

Sohrab's channeling

9<sup>th</sup> January 2020

## THE CREATION OF AN ASHTAAR ENERGY TEMPLE IN THE HOME

### GREETINGS FROM THE ASHTAAR COMMAND!

We ask all of you to do us and yourselves a favour; we also ask you to please pass on this information to others whom you feel would be open to it and would benefit from it.

***We urge you to mentally create an energy temple within your home. As it is an energy temple, it cannot have any physical (spiritual) objects in it.*** Do not, therefore, decide to create it over your altar.

It could be created in a physical space, such as the corner of a room, or even hovering above you or beneath you. It could, for example, be created by him (Sohrab) right here in this living room, floating near the ceiling. Yes, there are two fans and a chandelier there; but as they are not considered by him to be sacred or religious objects, it would not matter.

But we ask you *not* to place a physical candle or incense or a religious photograph in your energetic temple, as those are symbols of devotion. We would like this temple to be one of pure energy.

***Give it an energetic form and definition. One person may thought-create it in the shape of an ancient crystalline temple, another may see it as a pagoda and a third may just visualize a mass of multi-coloured energy.*** Whatever you create is perfect for you.

***No matter what form you create, in the very center of the temple, at its apex, visualize a beautiful, colourless quartz crystal.*** The size of this crystal is immaterial; create is as you so desire.

***So why are we asking you to do this?*** As you well know, 2020 brings to earth very

powerful, brand new energies to Planet Earth; ones which have never before been experienced by you in this lifetime, or in any of your simultaneous and concurrent lifetimes.

By taking the trouble to create this temple, you are declaring to the Universe that you desire these energies. ***By creating a 'form', you are installing in your home a power-source of great magnitude; one that you can access at will. This temple will help you internalize the energies in a seamless, yet expanded manner.*** Of course the energies will still come in, even if you don't create this temple, but this will act as a source of magnification for the new frequencies; ones which will increase your own vibrations and those of your home.

You can place this energetic temple anywhere. Just use your intuition, and don't be dismayed if you are asked to place it in the toilet or the kitchen. You also don't have to necessarily stand in it or under it to receive the energies. Once it has been thought-created by you, it will benefit you no matter where you are in the house.

This temple is being guided your frequencies, as you are the one creating it. So it will directly affect you. If you feel other family members are open to learning about this, you may joyously share this information with them, so that they can create their own temples.

But if you feel that they would be resistant; remain silent. By virtue of the fact that you have created it, they will also benefit from it, to the degree that they are ready to receive its frequencies.

Once created, please do connect with it from time to time. This does not need to be done daily. ***Don't be surprised if, after a few days, it takes on a new shape or even shifts locations. The initial creation is yours indeed, but once 'birthed', it will take on a life of its own.*** We speak of birthing quite deliberately. ***You are not just visualizing an energetic form. You are actually creating a sentient energetic being.***

As parents, you know that once you have given birth to an actual child, he or she rapidly changes form, personality and so on. You can certainly influence and guide your child, but he/she has a unique soul and a trajectory of his/her own. As does this sentient temple.

Enjoy the process. It has to be created by you only once, possibly in just a few minutes. But ***please give birth with certainty and joy!***

Now let us have your questions.

*What if it moves to the center of a room, and people continuously walk through it?  
What if they are not ready to receive its energies?*

That is no problem at all. It will affect all those who either live in, or visit, your home... to the degree that is appropriate for them. Its greatest effect, however, will be on you and on your physical home.

*Why have you asked us not to place any of our sacred objects in it?*

By doing so, you would reduce its vibrations to an earthly level. We would like it to be a purely energetic temple of very high frequency. Ideally, create it in a space where there is no physical object at all.

*What of our children? May we create it for them?*

If you feel your children would be receptive to this concept, allow them to create a temple of their own, no matter their age. Why not make it a game for the youngsters? If, however, they are too young to understand the concept or are unreceptive, then just trust that the one you have created will also work for them. But you cannot create a temple ‘on behalf’ of another.

*May we create more than one temple, if we feel two locations are appropriate?*

Yes. On rare occasions, you may feel that two or even three are necessary. Do so if your intuition guides you accordingly. But please do not assume that ‘the more I create, the more power I will access’! (Laughter)

*What if a person has more than one home?*

Then please create one for each home. You may certainly create one for your office as well, even if you are an employee in a firm owned by someone else.

*Could I create the temple on the terrace of my apartment building, over my flat?*

Most certainly: your intuition serves you well. That would be the ideal place... in your case. If the temple indicates to you that it would like to be on the terrace

instead of in the home (as it has done to her), then please do so. This way, it will serve a dual purpose: it will energize not only your home but also the whole apartment building.

Do not now be spiritually magnanimous and say, “I must do this to serve the entire apartment building”. Do this only if you are so guided.

*Could I create my temple exactly where I sit down to do yoga every day?*

Most certainly: an excellent choice for you. (Smiling) But now don't start placing candles and photographs of the Masters in that area, with the idea of blessing the temple.

*What if we own land on which there is no 'home'?*

Yes, please create one there as well. But, when sitting down to do so, if you feel disinclined to create one there, then please respect the energy of the land.

Now let us proceed further. ***Once you have created your temple, and have spent a few days connecting with it and getting familiar with its frequencies, then you may 'energetically decorate it' with sacred geometric symbols.*** This will come as an inner urging to you.

Some may feel inclined to use abstract symbols like stars, circles, triangles, a cross or more complex ones. Others may feel urged to place *energetic objects* of significance to them, such as candles or flowers and the like.

*The violet flame?*

Yes, indeed. ***Energetic objects of a spiritual nature are completely acceptable...but not physical ones. If, for example, you feel like filling it with energetic roses, please do so. What you are actually doing is not placing roses there at all. You are placing in it complex sacred geometric symbols; ones which have revealed themselves to you in a form that is acceptable to the human brain.***

Dear friends: this temple is an energetic playground for you. If you take the trouble to connect with your temple on a regular basis, you will actually feel uplifted and vibrant. Your body will experience tingles and other inner pleasing sensations. You will experience an 'energetic massage'. Enjoy the process. And

even though we have already said that you do not need to necessarily stand in it or under it, if you feel inclined to do so, then please do.

You are not really receiving a higher dose in doing so, but because you believe that you will greatly benefit from doing so, you will unconsciously open up and then it will be so.

*Some years ago, in a channeling, an Ashtaar commander had asked us to ‘create a space in our homes for them to reside in’. Is this still in effect?*

This year the Ashtaar command will be felt and seen by many of you, sometimes ‘up in the sky’, and sometimes energetically around you. You may even sense our energies in another human being.

Most of you, at a higher conscious level, have welcomed us into your physical homes, and have allowed us to create ‘offices’ there. Now why would we, as beings of high vibration, even *need* ‘offices’ on earth? We don’t; but you do. We use these work spaces to transmute our very high energies to levels that will be acceptable to the human race. Your frequencies help us in this process.

There has been an Ashtaar command center *in this very room* for many years now. It has been placed above his dining table, rather like a mezzanine floor; one that extends beyond his roof. Remember, we are not limited by earthly concepts of space and dimension.

The energies created by our command centers benefit planet earth and, of course, your homes and all those who reside in them. ***We pay you ‘energetic rent’ (laughter) by helping you grow, evolve and receive our energies at an accelerated rate.***

If any of you are in doubt and would like to play “Inn-keeper”, do consciously invite us in and we will gratefully establish a center in your home. But, in all likelihood, we are already there!

We will, in no way, adversely affect the smooth functioning of your home. We just offer higher frequencies to all those who either reside in, or visit, your home...if they want them.

***The only physical downside to this process could be, from time to time, slight***

***physical damage to the home: minor leaks or cracks in the walls, and power fluctuations.*** This is because our vibrations are so high. Even though we do shield your homes, this could still occur.

***But even this so-called downside is, in actual fact, to your advantage. Whenever there is the slightest build-up of negativity, we instantly shatter it; whereas in other homes, it often builds up to excessive levels before it is removed. So, in effect, we are your daily energetic cleaners.***

Many of you have experienced ‘inexplicable’ occurrences, when bulbs keep shattering or electrical appliances go haywire. Sometimes glasses and other crockery just ‘slip from your hands’. This is us, helping you remove a build-up of debris in that particular area.

So a minor inconvenience is a light-bulb bursting. The major benefit is the removal of negativity before it builds up and adversely affects you and others in the house.

*So I assume the Ashtaar “Office” is completely different from the temple we are creating? Do the two have to be in separate spaces as well?*

Yes; the two are separate energetic structures. They *could be* in the same area, as both will exist in differing dimensions.

***The Ashtaar work-space will be created by us in the most appropriate area of the home, and its primary function is to benefit Planet Earth.***

***The temple will be created by you, and placed where you want it. Its primary function is to be of benefit to you and your home: your family, domestics, visitors, pets, and the home itself.***

You could even feel inclined to create your own temple underground, below your home. Even if you live on the 20<sup>th</sup> floor of a high-rise apartment and you place it underground, it doesn’t mean that it’s in the flat below you. It’s simply ‘underground’, in a different dimension, from your perspective.

*What do you really do in these ‘offices’?*

We spread and balance new energies on Planet Earth. The Ashtaar have been

working for over two decades to help Planet Earth, and all her inhabitants, move from the 3<sup>rd</sup> to the 5<sup>th</sup> dimension. This process cannot be hurried. From your perspective: “Two decades, and we are not there yet???” From the Ashtaar perspective: “As long as it takes.”

This is our primary function; but there are several others. The second: to awaken those who are ready to higher consciousness. The third: to upgrade all crystalline objects on Planet Earth, so that they, in turn, release higher-frequency vibrations that benefit earth. There are many more such functions.

***One of our major tasks that we will be working on in 2020 is shifting the collective consciousness: helping humanity experience brotherhood, unity, and oneness.***

You may find this interesting: ***all your various Masters and guides, who naturally want the same thing, have lent us their aid by saying, “Work through us as well. Let us be your conduits, as many on earth may not be open to your frequencies, but are open to ours.”***

Let us give you an example. Let us assume that a person is a religious bigot, but is a single-minded devotee of the Lord Krishna. When he calls upon the Krishna, he will receive our vibrations through Lord Krishna. This will make them ‘palatable’ to him.

*Do we need to ask our temple to help us with healing or any other desire we have? Or do we just ‘connect with it’?*

Initially, just create and familiarize yourself with it. Once you feel relatively familiar with the structure, then you add the necessary sacred geometrical symbols that come to you. One person may add a single symbol to their temple; another may add several.

After that, you may access the temple for all the miracles you want to create. But remember: the temple is not going to create the miracles for you; you are going to draw frequencies from the temple into you, to enable you to create the miracles for the self. These could be miracles of good health, abundance, emotional satisfaction and the like.

*Do the Ashtaar want our participation in their work?*

For years the Ashtaar have been requesting the participation of those who are awakened on Planet Earth. Many have agreed to this, and are working with Ashtaar strands in them. Some, who are not conscious of the presence of the Ashtaar, have still invited us in at the higher-conscious level. But we urge you, who know of us, to do so consciously.

***We work through ‘consenting’ humans, combining our frequencies with theirs, so that they continue to function with their own personalities, but also harness our energies.***

***We are now placing Ashtaar incarnates on Earth, disguised as humans, who will work at an accelerated level. You may meet some of us. (Smiling) This is not a threatening invasion. It is an invasion of the Light.***

We are here at the express invitation of Mother Gaia. Had she not specifically requested our help, we would not have entered the realm of Earth.

*How would we recognize these Ashtaar Incarnates?*

By their extremely high light quotient. They will feel unreal; almost alien. And yet, you will feel very strongly drawn to them. You will know they are magnificent beings.

Now let us answer an unasked question: *Can the Ashtaar Incarnate teach ‘with the whip’?* You know that some Masters do come to earth and work that way, such as a Hitler or an Osama. We cannot. We can only work with the purity of the light. We cannot assume a ‘negative’ role on earth.

*Who are the Ashtaar, really? Are you anything to do with the Arcturians?*

The Ashtaar command is comprised of millions of beings from various Universal societies. We work for the light and with the light. We could be likened to a social service organization on Earth; one that is comprised of peoples of multiple faiths, who work together harmoniously to uplift humanity.

So the Arcturians, the Plaedians and countless other beings are ‘members of the club’.



*All your beloved Masters and Guides are also members of the Ashtaar Command. And by virtue of being Earthly Lightworkers, you are as well!*

BLESSINGS.

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