

Sohrab's channeling

10th October 2019

ATLANTEAN CRYSTALLINE ENERGY

ARCHETYPES (PART 2)

ATLANTEAN CRYSTALLINE ENERGIES SPEAK TODAY.

“The Gods are awakening”. And you are the Gods. As you well know, there are Atlantean crystalline mountain ranges that exist deep within the Ocean. These are covered with an energetic sheath, so as to prevent your scientific instruments from detecting them. You still have 50 to 100 years to go before you evolve sufficiently to be responsible enough to ‘discover’ these and harness their power.

However, their energies have re-activated and are affecting planet Earth and all her kingdoms. These energies will slowly awaken the human race. The first wave had now been initiated.

This first wave is going to do several things. It is going to **help you review your Archetypes**, hence the introductory channeling of the previous week. Many archetypes that you have experienced over lifetimes, and brought forward into this one, will now arise. You are meant to re-examine and upgrade them.

Everyone's perspective of “The Mother Archetype”, for example, varies depending on their experiences with this aspect over lifetimes. If a person has experienced ‘the imbalanced mother’ repeatedly, her current perspective of the Mother Archetype will naturally be askew. This will now be brought to her attention, offering her the opportunity to upgrade it to ‘the balanced mother’. To do so, she has to exercise choice and free-will.

Let us remind you that your cells contain the vibrations of hundreds of thousands of archetypes. “The Mother”, “The Father” and “The Child” are obvious ones.

But you have also experienced many others, such as “The Murderer”, “The Rapist”, “The Thief”, “The Saint”, “The Mathematician”, “The Genius” and so on.

From now onwards, the obvious ones, the wondrous ones and the less acceptable ones will now surface. This could happen with unusual (yet conscious) thoughts, or in the day-dream state, or the sleep-state. You may find the self fantasizing about aspects that may or may not be a part of your current reality.

Let us say that you find the self *repeatedly* thinking about what it would be like to be the head of a Country, a famous film-star or a tycoon businessman. Do not now dismiss these as the wanderings of the idle mind. Though they may have nothing to do with your current reality, you are simply re-evaluating your Politician Archetype, or Fame Archetype, or In-Command Archetype.

Play out the mental scenario, see how you feel about ‘playing that role’ and how you would practically do so, make the necessary adjustments to any imbalances you may notice in the fantasy, and create the most expanded aspect of that Archetype you can possibly imagine. Energize it, live it for a while, and then move on to others.

Let us pause here. Take a few moments in silence and bathe in the crystalline light that has filled this room. It is beautiful, delicate, rarified, sensitive and yet so powerful. Take it into your bodies. If any of you have aches, pains and internal discomfort, this is of prime importance to you. (Pause)

Let us return to the subject at hand. We suggest that you also work with your archetypes in action, on a daily basis. Randomly ask the self “What archetype(s) am I exercising at this very moment in time?”

If you do so while you are *joyously* serving a meal to your family, you could, for example, be exercising **“The Nurturing Mother” and “The Expert Nutritionist” archetypes**. But if you are doing *the same action resentfully*, you could instead be exercising **“The Victim Mother” and “The Household Slave” archetypes**. If it is the latter, acknowledge it and choose to change it.

In the same way, check the self in the middle of an argument. Are you playing “The Victim”? “The Tyrant”? “The Nag”? “The Invisible”? “The

Unheard/Unseen/Unacknowledged”? “The Loser”? “The Control-Freak”? Are you playing a combination of these? Once again, choose to adjust the energies to upgrade the self, mid-argument. Work at bringing them into balance, moving from anger, rage or impotency... to assertiveness.

Why is this so relevant to the now? This is because the Atlantean Crystalline energies, in their first wave, are helping you upgrade the music of your cells. Your cellular symphony is being urged to get more refined and complex. For this to happen, discordant melodies have to be purged from the cells.

Many on earth will resist this change, and will repeatedly play out their old patterns and old songs. They will find themselves getting more and more frustrated and will keep rejecting and punishing the self. Lightworkers like you must initiate this change, and teach others by example.

The first wave of the Atlantean Crystalline energies is also going to help you upgrade your daily functioning. By this we mean ‘anything to do with the body’. Many people will now experience an accelerated or erratic heart-beat. Some will experience inner vibrations that did not exist in the past. Others will find their hair and nails growing quicker, or their skin-tone changing. Many will experience a re-shaping of the overall body.

External functioning is also likely to be modified. A sluggish person may find the body wanting to move quicker and do more things. An excessively over-active person may find the body urging her to slow down and take things easy. Many people will, beginning now, feel urged to take up new and unusual activities, projects or courses of study. Most importantly: the way you deal with people and situations is going to change and upgrade.

All that we have just shared is a part of the new energies of 2020 on Earth. The flow has already begun. Please do not resist this upgraded body-functioning, or once again you feel very frustrated and annoyed with the self. ***Do not go with “The Flow”; go with “Your Flow”.***

The third aspect of the First Wave is a beautiful one, but for this you need to *consciously choose* to connect with the Atlantean Crystalline energies. How?

Any way that works for you. Connect with the crystalline mountains in meditation, or with your imagination, or with intent, or in the day-dream state.

Ask to be led to a particular area of the Atlantean crystalline mountain range that specifically resonates with you. It could be the size of Mt. Everest or one that is simply a few inches high. Size has no bearing on potency. Open to it; connect with it.

Do this regularly and you will find all your **psychic powers increasing tenfold**. You will be able to better connect with Masters and loved ones in spirit. You will be able to better read people and understand their motivations. You will be able to see 'the bigger picture' very easily.

This very personal connection will help you cleanse and then amplify your energies. As the blocks and debris are removed from your structure, your connection with the Universal Web will naturally get stronger and stronger.

We demand that all of you now be completely intuitive and psychic beings.

THE ATLANTEAN CRYSTALLINE FREQUENCIES BLESS YOU.

(Sohrab shifts into a link, and then takes questions)

You spoke of the crystalline bed being completely shielded from Man. Yet recently we have heard of certain crystalline caves being discovered. Are these a part of the Atlantean crystals, or something else?

What I am getting is this: the actual bed is completely shielded. It's so potent that if we discovered it right now, we would most certainly misuse it and cause the downfall of humanity, mirroring that which happened in Atlantis. So, for convenience, let's call this original, shielded crystalline mountain range 'Level 1'.

However, there are other levels of Atlantean crystals (Levels 2 and 3) that will now be discovered. These are less potent than those in Level 1, but are energetically fuelled by it. These lesser levels are being offered as a test to the human race. If we use them responsibly, then other, more potent sources will reveal themselves to us.

May we work with our crystals at home, and draw into them the energies of the Atlantean Crystalline bed?

Yes, you may. Some may be ready for this upgrade; others may not. If they aren't, they will either shatter or place themselves in dormancy. You are being urged to check your various crystals at home. Some may need to 'rest'. If this is so, then put them away in a cool, dark cupboard for the time being.

(The meeting then ended with the customary healing session)
