

Sohrab's Channeling

10th March 2016

THE SPEEDING UP OF TIME

IT'S EFFECT ON THE PHYSICAL, MENTAL AND EMOTIONAL BODIES

LEARNING TO MANIPULATE TIME

NEW ENERGIES BEING RELEASED FROM PLANET EARTH'S CORE

Greetings from a Crystalline Being of Light!

Today we will speak of ***Time***. There is a further surge in the time structure of Planet Earth which has been initiated this very month. In the recent past we had explained to you that though you *thought* you inhabited a 24-hour day, you *actually existed* in an 11 to 12-hour day.

With this new surge in time, you are now working in approximately a 10-hour day. What this means is that although your clocks still indicate a 24-hour day, every second is moving more than twice as fast as it did a century ago. You are, in effect, compressing into 10 hours what you think you are doing in 24. This means that within a span of 10 hours, you are sleeping, waking up, going to work, carrying on with daily life, returning home, eating dinner and going back to bed.

The new 10-hour day is actually a generalization, as each individual varies this to a degree. On one day, if your energies are fast-paced, you actually reduce this to less than 10 hours. On other days, you extend time a little.

Now let us get even more specific. Different parts of your body also function in slightly varying time-frames. Your task is to therefore streamline all parts of the self, and to attempt to bring them into synergy.

Let's examine the various bodies you inhabit.

In the **Physical Body**, areas like the brain, pituitary and pineal glands are likely to work at an accelerated pace. Other areas that are diseased or sluggish will work at a slower pace.

On days when there are extreme time-variances within the body, you tend to feel mentally confused and physically fatigued. On other days, when different parts of the body are relatively time-aligned, you feel charged up, alert and ready to run the proverbial marathon.

So on days when you feel sluggish and disjointed, we do suggest you scan your bodies, tune in to the self, and urge the sluggish parts to ‘bring themselves upto speed’. Yes, all it requires is focus, intent and a strong command.

The **Mental Body** is perhaps the most sensitive to, and affected by, time-variances. This is because it is not bound by physicality. On certain days, it speeds up tremendously; and on others, it slows down.

*How and why does this happen?*

Let us take you Lightworkers as an example. In moments where you are expanding your spiritual knowledge, examining the self, or ‘looking at the bigger picture’, the mental body is naturally vibrating very speedily, and your time-frame reduces to one even less than a 10-hour day.

But the next minute you might slip into an old mental pattern of victimhood, or indulge in a hearty gossip session with a group of friends. This would instantly reduce your mental vibrations, and take you into a slower time-frame of existence.

Because the mental body is so agile, volatile and sensitive, these disproportionate frequency can really causes havoc in your lives. You then start to see things askew, imagine situations that do not exist, are unable to make informed choices and decisions, and lose sight of who you really are.

This is *the most important* body to focus upon when it comes to ‘keeping up with time’. We do urge you to try and align your thoughts with your current time-frequencies.

*Could you please give us an example?*

Let’s take our earlier example: gossip. The frequencies of gossip are extremely sluggish and self-damaging. When you are feeling low, empty, insignificant and worthless, you tend to gossip about another person. This gives you a temporary ‘high’, and you mistakenly assume that by dragging another person through the mud, you are elevated to a superior position. In actual fact, the ‘high’ wears off almost instantaneously, and you end up feeling worse about yourself.

So the next time you find yourself relishing a good gossip session, we do suggest you remind yourself of this, and choose instead to focus upon positive attributes in the other person; ones that you have never before explored. At the same time, be true to the self, and explore privately what aspect of your life is so empty that you need to fill it with malicious slander. This process would instantly bring the mental body upto speed.

Dear friends, we never speak idly. ***This year, the mental body is so sensitive and so agile that you can use it to either inflict a lot of self-damage, or to perform miracles. Why not choose the latter?***

This year you really can ‘think’ yourselves into good health. You can really focus upon a project and make it happen. You can change your lives around.

The **Emotional Body** is also habituated to old, dense frequencies and lower time-frames, most of which are familiar and comforting. But these are not upto speed. Many are not consciously aware of this, but they actually enjoy feeling, for example, victimized. You now have to choose to start acknowledging, nurturing, embracing, valuing, appreciating and loving the self.

Many assume that the emotional body is dependent on their surroundings. Yes, if you are surrounded by people who are filled with hatred and bigotry, it most definitely influences you. But you are not dependant on that. You have to now learn to raise your own vibrations to such a degree that you become a beacon of light; one that changes your environment. By accelerating your own time-frame and standing tall and firm in the face of adversity, you become the change.

*So how do we best work with accelerated time in an overall manner?*

We would suggest that you check your bodies on a daily basis.

Start with the **physical**. Scan the body. Intuit which areas are sluggish on that particular day. Let us assume that you find the liver vibrating at a lower level. Then use the **mental** body to find out what issue is causing this.

Supposing the word ‘victimhood’ pops up, then ask the self what aspect of victimhood you need to address in the now. Now the **emotional** body naturally comes into play. Ask yourself what you are really feeling. Acknowledge your feelings of victimhood, but choose to move beyond them into empowerment.

Please remember that no human only experiences one emotion at a time. You usually experience about five, and some of them can be totally contradictory. So go beyond your surface emotion and dig deeper.

A person can, for example, be happy at surface level; but on further exploration, he may find that he is also worried about something, a little confused, feeling sensitive in another area and quite raw in yet another.

Choose to enhance the positive aspects, and address the others. Make firm choices. Deal with your feelings. With your current vibrations and the speeding up of time, you really can choose to move from victimhood to empowerment with just a firm thought.

*Would affirmations help?*

Some people respond very strongly to affirmations; others do not. Check if it works for you. If it does, by all means use affirmations; but keep them short, specific and to the point. In this current era of high vibrations and the speeding up of time, long and unclear ones have little potency.

*Wouldn't breathing and breath control help us bring ourselves into perfect balance?*

Breathing is one of the primary ways of bringing the body upto speed. But, at the same time, you also have to work on the self.

Friends, when you drive a car, and no matter what speed you are at, you always feel that “anyone slower than you is a moron; anyone faster than you is a maniac”. Be careful not to use that amusing analogy here: each person is going to vibrate at his own pace. You cannot be the arbiter of another's speed.

Now that you have understood that time has speeded up and varies not only around you but within your structure as well, you next have to learn ***how to manipulate time to suit the self.***

Let us say that you wake up one morning, well aware of an extremely busy day ahead of you, and the very thought of this overwhelms you. This possibly paralyses you, and you are unable to function.

Now here's the trick. ***You can't change external time, but you can play with your internal body clock.*** You can slow it down, or speed it up, to suit the self.

So, on a day like this, when you know your inner time-frequencies are slower than those around you, you have to bring them up to speed by stretching internal time. This will be accomplished by taking a few deep breaths, calming the self, and by choosing to focus on the task at hand, to the exclusion of any upcoming event. Then, when it is accomplished, you focus exclusively on the next task at hand, and so on.

***By emersing yourself totally 'into the now', you have paradoxically stretched time and brought yourself upto speed.*** At the end of the day, you will find that you have accomplished far more than you thought you were capable of, and you will feel refreshed, rejuvenated and triumphant.

On other days, when you feel dull, bored and sluggish, you can once again speed up internal time by being 'in the moment' and examining what is arising within you. Embrace it, and you will find a host of interesting thoughts and revelations being shown to you. This will speed up your inner time-frequencies.

In short, ***being 'in the now' either increases or decreases your internal body-clock, so as to bring it into sync with external time.***

*Don't we do this automatically on certain days?*

Indeed you do. But when you better understand it, you can ***choose to do it at will***, rather than let it happen or not happen.

BLESSINGS FROM THE CRYSTALLINE KINGDOM.

(Sohrab shifts energies)

Greetings from THE GERMAIN!

The brain is going to be a veritable beehive this year, buzzing with activity. The speeding up of time is going to constantly stimulate it. Till it acclimatizes to the new frequencies, it will fluctuate from time to time.

This could, at times, result in an over-active brain, racing with thoughts when you are trying to go to sleep; or a sluggish, unresponsive brain when you are trying to focus on a situation. At other times, wild and repulsive thoughts could arise; ones that horrify you.

With the speeding up of time, *the brain is going through two predominant processes*. The first is one of *excretion*.

A lot of debris is stored in the brain cells, and this now needs to be purged. Let us say that, in a certain lifetime, you were an evil, murderous being. You are not that person today, but the residue of those experiences is still stored in the brain cells. During the purging process, they may arise in fragmented, disjointed ways.

Understand what is happening, and don't hinder the process. Allow them to arise. Don't judge the self. Don't worry that they are going to lead you to repeat those actions. Just let them come up and out.

As this occurs, you are lead into the second process: *absorption*. You will find a sudden rise in your ability to absorb knowledge and information. You will be able to intuitively 'read between the lines', understand what makes others tick, better deal with people and situations, and know what is right for the self, and what is not. Enjoy this aspect.

The brain is going to work all thought your sleeping hours; you cannot stop this process. But you can command the body to relax before you fall asleep, and command the brain to continue its work without allowing your rest to be disturbed.

Many will, over the next few months, also have *strange and disjointed dreams*. Most of these mean nothing; they are simply a result of a nightly purge. Don't worry about them.

However, we do suggest you use your intuition. If your gut tells you that you need to examine a particular dream, then please do so. But most will simply be releases.

BLESSINGS.

(Sohrab shift energies)

THE MEHER (BABA) GREETES YOU!

*You can also acclimatize to the speeding up of time by allowing the self rest, relaxation, laughter and exercise.*

All four elements are essential. Learn to combine them. Exercise, for example, must be fun! Do what the body urges you to do. **You** choose your preferred mode of exercise. And when you do exercise, consciously urge the cells of your body to laugh and vibrate at a new frequency. Through physical exercise, the mental and emotional bodies will also be brought up to speed.

(Laughing) As we speak, we can feel a wave of resistance arising in this room. We are not urging all of you to join a gym. Work with what pleases you. Walk, stretch, go dancing, dance naked in your room if you want (laughter). Yes, exercise, laugh, socialize, share of yourself with others and shine!

BLESSINGS.

(Sohrab shifts energies)

GREETINGS!

Earth's time frequencies are indeed changing very rapidly. She has not only increased the speed of her rotation on her axis, but also the speed of her revolution around the Sun. As a result of this, new pulses are being discharged from her core centre. These are energetically very much like solar flares, and are causing spirals of intense energy to flow up and down, along the polar meridians.

These are spirals of time-management. They will govern and co-ordinate the time-frequencies of all the kingdoms of Planet Earth, as well as her own unique ones.

Time, at the core of the Earth, is moving extremely rapidly. As it emanates outward, it reduces in speed. But as she continues to release these impulses, time will keep speeding up. Each kingdom will use these accelerated frequencies in a manner most suited to the self.

***The Human Race will use them to increase the flow between self and Self (the Universe).*** This will facilitate greater understanding (and absorption) of knowledge, wisdom and awareness. The brain capacity will expand, and this will lead to newer breakthroughs in science, technology and all other fields.

Those humans who choose to resist these energies by attempting to remain rooted in lower frequencies, such as hatred and bigotry, will find themselves cracking under the strain.

***The Animal Kingdom has chosen to use these energies to increase their brain-power and to upgrade their thought-processes.*** They will also streamline their physical forms, and enhance their emotional bodies.

Let's take one example to illustrate this point; that of the Elephant. You already know that elephants are beings of great strength, tempered with gentleness. They also demonstrate very human-like love for their partners and family. This collective will enhance all these qualities, taking them to newer heights. Other collectives may choose to reduce aspects of the group that they now deem inappropriate for their evolutionary path.

***The Plant Kingdom has chosen to use these energies to increase their nutritional qualities.*** Each fruit and vegetable will slowly offer you higher levels of nutrition and healing qualities. This process is unfortunately being retarded by your excessive use of artificial pesticides and manure.

***The Mineral Kingdom, which is now vibrating at a very high level and has its own agenda, will not tolerate any form of misuse or abuse.*** If you now try to misuse or misdirect the energies of a crystal, they will simply backfire on you.

*So are GMO foods, which are promoted worldwide, actually bad? (Note: Genetically Modified Foods; those which are supposed to reduce or do away with the use of pesticides)*

The attempt is praiseworthy, but the processes are not yet being properly implemented.

*So it all boils down to 'living in the now'?*

Yes. This does not mean that you cannot think or plan for the future. Of course you can. Of course you must. But your focus has to be on the present. Most humans live predominantly in the past or the future and completely ignore the present.

**YOU ARE BLESSED BY AN UNNAMED FRIEND.**

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