

Sohrab's Transcript

9<sup>th</sup> July 2015

## MUSIC AND ITS CURRENT EFFECTS ON THE PHYSICAL, MENTAL AND EMOTIONAL BODIES

*(Note: The meeting was divided into two parts. Sohrab gave a short channeling, after which group member V gave a musical recital on his Quartz crystal bowls. He is trained to generate specific frequencies that facilitate energetic upgrades and overall healing)*

Greetings!

Let us speak, once again, of the resonance of music, and its importance in your lives. As you well know, every single human is being upgraded very rapidly. The physical, mental and emotional bodies are all in a state of vigorous restructure.

***The energies of sound and music are of prime importance right now. We do urge you, over the next three months, to listen to as much music as you can. If you are a singer or musician, please practice your art regularly. Even if you deem yourself a non-singer, but enjoy vocalizing, please do so in the privacy of your room or shower! This will most definitely help with your upgrades.***

Music is currently serving you in many ways. As the body is being upgraded, your cells are releasing different sacred geometrical symbols and vibrations. Some are brand new ones; and others are familiar symbols that you are simply re-combining differently. ***The energies of music will act as a lubricant, furthering this process in a smooth, sophisticated, vibrant and effective manner.***

While this process is going on, a lot of past-life issues and emotions are also arising. Some of you will find yourselves consciously drifting into strange past-life scenarios, where you see yourselves in a different situation, and experience related emotions. Others will experience this unconsciously, but will still experience emotions that appear to have no bearing on your current life and situation.

These emotions need to be brought up and released; particularly those which are painful and traumatic. This process, too, can be helped with music.

***Music is also very necessary for your various organs right now. As each organ is upgrading, it is also releasing toxins and debris. This can also be helped with the energies of music.***

So use music as an all-pervasive cure. It can really help you weather the next three months in the smoothest and most effective manner.

Should you choose to use music for the self, please don't limit its range. You may be accustomed to appreciating only a few genres of music; but if you find yourself feeling urged to listen to a piece of music that is out of your 'comfort zone', please do so. Similarly, consciously urge the self to experiment with unfamiliar types of music as well.

Break your boundaries. Do not assume that only classical and spiritual music will be appropriate for these upgrades. On certain days when you are vigorously releasing toxins from the body, you will need vigorous music. You may find rock music or rhythmic drumming appropriate for that process.

Tune into the self, find out what the body needs, and play just that. (Smiling) So go ahead and raid the music collection of your children or grand-children, enjoy something quite different, and shock them!

***Music is also helping you create an energy outline or prototype of the self, into which you will be stepping, over the next three to four months.*** This is being created by every single human on Planet Earth. Though this is taking place at a higher-conscious level, now that you know this, why not contribute to it at the conscious level as well?

***This is a new, ideal 'you' that you are creating.*** You can visualize it in any shape or form you desire. You can imbue it with perfect health, sparking intelligence, wisdom, dynamism, and any other attributes you wish to experience.

You will gradually inhabit this new prototype over a period of time. It will eventually become a fully integrated part of the self. So use this time period wisely and effectively. Bring up, assimilate and release the necessary aspects of the self. Move beyond limiting thought patterns and structures. Consciously keep upgrading the self. Release unwanted toxins and structures that do not suit you any longer. Use music to help in this entire process.

***This process of integration is being governed by each person's higher soul, along with a team of 12 Master energies, unique to you.*** (Smiling) For this process, please consider the number 13 as very auspicious: your higher soul plus 12 Masters.

If you feel adventurous, you may ask the self to reveal to you your 12 Master energies. But that is completely unimportant; simply welcome them and work with them to step into the new, expanded, vibrant 'you'.

Remember these words, and look back at the past, somewhere between October and November. You will observe many changes in the self. Some will be physical, and others mental or emotional. You will find that your consciousness has expanded greatly. You will be able to love and receive love more freely, and your ability to 'view the larger picture' in most situations will have increased. Your knowledge and awareness will have expanded.

When the merger is complete, the music that you will be generating from within the self will be brand new. Your vibrations, body rhythms and inner frequencies will be very different indeed.

And remember, ***when you 'sing' a new, vibrant, attractive, expansive, more complex inner melody; you naturally attract to the self people and situations that now match these frequencies.*** And you will all attract to the self new aspects of service. As advanced Lightworkers, you must now all commit to taking others forward on their journeys of self-exploration. You are all leaders: be the fore-runners, be the advanced guard, be the expanded Lightworkers who lead by example.

Any questions?

*Is this part of the process to help us move into the 5<sup>th</sup> Dimension?*

It is a very major part of the process.

*Is there special kind of music attached to a particular organ?*

No; but there is a special kind of music attached to the kind of upgrade taking place in that particular organ. Vigorous cleansing of any organ will need vigorous

music. If an organ is being soothed and regenerated, it will call for gentle, soothing music.

Remember, you are a sum of all your concurrent and simultaneous existences (we will not use the term ‘past lives’). In several of these, if you respond to a certain kind of music, you will probably feel drawn to those energetic strands. If, for example, in many such realities you enjoy classical music; in all likelihood you will also feel a strong partiality to it in this lifetime. So the efficacy of Classical music will also be very powerful in this lifetime as well.

However, *this is a lifetime in which you are on a journey of exploration; so you are likely to move beyond your comfort zone and feel urged to explore music that which may not be a familiar part of your extended structure.* Don’t hold back. Go for it.

*Do we have to sit down and create this energetic prototype?*

No, this has already been created by you at a higher level. The knowledge we have given you will help you add to it, at a conscious level. We want you to participate actively, by choosing attributes you desire. For example, if you wish to modify your physical form, work at it by repeatedly energizing the prototype with your chosen modifications.

So yes, you can visualize and play with it; but you don’t have to ‘create’ it. That has already been done.

*Would you say that, by the end of this year, our consciousness would be partly in the 4<sup>th</sup> dimension?*

Dear friends, the 4<sup>th</sup> dimension is not a dimension at all. It is a tunnel or an energetic wormhole, leading you from the 3<sup>rd</sup> to the 5<sup>th</sup> dimension. And you are already in it!

Now, from an Earthly, 3<sup>rd</sup> dimensional perspective, when you enter a corridor, you actually walk from one end to the other, before emerging at the other end after a certain period of time.

The 4<sup>th</sup> dimensional corridor works differently. You don’t actually physically move through it at all; as parts of the self upgrade, they instantly emerge in the 5<sup>th</sup>

Dimension. The other parts remain where they were, till they awaken as well. So it is not a process of movement; it is a process of gradual transmutation. Right now, all of you have parts of the self in the 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> dimensions.

We now leave you to enjoy the upcoming musical session. We do suggest that you use it in any way you desire. Ideally, use it to upgrade the structure, and command each and every body part to respond appropriately to the music. Remember, you have brought yourselves here today, so you do desire these frequencies. They will suit you.

If there is a specifically blocked issue or situation you would also like to work on, please command the music to align the issue with your body, and to open the two out together.

If you wish to direct this music to another, for love and healing, you may do so; but only after you have used it for the self.

***Each one sitting here today has at least 5 loved ones from the Spirit realms, who are here... right here, right now, in this room. Connect with them, and ask the music to help you forge an even closer relationship with them.***

Take a moment right now, close your eyes, and connect with these magnificent friends. Welcome them. (Pause)

If you have not been able to identify all 5, simply welcome those whom you have; and ask that the others reveal themselves to you over the course of the musical session.

**BLESSINGS. YOU ARE IN THE EMBRACE OF THE HIGHER FREQUENCIES OF THE BEETHOVEN.**

The Beethoven is a Master who is currently helping in the upgrade of Planet Earth by channeling and directing the appropriate musical frequencies to Her core center. Blessings.

**YOU ARE ALSO IN THE EMBRACE OF ARCHANGEL URIEL.**

**BLESSINGS FROM THE MICHAEL.**

**BLESSINGS FROM THE GABRIEL.**

BLESSINGS FROM THE URIEL.

BLESSINGS FROM THE RAPHAEL.

SAI KA PRANAM.

BE IN THE LIGHT OF THE MAHA AVATAR BABAJI.

JOY FROM AN UNKNOWN FRIEND.

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