

4<sup>th</sup> March, 2010

**THE METATRON**

*Channeled by Sohrab*

## The Energy of Clarity The Energy of Release

[A Group Member spoke of her friend, an elderly lady who had been comatose/semi-comatose for almost 9 months, and asked the group to work together, to offer her energy. Sohrab then commenced channeling. The energies of the friend attempted to speak through him, but were unable to do so. A support Soul channels through..]

Trance Channeling begins

**Support Soul:** The soul wished to speak, but was unable to forge a connection with this friend [Sohrab]. I am a 'support soul', who now speaks.

***Please offer her the energies of clarity.*** There is brain damage, her synapses are not functioning as they should, therefore she is experiencing 'blankness', and is unable to complete inner resolution of issues smoothly. She is determined to do so, before exiting.

What you can offer this soul today is the energy of clarity: do not give her healing, and do not attempt to direct the soul's course to remain or to exit. Just offer her clarity.

Now, *this can only be done if you work dispassionately*: while working, if you start feeling sorry for her, or find yourself getting emotional, please disengage from the group till you are in balance, and then resume the work. Emotions would disturb the purity of the group work. Would you kindly ensure that you do this? [All agreed] Then you will.

The energies of the friend have been brought here, to this very room, and are floating directly above you: do not attempt to connect with them yet. Just be aware that the soul's energies are here, not in human form, but in the form of energetic streaks [much like a Milky Way].

Start to generate an energy pulse from within self. You will visualize this as a beam of golden light, vibrating deep within you, and moving upward, laser-sharp, through your Chakric system, out the crown chakra, energizing the friend's energies above. You will do this individually, but in effect you are work as a group: we will co-ordinate the group work, you continue to work individually. Please start. [The group commences]

Do not be tentative. Many are tentative: just do the work dispassionately, with no emotion whatsoever.

Now, start chanting internally 'Clarity of mind, body and soul, clarity of mind, body and soul, clarity of mind, body and soul'. Please continue. [Pause]

Now you will provide support through this structure you have created, by chanting 20 OM's very softly, as deep as you can. You will do this aloud, but the resonance must come from deep within you. As you chant, visualize the boost you are offering this friend travelling upwards, into her.

[All chanting OM, as directed by the support soul]

There is a further contribution you can choose to make, if you so desire. You can make a command within self right now, that you will support her through her processes tonight, in the astral. For those who wish to do this, make this inner declaration joyously: "I choose to support this friend through her processes tonight, in this astral".

For those who choose not to work with her tonight, that is completely acceptable. You will do other work in the astral tonight.

You are being thanked by the energies of the friend and the energies of the support soul.

[Sohrab continues channeling with 'The Metatron']

Welcome, dear friends! Kindly share some of the experiences you just underwent...

**Group Member:** – My heart felt heavy. I feel tense.

**Group Member:**– Before we started this exercise, the soul asked "Who is more miserable, me or them?"

**Group Member:**– I saw her come out of her physical, and go through some door.

**The Metatron:** – That did occur.

**Group Member:**– Regeneration – Being 80 years old and having problems does not necessarily mean she will exit: it could also mean she is regenerating an organ that needs to be repaired.

**Group Member:** – I got the feeling that this 'clarity of body, mind and soul' was also for all of us: we needed it too.

**The Metatron:** – Of course! Everything you did today was in equal measure for self.

**Group Member:**– I felt in the beginning, when she started to speak, that she needs to release and exit. I think we should encourage her to do so.

**The Metatron:** – You needed to give her ‘dispassionate’ energies, without any influenced outcome. And you all did just that.

**Group Member:**– I saw her energies, just like the Milky Way, before you said that!

**The Metatron:** – Good

**Group Member:** – I did too. And as we chanted the deep OM, I felt her energies expand and grow bigger.

**The Metatron:** – What happened to her energies at that moment in time?

**Group Member:**– She took our energies in at that point, filled up, and expanded.

**The Metatron:** – Wonderful! There were a series of ‘explosions’ that took place within her structure, at that moment. Prior to that, she had resisted the energies being offered.

**Group Member:**– She asked me to continue chanting OM for her, as it makes her feel good. She gets a pleasing, tingling sensation. She said, “Please continue”. So I will.

**The Metatron:** – Very good! Others may also follow suit, if they so wish. If you do, you will be doing this as much for her as for self.

**Group Member:** – I get the feeling that she has absorbed a lot of negativity, that’s why she has manifested physical sores on her body. She is not yet able to ‘let go’, but she will very soon: possibly tonight.

**The Metatron:** – That decision has not yet been taken by her. There is a strong possibility, with the work you do in the astral, that she may choose to exit tonight. But that is not a certainty, and this information must not be passed on to the family, who may be disturbed by it. However, you may certainly share with them that deep energy work has been done for her, by this group.

**Group Member:** – Can we use this for other patients?

**The Metatron:** – You may offer anyone light and energy; but you must check what their individual needs are: in this case, she demanded ‘clarity’. Now, had you offered her energetic support, instead of clarity, you would have benefited her, but not in the way she desired.

**Group Member:** – [inaudible]

**The Metatron:** – Would you like to visit her physically? You need to, you need to!

**Group Member:** – Yes, I will

**The Metatron:** – For yourself, not for her: go and see what unfolds for you. But of course you will be aiding her as well.

This particular soul [for your interest and information] is one who is *extremely resistant to any form of external help*. Did any of you sense that? Did you notice how, even on an energetic level, the soul initially resisted the energies that this wonderful group offered her?

**Group Member:** – Wasn't there anger? I sensed a lot of anger.

**The Metatron:** – Ah ha! Dear friends, she has many issues: repressed anger, frustration, humiliation, pain, and much confusion. These have now got blurred. She is unable to identify the source of her anger, to examine her trauma, and so on. These have now become blurred masses of congealed energy, which are hitting her, wave by wave, and she is unable to proceed with her process of assimilation and resolution.

**Group Member:**– So that's why her body sores erupted.

**The Metatron:** – Exactly! And that is why the energy of 'clarity', given laser-like by this wonderful group, with no 'strings attached', with no desire to force an outcome, were the most beneficial.

You do understand this: when a surgeon operates on a patient, he must be detached, or else his knife will slip. He naturally must work with the force of love, but must not permit himself to get drawn into the situation.

**Group Member:**– Is she resisting release?

**The Metatron:** – She is resisting release; she is resisting returning to an earthly existence, she is resisting her family: she is simply feeling overwhelmed and unclear. She is faced with large tangles of incomprehensible energies; but with your boost of 'clarity', she will now be able to distangle these, working at a rate of her choosing.

So what exactly did all of you do today?

You pierced her structure with scalpel-like beams of light, creating little energy vacuum pockets, which were then filled with the vibration of the 'dispassionate OM'.

These little pockets then started to explode the energy blocks. This only occurred when you chanted the 'deep OMs'. The energy clumps therefore turned into small fragments; these she will be able to examine more clearly, if she so chooses. However, she is *still* resistant to examining self.

But the vibration that you have implanted in her, and the magnificently dispassionate way in which you all worked, *has* to impact her.

The second phase will take place tonight, in the astral: some of you will remember your journey, some will not. But we promise you this: those who have committed to this task *will* work exclusively with her tonight.

**Group Member:** – Was this a synchronistic call?

**The Metatron:** – Of course it was! Our friend here [Veena] suddenly got the urge to call him [Sohrab] yesterday, to ask for a personal session on this. He agreed, but 'had to' cancel at the last moment.

Group work was more appropriate than an individual session, and her energies had to be readied for this session; which is taking place at the perfect time and place, with the perfect help.

It may interest all of you to know that, even on an energetic level, the patient herself *did not* put out the call: she was resistant to external help.

**Group Member:**– Then who did?

**Group Member:** – The friend: the support soul!

**The Metatron:** – Now, your next question will be, "Did they override her free-will choice in this matter"?

**Group Member:**– Yes, of course!

**The Metatron:** – [Laughing] We can read your minds, you know! [To the Group Member] Hmmm! We know all those naughty thoughts you are thinking right now!!! [Everyone laughs]

**Group Member:**– Lovely, lovely!

**The Metatron:** – Dear friends, on a serious note, you must know this: every human being has a 'veil of privacy'. Your private thoughts and actions are always respected as such, and are never penetrated by us. Your own energies give us this indication, and we always respect your desire for privacy. Always.

**Group Member:**– [Laughing] You will be in shock if you read my thoughts!

**Group Member:**– Many sessions ago when we were healing areas of Bombay, I remember being told that the energies of Dadar were stuck in the past, and that they refused to let go of pre-conditioning: is this what happened to this lady, as she too lived there?

**The Metatron:** – Yes, indeed. In her case, she has layer upon layer upon layer of energies which are relatively fused together. She does desire to shift and fragment these, but she has been unable to do so in this particular life time. What she wishes to work upon, with your support, is to now begin to fragment her energies so that in a future lifetime, she will be more malleable and open to change.

**Group Member:** – Who made the call to us?

**The Metatron:** – The support soul. This wonderful friend [who spoke to you earlier] is her twin flame. The support soul was given energetic permission by her own higher beingness to place this call today. So, in effect, though she was resistant energetically, her totality was in acceptance of this work.

**Group Member:**– [inaudible] about the lady not knowing the difference between [inaudible]

**The Metatron:** – Exactly! Not only does she not know the difference, but she is unable to decipher what sources or episodes or areas she needs to look at, in her life, for resolution and assimilation. She has been lingering on, trying to sort this out: your gift of clarity will now help her, because she had to come to a level of readiness to be able to accept external help, with no strings attached.

Let us explain why we keep repeating this phrase, “***with no strings attached***”.

This particular soul is one who has been very stubborn and self-willed over lifetimes. She has built a series of protective shells around herself. She mistakenly thought that self-reliance meant “*not accepting another’s help, love, or support.*”

She needs to ‘crack’ this misconception, and in agreeing to receive your energetic support today, she is beginning to shift, albeit grudgingly. [all laugh]

Does this really matter? You were called upon to work; which you did, so generously and dispassionately: now release the work, and move onto the next moment.

**Group Member:**– Can I ask a question? Are healing and manifestation always done through non-attachment?

**The Metatron:** – Of course!

Now, you were all discussing earlier, the **new tilt of the Earth's axis**, as has been reported by your newspapers. *Do you realize that your own axis is also tilting in accordance with this?*

What is the Human axis? Let us explain.

This is an 'energetic line' of center, balance and focus, that you create over lifetimes of experiential wisdom and knowledge.

The human axis is a combination of energies you have brought from past existences, and is supplemented by the conditioning, scripts and training you have received in this life time. It exists physically head to toe, holding you upright and it also exists physically in every cell, keeping the cell energetically aligned.

Now, when we refer to cell alignment, we do not mean 'up and down' in a physical manner. The cells in your bloodstream, for example, must flow, move and rotate as they are directed by self. We are speaking here of individual cell balance.

As you grow and evolve, discovering self, exploring new truths, assimilating issues, and working on the "Who am I", the vibration of the axis of each cell starts to increase. Each axis starts to hum and a higher frequency.

These processes, within self, have been speeded up by Earth's lead in this. Haven't you noticed shifts and changes coming up suddenly for self? Old issues seemingly being raked up afresh? Physical changes in the body? There is not one person in this room who has not experienced upheavals over the last couple of months.

**Group Member:**— So our geometry is changing?

**The Metatron:** — *Your geometry is changing. The entire physical and energetic structure of the cells is starting to roll: as each cell moves a fraction, all the energies within have to recreate themselves. They cannot remain 'tilted', so they have to reconfigure themselves.*

*Just as, if you were to place small pebbles in a jar, and then tilt the jar, the pebbles would move, finding a new level and configuration of their own. However, unlike these pebbles which would remain the same, when your energies shift around inside the cells, they re-combine with each other, forming new sacred geometry.*

*You are rewriting your own energetic biographies.*

**Group Member:**— So we are moving away from duality and we are regenerating the twin souls, the feminine and the masculine, with the shift?

**Group Member:** – I think my question is related to the earlier Group Member: she earlier said that the reason that the earth movements are happening is so that the mass all comes together and the purpose of the axes shift is so that we get into alignment with the galactic front. So what is the purpose of our personal axes shifting? Where are we going with this? Is it the same for everyone?

**The Metatron:** – Only the pace is different, but every human being is on the same journey right now. *You are all rewriting your cellular biography.*

**Group Member:** – Does that mean that we are changing [inaudible]?

**The Metatron:** – It means the inception of change for everyone and everything.

**Group Member:** – Why am I getting the word ‘resonance’? What is the meaning of resonance?

**The Metatron:** – A resonance is a frequency that is comforting and familiar to you.

**Group Member:**– So what’s happening to the resonance within us, right now?

**The Metatron:** – You are experiencing discomfort because you are not in alignment with the new frequencies yet.

*You are rewriting, not just this lifetime’s experiences, but every experience you have ever played out in the history of who you are. You are re-writing every experience that you have ever experienced.*

Remember, we have been teaching you about ‘looping back in time’ and we have given you a little demonstration of this, at an earlier meeting, where you were shown how to project yourself into the future, draw these energies back into the current self, affecting the change from now.

But on a higher level, because time is simultaneous, you are now doing this effortlessly, re-writing who you are. As you familiarize yourselves with this procedure in your earthly incarnation, you will start to understand better what you are already doing at a higher level.

**Group Member:**– When you say re-writing, are we rewriting how we feel as well?

**The Metatron:** - You are rewriting *every single aspect* of who you are, as you so choose. You are beginning to re-write emotional and behavioral patterns, feelings, thoughts, situations, events, connections, relationships...*you are re-writing your own biographies.*

**Group Member:**– I feel different now: more whole, joyous and content; as compared to a month ago. Is that part of what is happening?



**The Metatron:** – Absolutely, absolutely. And where you self search and feel discontent, those are areas you need to work upon, which you are now beginning to view on an energetic level.

They have not reconstructed yet, so you will then use an eraser, and reconstruct those aspects of self.

**Group Member:**– I know we used the ‘laser-like’ rays for our friend today, but I think we did it for ourselves, as that is what this is all about!

**The Metatron:** – In the process of helping your friend today, you instantaneously gave your own cellular structure the clarity to come into the level of energetic realignment it required, for this moment in time.

**Group Member:**– I have another question: the earthquakes that are happening; are they because of us, and our resistance to change?

**The Metatron:** – “Which came first, the chicken or the egg”? You are creating the earthquakes, and the earthquakes are creating the shifts in you. Expect more. *Expect shifts in the tectonic plates within the earth’s surface.* Some will be felt by you, others will pass unnoticed. But expect a lot more earth movements.

**Group Member:** – What about volcanic eruptions?

**The Metatron:** – What did you do when you chanted the ‘deep OM’ for her structure?

**Group Member:**– I saw a visual of fire bursting out of her.

**The Metatron:** – You created energetic explosions in areas of resistance. Those areas are beginning to erupt within her. Volcanic eruptions do the same for Mother Earth, and for all her inhabitants. You require these eruptions.

**Group Member:**– That’s regeneration again!. Just when we were talking about the axes within us and the changes, is that somewhere connected to the exercise we did last week, where you asked us to project the image that we want of ourselves?

**The Metatron:**– Most definitely, dear friend: recreation, rewriting your own biographies.

On a physical level, while these shifts are taking place in your cellular structure [and they will not stop now], we do urge you to pay attention, once again, to the needs of the physical. Listen to your bodies, and offer them the appropriate nutrition, hydration and physical exercise that they demand of you.

Many of you may also experience shifts in the eyes: please do go and have check-ups. You may require lenses of a higher or a lower number.

Now what we say next will amuse you! Expect movement in the digestive system as well. You may temporarily experience diarrhea, burps and the passing of wind. Try, as much as possible, not to repress these. [All laugh]

**Group Member:**— This room would get very aromatic then! [All laugh]

**The Metatron:** — And you would be ‘exploding your own volcanoes’. [Uproarious laughter]

Dear friends, the ‘8.8 earthquake’ in Chile facilitated explosive energetic releases from within the earth’s surface in that area; these are affecting all of you as well. Some areas need to release explosively; others more gently.

Now for the injury/death toll: those who underwent physical or emotional trauma, or a passage, simply attached themselves to these energies *at the level to which they wished to access them*.

Speaking now in general [and there are always exceptions], those who passed over in this had, over lifetimes, extremely blocked energies. They chose to shake these up explosively, to open up their structures forever. Those who were simply injured had blocked energies to a lesser degree; but still needed ‘a blast’.

Each person, when he undergoes a physical calamity, always attaches himself to the appropriate energetic blast required by self.

*Let us give you an example: most of you are aware of the death, in a plane crash, of the eminent scientist Dr. Homi Bhabha. His chosen experience was one of pure science; his energies were not blocked at all.*

*He wished to move directly into a space of anti-matter, and chose to use the ‘plane crash’ to propel himself there.*

*He did not go through the usual steps of moving from the physical, through a tunnel of light, into the spirit realm, to be greeted by Masters, guides and loved ones. He shifted instantaneously into pure anti-matter: for him, this was exhilarating, and the most nurturing experience he could give himself.*

**Group Member:**— When these earthquakes took place in Haiti and Peru, did the land masses change accordingly? What new energies are coming into these areas?

**The Metatron:** — The axis shift took place, and will continue to take place, in every cell, in every molecule, in everything in these areas.

**Group Member:**— What changes will take place?

**The Metatron:** — Exactly what we described today: reconstruction of personal sacred geometry.

Each person is re-writing his own biography: this includes a rock, a leaf and a grain of sand.

**Group Member:**— Are all parts of planet earth going to experience the same level of change?

**The Metatron:** — Each will have its own level of intensity. Now, you do not have to be in close proximity to a strong earth movement, to receive a strong shake-up of your personal energies. You can attach to these energies from across the world and still do so.

But in general, when you are in close physical proximity to them, you cannot unconsciously or consciously put up any kind of defensive resistance to them, which you otherwise might, at 'crunch-time'.

If someone aims a blow at your face, your hands move up instinctively to protect it, don't they? Yet you don't want to protect yourself against your chosen shake-up.

**Group Member:**— I kept getting an image of blue, crystalline energies emerging in Chile.

**The Metatron:** — They have indeed, from hidden crystal caves beneath the surface of that area.

Let us end with a brief exercise, which you will do on your own time:

We ask you to choose three people who are very emotionally close to you. They could be family members, friends, pets or even acquaintances, whom you don't know very well, but towards whom you feel a huge 'pull'. Please make your selection now. [Pause]

Now, when you do this exercise, make a list of the qualities in these three that you like, and another list of qualities that you don't like. When you have done that, please review the list, and examine those very qualities in self.

We know that those of you who choose to do this exercise, will do so truthfully, even though you 'know the outcome' of it. Enjoy yourselves, and expect some interesting and unexpected outcomes!

**JOY, LOVE AND LIGHT FROM THAT ASPECT OF THE SOHRAB  
THAT IS THE METATRON.**

[Note: *This meeting took place on Thursday evening. Minnie Printer passed over peacefully on Saturday morning*]