

Sohrab's Transcript

30th July 2015

THE APPEARANCE OF A NEW PLANET, AND THE EFFECTS OF ITS
ENERGIES ON EARTH

THE CURRENT THINNING OF THE VEILS BETWEEN EARTH AND THE
SPIRIT REALM

AN EXERCISE TO CONNECT WITH LOVED ONES AND MASTERS IN THE
SPIRIT REALM

THE ENERGIES OF GURU PURNIMA IN 2015

NEW VISITORS TO PLANET EARTH:

TEACHING SOULS

UNIVERSAL ENERGY WORKERS

EARTHLY SPIRITUAL GUIDES

The one who has passed over (*the Master refers to the terrorist who was executed that morning*) is in turmoil, pain and fear. Let us see if you Lightworkers can suspend judgment and send him light, unconditionally. Begin this now.

(*The group starts to do so*)

Stop! Judgment is still arising. Perceive him as a soul in need. Begin again. (Long pause)

Now send light to all the other names mentioned at the start of the meeting. Those requiring light and healing. (Pause)

Thank you.

Yes, we will speak of him at a later date. He has not fully passed over. His energies are still earthbound. He is in pain and confusion, anger and despair. He is being surrounded by Masters and Guides who are ‘rescue spirits’, but he is not yet able to fully sense their presence. Your light will help him. When he does awaken to these friends, he will be gently led through the tunnel of light and onward on his journey.

We repeat: do not judge him; just send him unconditional light. We request you to continue to do so for three more days. Work as one soul helping another. Challenge yourselves. You are likely to find judgment arising.

We thank you for your commitment and your lightworker support. We will speak of him in time; there is an interesting story to share with you.

The next three days are particularly energetically potent. Yes, it is Guru Purnima. But let us speak of this period scientifically.

A new planet is now nearing Earth. This planet is emitting a very high frequency. Those who are clairaudient may already be able to hear its high-pitched hum; rather like a shrill OM. But even if you can’t hear it physically, please do tune into it energetically. This frequency will benefit all of you.

This frequency will, over the next three days, be thinning the veils between Planet Earth and the Spirit Realm. If you choose, you will be able to experience an extremely strong connection with anyone in the spirit realm: a loved one or a Master and Guide.

Use this time period to your benefit. Call upon your loved ones. Have chats. Listen to them. Say what you will. Clear up unresolved issues. Apologize if need be. (Smiling) Tell them off, if you feel like it. But communicate.

Let us start this process right now. Take a moment, breathe, and balance yourselves. Choose any one loved one. Not a Master; but a loved one you would like to tune into right now.

Relax the body, and allow yourselves to feel their frequencies. Visualize yourselves emitting bright yellow light. There is a reason for this: the frequencies

of the colour yellow facilitate the strongest possible flow between matter and spirit. This is why the traditional Chinese wear this colour to funerals.

Generate this yellow light, so that your frequencies are wide open. Welcome the energies of your chosen loved one. Feel their presence right now. Allow them to show you their frequencies, as they are today.

Tune into these frequencies, as if you were tuning into a radio station. How do these energies make you feel? Experience them in your bodies and around you as well. (Pause)

Visualize them in any form that pleases you. Now mentally speak to them. Say anything you want. Just talk, fully and freely. (Long pause)

Now listen to them. Open to their communication. This may come in the form of words, images, feelings or even music. Just open and receive. (Long pause)

Bless your loved one. Now ask for a connection with any Master energy of your choice: your own Master, or another whom you would like to experience today.

Once again, generate yellow light from your core center, and experience a merger between you and your Master. Receive the Master's blessings, and listen for a message. (Pause)

And so it is, and so it is, and so it is.

Gently return.

You may continue to do this in your own time, particularly over the next three days. But you may naturally do this in the future as well. We do suggest you have a pen and paper at hand, in case you feel urged to write as well.

Do not limit yourselves to these two connections. If you feel adventurous, call upon the energies of a spirit friend whom you don't consciously know, just to see what happens. Or the energies of a famous figure with whom you would like to interact. You may even call upon the energies of a lost child, and find out what really happened.

Have fun. But most importantly, call upon your own higher soul. Get to know yourselves.

Dear friends, this Guru Purnima is one of vital importance to you. This year, 2015, is one of self-worship. This Guru Purnima is all about celebrating YOU, the Guru within you, the Guru who you are, the magnificent being that is YOU.

Only if you celebrate that, and acknowledge the self, can you acknowledge your Master. From now onward, you can only reach him through the magnificence of the self. If you do not value the self, you are fooling yourself into believing that you have touched your Master.

Use the day wisely. Planet Earth will be flooded with very potent frequencies tomorrow. Enjoy them. Draw them in. Self-search. Acknowledge who you have been, and who you are now. Give yourselves a pat on the back. Embrace your magnificence, and use the day to celebrate YOU.

Even if you have a full days' work planned, go about it in joy, celebrating the self. Give yourselves a present or two. Write yourselves a love letter. Compliment the self. Appreciate and acknowledge...YOU.

BLESSINGS FROM THE HIGHER SOUL OF THIS BEAUTIFUL GROUP.

(Sohrab shifts energies. A disturbed voice speaks out, and then exits)

Mujhe pata nehi mai kaha hun!

(Sohrab shifts energies)

We permitted him in for a moment, to receive your energies directly. Please continue to energize him for a few more moments. (Pause) Thank you.

Greetings!

The thinning of the veils, over the next three days, is also going to permit a beautiful influx of visitors to Planet Earth. They could, of course, come anytime; but they are choosing this time-period as an entry point. They will now anchor themselves here and begin work.

The first group of these visitors we will call **Teaching Souls**. Some have had incarnations here, had moved into spirit, and are now returning to serve the planet

in their unique ways. Others are Universal friends, who are reducing their vibrations to offer their services to Planet Earth and her inhabitants for a period of time. These teaching souls are going to be working with Planet Earth herself, and all Her kingdoms.

Many are coming to raise group consciousness. They may work with individuals or with groups (such as this beautiful group), to help raise their consciousness and take them to new levels of awareness and expansion.

Some of these teaching souls will deliberately attach themselves to groups that are energetically restricted, narrow-minded or bigoted. This is naturally at the invitation of the higher souls of members of those groups, who now want to break free of old patterns, and grow, evolve and awaken.

In India, two large collectives have called upon teaching souls to help uplift them. The first include groups within the business community; and the second, groups within the Political community. So these teaching souls will work towards helping them grow and evolve, *if* their human consciousness permits this.

They will be stimulating the brains of people with energies equivalent to miniscule electric shocks. These will not be felt physically, but they will offer people the opportunity to overwrite old pathways in the brain, and explore a new and expanded framework in which to exist.

Other teaching souls will be working with Planet Earth herself. She requires their help with internal spring-cleaning. They will be helping clean, detoxify and upgrade all her natural aspects: her oil reserves, her soil, her crystalline component, her water-bodies, and so on.

All of this is likely to cause, once again, earth shifts; big and small, which you will experience worldwide over the next 6 to 8 months. As this is necessary, please don't try to stop them. As Lightworkers, you are required to energize them when they occur, so that they take place as smoothly and effectively as possible. But facilitate; don't stop them.

The human race has also called for a body cleanse, which is to take place before the end of this year. Many may experience unexpected eruptions and ailments: all of this needs to come up and be released.

Lightworkers, please stop judging diseases. Focus on release. Your aim, when sending light and healing, should not be to suppress the ailment. It should be to help release it as smoothly and quickly as possible. So even if you are working with a cancer patient, don't work to suppress it. Work to help the issue, and the cancer itself, to arise and be cleansed out of the body.

Now, a second such group of visitors we will call ***Universal Energy Workers***. These are friends who are choosing to work on and within the Planet, to help streamline and release the necessary energies for the Planet's growth and evolution. Once again, they will work with individuals, groups and with the Planet Herself.

You are invited to consciously connect with them. Most of them are members of the Ashtaar Command. And most of you earthly Lightworkers are already working with them at a higher level, acting as energetic hosts, so that they can easily attach themselves to planet Earth *through you*.

They do not reside within your bodies, but they do accompany you at all times, facilitating that which is necessary for you and your environment.

Every single lightworker will have at least one such Ashtaar friend working alongside you for the next few months. Why not get to know your friends?

We know about this, so we can work with them. But there are others in our family and friend circles who are not aware of them. Since this work is taking place, and our frequencies will naturally rise very rapidly, won't it change our equations with those we interact with on a daily basis?

Yes, it will. You cannot control or streamline this; you can only work with it. But we assure you that this energetic aspect will not cause you to have a rocky relationship with those who are unaware of it. Your vibrations will rise so smoothly and beautifully that the spill-over effect will only please, stimulate and benefit those around you.

However, there may be stray cases where there are eruptions caused between you and your family members because of this aspect of energy. This will happen if they stubbornly refuse to raise their vibrations, despite the encouragement they are receiving from their own higher souls. But then, that is their issue; not yours.

These energy workers are also going to be working specifically with Planet Earth. They are beginning to raise the overall vibration of the Planet. They are also working to upgrade the chemical composition of the soil and its pH balance.

Your plant kingdom is undergoing a tremendous upsurge. It has taken the lead in this aspect. You will discover interesting new attributes, benefits and curative powers in plants, flowers, fruit, grain, berries, and roots and so on. These weren't previously discovered because they didn't contain these in the past.

This would be the perfect time 'eat natural' as much as possible, as many natural foods are now becoming all-purpose cures. We also suggest you attempt to use natural herbs and cures during this time period. These will be of great benefit to cancer patients.

A third group of visitors we will call ***Earthly Spiritual Guides***. These are not your Universal Masters, but are highly evolved spirits who have chosen to come and live on Earth, but not in physical form. But they do actually reside here, as walking energy Masters on Earth.

You will now be able to tune in and sense these beings. You may sense their presences in your homes. Don't be scared. They are wonderful friends who reside with you, and offer you direct energetic contact.

Each grand Universal Master, such as the Sai, the Mohammed, the Buddh, or the Zarathushtra, will be influencing these Earthly Spirit Guides, and infusing them with their own frequencies. So you are now truly interacting with them, right here on earth. But they surround you, serving you, serving Earth and her consciousness.

Connect with these wonderful friends. Get to know them. Know that you are never alone, but are accompanied by a host of celestial friends at all times.

You spoke earlier of natural foods, but most of what we get is so full of chemicals. How can we then truly 'eat natural'?

Yes, you are correct. The human race has truly polluted the planet in so many ways. Part of the function of these visitors is to help in reversing the process. But

you can help by being ecologically aware, by making changes, and by energizing all that you ingest. You can reduce the effects of the pollutants this way.

Isn't the Animal kingdom also being rapidly upgraded?

It is indeed. Many animals are now choosing to release toxins at a very rapid rate. Others are using these friends to increase their consciousness. Many will also use these energies to exit the planet this year. Please accept this as their personal choice of an upgrade.

As the body upgrades, will there be side-effects?

Yes, there could be, in certain cases. Some will go through physical releases and purges. Many will go through personality shifts and changes. You will also find an amazing rise in the acceptance of spirituality before the end of this year. Many of those who have previously scorned all that you study will start to sit up and explore it themselves.

Enjoy this, spread the word, share your knowledge and help others awaken.

There seems to be a worldwide trend of intolerance to flour, wheat and bread. Why is this happening?

Most of these kinds of intolerances are only temporary. The human body is upgrading so rapidly right now that it needs very specific foods at different times. Now if this was not made quite clear to you by the body, you would continue to eat those foods, and do the body a disservice.

This year, it will be very difficult to expect allergic treatment to work long-term, as the body is changing moment to moment. Try and work with it.

WE LEAVE YOU IN LIGHT. GREETINGS, BLESSINGS AND THE EMBRACE OF THE ASHTAAR COMMAND.

(Now Sohrab speaks, while still in connection)

Dear friends, I am being urged to tell you that there are a few women here who still carry tremendous pain and guilt from having had abortions or miscarriages in the past.

These ladies are urged to connect with the soul of the child. They are to know that there was no sin committed here, nor was this a mistake. They have not 'killed' a soul.

There are at least three ladies in this room today who still carry this trauma. Please connect with these souls; they want to talk to you.
