

Sohrab's channeling

20<sup>th</sup> February 2020

A NEW ENERGETIC PHENOMENON BEING CREATED NEAR EARTH  
TWO EXERCISES TO HELP CONNECT WITH THIS FIELD

Greetings!

There is a new energetic phenomenon taking place somewhere in the Universe, close to Planet Earth; one that will be noticed and labeled by your scientists over the course of this year. Let us speak of it today, as it is related to last week's discourse on the upgrade of the physical body.

This energy field is bigger than a Planet; yet it is not one. It is an energetic field that is being created as we speak, and it will continue to grow in strength over the course of this year, and possibly the next year as well.

It is a conglomeration of frequencies being drawn from different parts of the Universe. Some are newly created energies, some are drawn from Masters and Guides, some are from highly advanced Universal societies that are contributing these as a gift to Planet Earth, and some are being self-created by the phenomenon itself, as the energies merge.

If you could see this energetic field with the naked eye (which you can't) it would look something like an energetic planet, made up of swirls, vibrations, colours and billions of sacred geometric symbols. This field is self-creating: the more energy it absorbs, the more it is urged to grow, expand and evolve in complexity.

This field has been created by the higher consciousness of Planet Gaia. Just as you have a higher soul; so does She. This field will benefit all the planets of the Solar system, in differing ways.

The energies are of such magnitude that they can only be offered to the kingdoms

of earth in micro-doses. Let us walk you through a couple of exercises to help you better internalize these frequencies which will, in turn, help your physical bodies grow and evolve. They will assist you in healing and expanding the mental, physical, emotional and spiritual bodies.

Those who are not present today, but either hear the recording of this meeting or read of it later, may joyously benefit by it. But we ask you not to randomly share this information with all and sundry, as they may not be ready for it.

Close your eyes and joyously connect with this energetic field in the Universe. It may appear hazy, as it is not yet fully formed. It may reveal neon-like lighting in a myriad of colours. It will have an 'electric' feel to it. At first, go up.. up.. up into the Universe and just connect with it. (Pause)

Now visualize millions of tiny multi-coloured points of light descending from this field and surrounding your physical body. Don't take them into the physical body yet; simply draw them into the auric field around you. (Pause)

Now, very gently, allow some of these points of light to enter the physical body. Don't 'suck them in'; just invite as many as are appropriate to enter the body and start to energize your cells. (Pause)

The more you relax, the more you will actually feel this energy in your body. Some may experience an internal 'buzz', as your cells may move and vibrate. Others may experience an internal throb or pulse. Just open to it. (Pause)

Now gently invite some of the points of light into the brain, pituitary and pineal glands. (Pause)

Breathe, relax and slowly return to full consciousness.

Some of you see auras quite easily with eyes open. Look around the room right now and examine the auras of your group members. You will observe these multi-coloured frequencies around them.

This field is only going to get stronger and stronger over time. Connect with it at will, in meditation or action... your choice. Each time you do so, you may follow this process, but please do so gently. Don't be greedy. Invite only that which is right for you, at that moment in time, to enter the body. If you overdose, you

could damage the self.

When you take them into the brain, pituitary and pineal glands, you might feel slightly dizzy or disoriented. Relax into the process.

Any questions so far?

*I only saw shades of black.*

We remind you: black is the most colourful colour. There are billions of colours in the Universe, but the human eye can only see 7 colours and shades thereof. Anything you cannot 'recognize' you instantly convert to black.

*Why is Mother Gaia forming this field?*

She is upgrading her structure extremely rapidly right now. This is her latest phase. She, naturally, puts up no resistance to the energies (unlike the human race). She is using them to recalibrate Her core. This could be likened to a DNA upgrade of unimaginable intensity.

She is upgrading her core frequencies. This will, in turn, change the chemical composition of Her soil, minerals and oils. All of this will facilitate, this year, necessary earth shifts and movements that need to take place for a further cleanse.

This upgrade will even change the composition of the debris that the human race has put into Planet Earth. It will also facilitate a shift in your collective thought processes, in preparation for a 'golden age', post 2024.

*When I just did the exercise, I discovered a 3-D print of my own self being created, and some sort of blue metallic ball evolving. What does this mean?*

This process is going to build a new prototype of each person, individually; one that has an upgraded body and level of health, and superior thought-processes, belief systems, modes of behavior, and so on. In short, these energies are starting to create 'the best possible version of you' from within the body.

Eventually, if you give into it without resistance, it will take over and replace the current 'you'. This transformation will take years; but nonetheless, it has now begun. It is a magnificent new birthing of the self.

We will not speak of the metallic ball you saw evolving. Intuit it for the self, as it is personal.

Let us now take you through one more exercise before we close the session. Yes, today's meeting has been short; but necessarily so. We have initiated extreme energetic changes in the body, and all of you sitting here have also going through high-level psychic micro-surgery. We cannot overload you with further information; the body and the mind now need to rest.

This exercise you may do, in the future, as and when you choose. Breathe and relax. (Pause)

Visualize an aspect of you in another dimension or incarnation that is extremely evolved. Let it just appear before you. This could be male, female or sexless. This could have a human or alien form, or even be a mass of pure energy. Allow it to appear in front of you. (Pause)

Let it continue to stand/float in front of you, and connect with it, third-eye to third-eye. (Long Pause)

Bless that aspect of you, bless the self, and return to full consciousness.

Many found this exercise unclear; that's fine. You are just beginning to familiarize yourselves with an extremely evolved part of the self. Repeat the exercise from time to time, and it will reveal itself to you over time. You will then start downloading wisdom and knowledge from this magnificent part of the self.

THE ASHTAAR COMMAND BLESS YOU

BLESSING FROM THE ENERGIES OF LORD SANNANDA AND THE  
UNIVERSAL MARY

BE IN THE LIGHT OF MAHA AVATAAR BABAJI

THE COSMIC SAI BABA BLESSES YOU

BE IN THE EMBRACE AND LOVE OF THE COSMIC MEHER

THE UNIVERSAL HANUMAN ENERGIES BLESS YOU

BE IN THE LIGHT OF THE MAGNIFICENT GURU NANAK COLLECTIVE  
A SPECIAL BLESSING TO EACH OF YOU FROM YOUR OWN PERSONAL  
MASTER

BE JOY.

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