

Sohrab's Channeling

11th January, 2018

TIME

(Sohrab speaks to the group, prior to the channelling.)

At the beginning of last year, the Masters warned us that 2017 would go by at 'roller-coaster speed'. That certainly happened: before we knew it, we were in December. The sense I am getting of this year is that it's going to take off like a rocket.

Events of all sorts (personal events, public events and world events) are going to come upon us with absolutely no warning. We will have no option but to think on our feet and make speedy choices and decisions. Taking time to mull over the situation will just not work; those opportunities will just pass you by.

The Masters have also stressed that, this year, we will learn best 'on the job'. When dealing with a difficult situation, we will have to be very present and 'in the moment'; not only making choices about how to deal with it, but also learning about ourselves at the same time.

(The channelling begins)

BLESSINGS AND GREETINGS FROM THE ENERGIES OF THE UNIVERSAL
YOGANANDA.

It is now vital that you consciously begin to play with TIME. This is the new call for 2018. Though this has been spoken of before, we need to discuss it further today.

You live in a 3-D world; one defined by length, breadth and height. You are all learning to move from the 3rd to the 5th dimension: to do so, you have to now better understand the 4th dimension...time.

On earth, Time is defined in terms of hours, minutes and seconds. Even music is defined in terms of rhythm and beat, which 'keeps time'. You have heard the Masters speak of timelessness, but you have never really understood it.

Universal time **cannot** be measured. It is **not** a rhythm or a beat. It is **not** constricted. It has **no** boundaries. **It is a flow.**

On earth, even the flow of a river can be measured, as some rivers flow faster than

others. They adhere to earth time. But ***the energetic flow of time contains, within itself, all possible time frequencies; from the slowest to the infinite.*** How can this possible be 'measured'? This is timelessness.

So when do you experience this timelessness on earth? When you are in deep sleep or deep meditation. When you are under anaesthesia. When you are completely absorbed in a joyous activity. Yes, these are timeless moments.

Now let's examine one of these examples. Let us assume that you are enthralled by a musical concert. Yes, the concert has a definite time-span: perhaps two hours. But within the concert, each musician is playing a different instrument. Each one has its own tempo and beat; each follows a series of differing time-structures. There is also, perhaps, a lead singer who creates her own, unique time-vibration. Yet all these various tempi mesh together seamlessly, transporting you into timelessness.

The human body is the perfect example of timelessness on Earth. Your nails grow at a different pace to your hair. Different cells in the body regenerate at different speeds. Different organs vibrate in individual, unique ways. Your in-breath differs from your out-breath. Every part of the body has its own, unique rhythm and time-structure; yet it functions in perfect harmony.

We now urge you to start consciously playing with time and changing it at will.

Many of you already do so when you meditate, but we would like you to experiment with it in full consciousness; perhaps while you are walking on the street or involved in an activity.

To do so, you must first acknowledge that ***the flow of time is an abstract Master energy***; one as powerful as any known Master. You have to connect with, and get to know, this grand Master frequency. Familiarize yourselves with it.

The abstract Master flow of time has countless qualities; but the predominant ones are transformation, moment-to-moment recreation and reinvention of the self, the desire to grow and expand, the desire to transmute the self and everything with which it interacts, a Cosmic sense of humour and pure joy. Yes, time is JOY.

So the best way to work with the manipulation of time is to first connect with its Master energy, and then work with a sense of fun, a sense of the ridiculous, the spirit of joy and adventure and the desire to transform the self. Now let's examine how you can practically do this.

(Smiling) Let's assume that you are attending a spiritual discourse and you are extremely bored. Time appears to drag by. Connect with the abstract Master energies of time, and flood yourself with it. Align your newly-merged energies with the discourse. You will instantly find yourself coming into balance.

This sounds so difficult!

Isn't this what you instinctively do when you are having a good time? You are so immersed in the moment that you intuitively align your time energies to what is

taking place around you.

Think about it. When you watch a film and find yourself really enjoying it, you intuitively adjust your frequencies to that of the film. It always has slower-paced moments, and others that are very rapid. You simply adjust your wave-length to what is happening on the screen.

However, when something bores you or irritates you, your time frequency differs from what is taking place around you. Just learn to consciously align with it.

What of people who don't have a sense of time?

Yes; from an earthly perspective it is very annoying to be repeatedly kept waiting. But from a spiritual perspective, many of these people are so in flow with Universal time that they just don't understand the restrictions of earthly time. However, as they have chosen to incarnate on earth, they do have to learn to work with earth-time.

What of procrastinators?

These people are generally out-of-sync with the energetic event that is taking place, so they find it difficult to make a decision. If they work at aligning their energies with the situation, they will find it easier to make a choice or to 'get down to it'.

Now, learning to master the workings of time is going to be a process; but it is an invaluable one. It's going to be the new order of healing on Planet Earth.

Think about this: why does an organ get diseased? This is because it follows the earthly, linear passageway of time. It always starts out healthy and vibrant; but, over time, it gets affected by emotions, situations and actions you take, and may then go into a state of disrepair.

You will now be slowly taught how to open to the abstract energies of time and bathe the diseased organ with its frequencies. Remember, the flow of time pertaining to this organ contains all frequencies, including those in which it was healthy and vital. If you consciously bathe it with that frequency, it has to revert to its earlier, natural state.

In the same way, you are not born angry, irritable, annoyed and frustrated. This has developed 'over time'. So you can choose to work with the flow to time(lessness) to return to your natural state of openness, awe and wonderment.

Timelessness is 'the fountain of youth'. This is alchemy. This is manifestation.

Is that why they say, "Time Heals Everything"?

Yes, indeed. Today, we are just introducing you to this concept by offering you a 'tasting menu'. But we do urge you to start working with this very consciously. Play with it.

On a day that you find yourself overwhelmed by the amount of work that you have

to accomplish... breathe, relax and call on the abstract Master energies of time. Demand that your personal frequencies be raised, so that they match the hectic energies around you.

On Earth, we are so bound by conditioning, rules and regulations. Don't these interfere with the natural flow of time?

Conditioning and time are interlinked, but they are not the same. While you are on Earth, you do need a framework within which to grow and evolve; but this has to constantly be re-defined and expanded by you.

A toddler needs the bars of his playpen to keep him safe and secure; but as he grows up, he eventually learns that the entire world is his playpen. In the same way, a 3rd dimensional society like Earth has been given linear time as a safety net, a guideline and a structure. This cannot be fully removed; but we are now urging you to occasionally go beyond its limitations.

So timelessness leads us to unlimited possibilities?

Yes, indeed. ***Timelessness leads you to the energetic field of infinite possibilities.*** You must now learn that anything is possible.

Two decades ago, for example, it was considered impossible for a black man to become the President of the United States. At that time, it actually was 'impossible'; but as energies on earth shifted and upgraded, the impossible became possible.

The average human believes it is impossible to walk through a solid wall. But there are indeed a handful of mystics and yogis who most certainly believe it to be possible. And because they believe it to be so; it is. They play with the flow of time, temporarily align the molecules in their bodies with those of the wall, and are therefore able to pass through it seamlessly.

Others play with time, space and dimension and are able to 'manifest' vibhuti (ash) from their palms. Yes, some are 'fakes' and work with magical illusions; but many are genuine. Infinite possibilities.

Now let's be practical. Here are some very achievable goals for 2018, if you consciously choose to work with the flow of time:

1. ***You will truly be able to change your moods, your emotions, and your ways of behaviour... at will.*** You will no longer be a slave to anger, irritability or depression.
2. ***You will be able to change your state of health.*** You may not yet be able to completely cure a major disease that has taken hold in your body; but if you work at it, you will be able to reduce it by half. Some will go further than this.
3. You will find ***your ability to manifest outcomes increasing exponentially.***
4. Playing with the flow of time will, interestingly enough, ***help you fall in love with yourself.*** Your cells will 'sing' every time you play with time. You are

already familiar with how it makes you feel when you are enjoying yourself or meditating; now imagine how magnificent you will feel when you self-create it, at will. You are in charge when you do so consciously. You now own your mastery.

We will, in the future, also teach you how to 'go back in linear time' and change events that occurred in the past, so that they don't adversely affect you any longer.

Could you please explain this more clearly?

Let us say that a person was raped in her childhood. This would, quite naturally, have affected her mentally, physically and emotionally. It would also have contributed to tremendous growth on her part; bringing her to 'who she is' today.

We will teach you how to bend and manipulate time... not to change the event, but to change its frequency. This will change the way you currently perceive it and are affected by it. You will be able to rid yourself of past pain, trauma and 'the hold' it possibly still has over you.

Many, many advanced Universal societies play with time... as a matter of course. For example, you still assume that most of them use some form of fuel to transport their spacecraft from one place to another. In actual fact, most use the power of thought; coupled with the manipulation of the flow of time.

They can band together, bend time and space, and temporarily join their reality and location with yours. This brings them to earth in an instant, even if they were several million light years away.

This is not as implausible as it sounds. You actually do the same when you try to 'remember something'. If we ask you what you ate for lunch yesterday and you are able to describe it, you are actually bending time and space, joining the event of the meal with your current reality, and seemingly recalling it.

A more potent event, be it joyous or traumatic, can be 'recalled' with greater detail, because it had a greater impact on you than your meal of yesterday. You are then able to hold the two timelines together for a longer period, and with more force and clarity.

This is also manifestation. When you strongly 'imagine' yourself in the future, healthy and in a beautiful physical form, you are merging the two timelines and creating just that energy in your future. When done with intensity, belief and full faith in the self...it has to manifest. Anything is possible.

Does time influence acceptance?

Time influences every aspect of planet Earth. You are speaking of accepting the loss of a loved one. Yes, time does heal that. Now here is an interesting fact: ***it's not just the length of time that helps in healing; time itself is a healer.*** It always offers you energetic balm, understanding and a large dose of joy. As that builds up in you, it heals you.

The Yogananda speaks in his Universal form today. He works extremely closely with many magnificent Universal beings, like the Arcturians, for the upliftment of Planet Earth. ***It is the Yogananda who will be coordinating, this year, a new flow of time; one accessible only to those who are interested in this concept.*** Yes, this flow will only be available to those who are energetically ready, interested and who welcome it with joy.

Take a moment now and feel the love of the Yogananda. Experience the love, light, awareness and joy of the energy of time. Feel it palpably in your body. Open every cell, every bone, every muscle, every tissue, every pore...and receive it. Really experience the energies of time as a flow. (Pause)

BLESSINGS!
