

29<sup>th</sup> April, 2010  
THE ENERGIES OF THE OCEAN  
*Channeled by Sohrab*

## Energy rift in the African Continent

Trance Channeling begins

[The group was asked by Sohrab to chant 18 'Gaia's, instead of the OM.]

: The chant of 'Gaia' works slightly differently to that of the Om.

The energies generated by the vibration of 'Gai' strip your individual cell structure of its outermost layer, making way for new energies to be released from its core centre. The 'ya' sound energetically connects your cellular structure to the new energies flooding Planet Earth.

So, in effect, chanting this word sets off a chain reaction of strip/connect, making for a new, vibrant 'you'.

This is only the base-level effectiveness of this chant. You are also helping Planet Earth do the same, as She is in the process, just as you are, of doing this for Self.

You are also aligning your energies with Hers; so that the both of you can facilitate the smoothest, most effective strip/connect process for Self.

You are also facilitating the same process in every kingdom and in every aspect of Gaia.

You are also affecting Her core center: the chant reverberates there, allowing shifts in frequencies and vibrations, as are appropriate for Her growth.

You are also facilitating new sacred geometrical circuits to be set up between Self, Gaia and the Universe.

Earth, as you well know, is metamorphosing very rapidly right now. ***A vast energetic rift has opened up along the centre of the continent of Africa:*** please support this process.

This rift is allowing Gaia to shed the first layer of her energetic skin. This giant rift is causing energetic cracks to now appear over many other countries and continents. This needs to happen. When 'skin' is dead, it needs to be shed, to make way for the new.

With this extremely powerful, energetic shake-up, areas within self that need to be stripped off are now also 'cracking apart'.

Expect, over the next few weeks, to experience unexplained fights, confusion, outbursts and eruptions, both within self and around you.

FLOW WITH THEM. If you feel motivated to express yourselves fully, please do so. Don't hold back. We are not asking you to be irresponsible, but we are asking you to be 'true to yourselves' at any given moment in time.

Although this may sound strange, we also urge you to purge yourselves physically as well. Take a laxative if need be.

Remember, purging can take place, in different ways, from ALL parts of the body and mind.

Vocal purging: speaking out, speaking your truth, expressing how you feel, and so on.

Visual purging: Seeing things differently. Shifting your vision. Widening it.

Aural purging: Hearing things differently. Listening more to yourself and others. Listening to the inner voice. Examining what is 'distasteful' and 'tasteful' to self.

One rule you must follow: **Be true to self.**

So, if you examine a situation, and self urges you to 'let fly', please do so! But do so in full awareness.

Many will also experience hair fall and chapped, peeling skin. Possibly minor skin eruptions. This is simply a physical manifestation of the process.

**Group Member:** – If peace is my goal in life, how can I take this advice and express myself so forcefully?

■ – A very pertinent question, thank you! Can you fill a bottle that is already full? Of course not. You first need to purge yourself of all the debris, the unspoken anger, and the unaddressed issues, to be able to make space for 'inner peace'.

**Group Member:** – My skin is peeling and cracking: what is the reason for that?

■ – Examine your 'base' structure. How you feel about 'standing on your own two feet', of being independent. You have already done a lot of work on self in that area, and we applaud you for that. Now go further, and see where you stand at this moment in time.

**Group Member:** – Since the last meeting, when we so forcefully chanted the word ‘Gaia’, I have been experiencing twinges and pain in my upper body. Is this due to the changes taking place in the cells?

☀️ – When you chant any sacred word, be it the OM or the GAIA, you are perforce demanding that the body, mind and soul come into alignment.

(Addressing the group) Never chant or pray irresponsibly. If you don’t want to shift, then don’t chant. Particularly when you are all so energy-sensitive. Your choice.

But when you choose to do so, energies begin to align at lightening speed. Areas that are blocked will immediately ‘make themselves heard’, so that you examine the trapped issues that relate to them. And this must be done by each one of you, individually, in relation to self.

For example, if your shoulders begin to ache, go beyond the basics. Shoulders, as you all well know, generally refer to burdens that you are carrying. Or shouldered responsibilities.

Use this as a springboard, a starting point. Delve deeper. Perhaps your personal shoulder ache indicates something else to you. ***You are your own oracle!***

**Group Member:** – I have recently been feeling unwell and very restless: what could be the reason for this?

☀️ – The sleeplessness, the restlessness, and the physical changes that many of you are undergoing is directly connected with the opening of this rift. So what exactly is this?

On one level, it is exactly as we described: Planet Earth peeling off a layer containing trapped energies, old conditioning and patterns, and old thought processes, belonging to ***all*** of her inhabitants.

***This first layer being peeled off contains elements of fear, trust/mistrust, faith/the lack thereof, and discontent.***

**Fear:** All the conscious and unconscious fears of all her kingdoms. Your subtle fears. Fears relating to relationships, family and friends, business, failure, survival, and so on.

Now, does this mean that all your fears will miraculously evaporate? No. But they are arising for your reviewal and assimilation. Mother Earth is initiating this process, and you ***have*** to follow suit, as She has decided that this is the most appropriate procedure for all her children, at this moment in time. Those on earth who do not wish to follow this guideline will simply exit. It is as simple as that.

But for all who choose to remain, they will now find old, irrational, childhood fears arising for review and assimilation. Check yourselves: some may have arisen and you have once again blocked them out.

Let them come up joyously. Face them head-on. Express them. Acknowledge them. Say bravely, "Yes, this does scare me". Your processes will then be under way.

**Trust/Mistrust:** Both fear and mistrust have been experienced by all kingdoms on earth. This has, over centuries, filled the planet, gone beyond critical mass, and She now wishes to begin releasing them.

As she does this, she urges you to do the same. Do you now understand why, at a previous meeting, you were urged to look at your own fears and your areas of mistrust? In which areas do you trust self/mistrust self and others?

**Discontent:** Many are currently experiencing this. Discontent, disillusionment, schizophrenia and depression. Face this as well: "Yes, I am feeling lousy today. Why? What am I not looking at? What am I not facing? What has triggered this? What can I do about it?" Do all of this and it will instantly begin to lighten.

Friends, touch your 'joy center' several times during the day. Take a moment and just think of something that genuinely brings you joy: the thought of a dear friend, a loved one, and kind action, the scent of a flower. Touch it for just an instant at a time. Live in awareness through this process.

Right now, for example, you can choose to be sitting here joyously, or sitting here bored. Your choice. If the content of the meeting is not to your taste, find another way to touch the joy within self. Admire a neighbour's jewellery. Appreciate her smile. The look on her face.

Begin to do this, and your mood will instantly change. It has to.

But getting back to the direct subject under discussion: the rift is causing minor rifts and cracks over the various countries around the world. Each will begin releasing its personal issues, under the three parameters already outlined.

India, for example, is bringing her corruption to the surface. Do your bit. Where are you corrupt? Financially? Emotionally? Through suppression of your feelings and emotions? By not speaking out your truth? By not standing up for yourself?

If something you read about in the papers really bothers you, examine that in self. If you are bothered by someone who has crores stashed away in a Swiss Bank account, ask yourself what you are stashing away? Are you hoarding and hiding away your talent? Your love? Your compassion?

**Group Member:** – Isn't there a danger of getting 'carried away' by following your instinct and inclination? Recently I read of a disgruntled doctor who shot somebody. Maybe he regretted it in retrospect, but he did this.

■ – He did not listen to self at all! He was experiencing pure and utter disgust of self. He had no self-honour.

**Group Member:** – So how can one differentiate between the two?

■ – If you just take a two-second pause, then you respond, and don't react.

**Group Member:** – That is why they say 'count to 10'!

**Group Member:** – May I share something from the workshop held by the high priestess Serena? She said that whenever a situation happens, we feel it here in the solar plexus, that's where the initial emotional provocation takes place. She showed us an exercise to help us change and release this.

■ – Thank you. You may demonstrate this later, if you wish.

**Group Member:** – A lot of people out there who aren't aware of all this react from fear and mistrust, and often direct energies irresponsibly. How do we protect ourselves from energies that are negatively directed towards us?

■ – You were all taught in the past how to bind, shield and protect yourselves. That procedure was appropriate for that moment in time, but energies evolve, moment to moment. Those days are now gone. Why?

Let us use an earth analogy to help you understand this. The earlier, denser energies could be equated with the three states of water with which you are familiar: ice, water and vapour. At that time, you could use 'ice' as a shield, to prevent 'water' flowing from one side to the other. Now your energies are like vapour alone. How can vapour 'shield' vapour?

Right now, the most appropriate thing to do is to raise your personal vibrations and embrace 'the negativity', simply acknowledging that it is a part of you as well.

Let us use a dramatic example: you fear 'black magic', and decide that someone is using this against you. When this fear arises, your energetic cells become like suction cups, and attract these energies towards self in even greater quantities. You are putting out the 'victim's call', lowering your energies even further, so that the energies directed towards you have to play the tyrant, to an even greater degree.

Instead of this, simply increase your personal vibrations; acknowledge that you have 'dark sides' as well, that you have the occult within self. In doing this, your energetic cells remain

normal and vibrant, and you remain in balance. How can you 'catch' something that you already declare you have?

**Group Member:** – Is this rift across Africa also connected with the disappearance of the wild animals there, like the tigers?

☀️ – This rift is taking place over Africa, as the energetic vortices under the surface there are currently the most powerful in the planet.

This serves the continent in every way: it facilitates the smooth exit of this magnificent species (we have spoken of this earlier), and it is also helping bring up the new minerals, oil, and other 'hidden treasures' from below the surface of the continent. New energies are also gushing out from here and enveloping earth.

So if you choose to meditate upon this phenomenon, **do not** try to seal the rift. Do precisely the opposite, so that a new radiance floods your planet.

You also know that you are a reflection of planet earth, so why not meditate upon your own body, and find out which part corresponds to Africa? This will differ, person to person. Then you know where your personal rift is, and you can direct the energies emerging from that part to revitalize your entire body.

**Group Member:**– (inaudible) discomfort in the body, should we take medication? Would we be suppressing the issues?

☀️ – No, you may indeed do for self what is medically necessary, but remember to always check your gut. You may, for example, feel inclined to use allopathy for a period of time, after which you may feel strongly urged to 'go natural'. Be guided by doctors and specialists, but listen to self!

Now, let us guide you through an energy session for all those whom you desire to work with today.

Center yourselves. Direct your energies into the gut center of this friend here (Rabia).

Now please chant 'Gaia' 18 times, bathing all the other friends in these energies.  
(The group did so)

Now, chant again: this time, 'suck' the energies inwards as you do so.

Tonight, you will have one of two experiences:

If you have an extremely restless night, just relax your body and initiate an inner chant of 'Gaia'.

Or else, you will have a very deep sleep. If this happens, just know that you have been working on self very intensively, and simply awaken in self-gratitude.

Dear friends, during this upcoming monsoon, please eat seafood sparingly and responsibly.

There is likely to be a rise in the toxicity of seafood worldwide, so be alert to this, and, if the seafood on your plate tastes even slightly unpleasant, please stop immediately. Be responsible between June and September. Help the oceans, and all her marine life.

BLESSINGS, JOY, LOVE AND LIGHT  
FROM THE ENERGIES OF THE OCEAN.