room today. ***All humans have a level of MPD.*** You experience this when you are out of sync, imbalanced, extremely scared or angry and so on. You start experiencing ***multiple energetic personalities of the self.***

Think about this. ***Let us say that find yourself in an extremely traumatic situation. You often move from one persona to another, in sequence. You might go from the shocked you, to the numbed you, to the traumatized you, to the terrified you, to the hysterical you, to the depleted you...and so on. This may occur in sequence, but often you hold more than one at the same time.***

You are, in general, able to integrate them, as you are grounded human beings; but let us assure you that all humans have this propensity.

This is why we are now urging you to explore inter-dimensionality *responsibly*. We are not offering this to all of humanity. Lightworkers like you have to first experience it and then lead the way for others to follow, at their own pace. If you are energetically not ready for this process, or irresponsible, you could actually self-induce schizophrenia.

However, most of you are already exploring different dimensions

without know that you are doing so. What happens when you repeatedly fantasize? You are either tapping into a dimension of the self that already exists, or creating a new one that then takes on a life of its own.

*(Prior to the meeting, Sohrab had reminded the group of an earlier channeling in which it had been said that Tolkien had actually tapped into an alternative dimension of Earth when he wrote “Lord of the Rings”, and simply interpreted it for us. In contrast to this, J.K. Rowling had **created** the Harry Potter realm, which, when one person after another read it, actually came into existence and was strengthened by each person’s visualization of that realm.)*

‘Visiting’ a fantasy is healthy; but getting sucked into it and losing track of your current reality is not. So enjoy your visits, but don’t live there.

*I have two questions. Let us say that we are facing a difficult situation in this lifetime. If we visit another dimensional reality of the self in which this is ‘sorted out’, won’t this help us sort it out in the current reality? And can you give us a safe way to help us return?*

Let us answer this with a practical example. Let us assume that you are dealing with a difficult, prolonged court case in this reality. We do suggest that you ‘thought-create’ a dimensional aspect in which you have triumphantly won a similar court case. Visit it repeatedly, experience the joy, success and triumph, and internalize those energies every time you return. It has to affect your current court case and help it move forward in a smoother and more effective manner.

At the same time, you won’t get ‘stuck’ there, as your desire to resolve the current case will urge you to return.

***The same principle applies to physical healing. Ask for guidance, and command the self to lead you to a dimensional aspect of the self that can benefit you in this reality; possibly one in which you***

***are completely healthy and energized. Keep visiting it and draw those energies back to the current self.***

We suggest that you initially start with just one dimensional aspect of the self, and repeatedly visit it. Later on, as you get adept with this process, you may visit multiple dimensional aspects of the self for the same purpose.

*Could you please explain this?*

Let us say that you have lung issues. You may visit one dimensional aspect of the self that has strong and healthy lungs, and draw those energies back to the self. You may also visit another dimensional aspect of the self that is a chest specialist who has knowledge and expertise in this area, and draw those energies back to the self. A third may be a dimensional aspect of the self that is a powerful self-healer, and so on.

This way, by multi-dimensional-tasking, you will be able to transform the current self. But do not attempt this yet. Right now, just ‘play’ and familiarize yourselves with this process.

THE MULTI-DIMENSIONAL ENERGIES OF THE GURU GOBIND SINGH  
BLESS YOU TODAY.

SAI KA PRANAAM.

BLESSINGS, JOY, LOVE AND LIGHT FROM THE ENERGIES OF  
ARCHANGEL MICHAEL.

THE ST. GERMAIN BLESSES YOU.

GREETINGS AND BLESSINGS FROM THE ARCTURIANS.

\*\*\*\*\*