

30<sup>th</sup> December, 2010  
THE UNIVERSAL LOGOS  
*Channeled by Sohrab*

## **Abandonment The Energy of Clarity New spiritual names**

Trance Channeling begins

Dear friend (addressing a member in the group), please open the meeting by 'speaking from the heart'. You are being offered the opportunity to 'get comfortable' with a small, non-judgmental group; this is part of your training. Please accept this opportunity in gratitude, and do not resist it. Speak for just a few minutes on "Abandonment".

**Group Member:** *I believe it's an energy that lies within possibly most of us; maybe all. In my case, my mother died when I was six years old. At the time I wasn't even aware of the word 'abandonment', but I guess that is what I experienced..*

*These are experiences we come down for, and we need to understand that these are choices we have all made. These are simply energies that we need to assimilate: abandonment for me, rejection for someone else.*

*I became an expert at 'building walls' around myself. I do believe that I have worked on self now, and have been able to drop many of these walls. Others in my position may have gone out desperately seeking love; I didn't. The less resistance we put up, the easier it is for us to work our issues through..*

*"What else do I say?"*

☀️: Tell them how you felt at the age of 6: say it publically?

**Group Member:** *"Yes, my mother died in childbirth: I was the eldest child, with a younger brother and a third sibling on the way. While she was in the hospital I was at kindergarten. I came out of school and could see my ayah and all the other ayahs crying and I somehow knew what had happened.."*

*"I was taken home, and I remember saying to my grandmother "Mummy is dead, isn't she?" She was shocked that I knew.."*

*"I don't remember crying; I am not a crier. I think you automatically 'make yourself hard' and start building walls around yourself at a time like that.."*

*"Even now, it's tough for me to cry, and you will never see me crying when someone dies; I guess those old walls just come up again."*

*"I now completely accept this was an experience I created, and I have worked hard to bring down my walls. Though it has taken me 50 years, at least now I am in awareness; and I do believe that I have done pretty well!"*

*"However, walls provide great protection. Many who don't know me well see me as not being overly friendly; yet those who do, know that I am very friendly. I guess it takes me time to allow myself to get comfortable and 'open' with people; and to allow my resistance to lessen. It's just a wall; we all have our own walls.."*

👉: So when you allow your walls to break down, you are also experiencing abandonment of another form? After all, they are protective layers, and you are then 'abandoning' them!

**Group Member:** *Yes, walls are your strongest protection. Here is something that worked for me, guys, so do try it: we constantly live in guilt and shame, and I was told one day to consciously release them..*

*I can't tell you how many times I am 'embarrassed' about something I have done (like the guilt and embarrassment I feel about taking up smoking again); but now I am learning to just 'give myself permission' to do it. This definitely helps..*

👉: – Thank you! Smoothly and easily done; you are moving towards channeling now. Dear friend, let us now have your perspective on the same issue.

**Another case:** *"Well, I lost my mother when I was 2 years old. I remember my grandfather creating a commotion in the house, and a nurse giving me a chocolate, and what I was wearing. The funeral is a blur, and I was taken to my Godmother's house in Santacruz, where I then stayed (and began calling her 'mother')"*

*"Dad took a while to settle down, but he re-married when I was 4. So I experienced both rejection and abandonment, from my perspective, from both parents. I have tried to sort out my relationship with Dad, and I have never fully understood why Mum would abandon me in this way.."*


*"On her deathbed, she kept saying "Who will take care of my daughter?" This still angers me: she should have thought of that before she set fire to herself (she committed suicide).."*

*“Even today, when someone rejects me or I even sense rejection, I instantly create a shell around myself; and before they reject me, I reject them. But I want to reach out at the same time..”*

*“I used to keep trying to get external sources to help me, and would constantly ask the Angels to ‘take the situation away from me’. I was never able to do what Shernie just said, which was to give myself permission ‘to feel’..”*

*“Feeling abandoned and rejected by your own family feels pathetic. But now, at least, when I can’t ‘reach out’, I ‘reach in’. I am there for me..”*

[All applaud]

 We now all need to embrace our emotions; instead of saying “I shouldn’t think or feel this way”. 2010 was the year of Unity of Self: we were urged to embrace all aspects of self during this period; not only the glorious ones, but also the ones we found ugly

**Another case:** *“The abandonment issue can come in many ways: I experienced it when I separated from my husband; but you have to learn to deal with it! You have to draw strength and support from those around who do love you, and appreciate them for what they offer you. We also have to look at ourselves and remind ourselves that we often made others feel abandoned. All of us in school did this to someone or the other; and made that person feel rejected and ‘not part of the gang’. We are equally guilty of abandoning others. I feel you have to be strong, rely on yourself first and your loved ones, and just deal with it!”*

[Trance Channeling continues..]

How many in the room require healing today?

[Almost all hands went up]

## **Energy of Clarity**

None of you require healing; yet everyone requires the **energy of clarity**. So we will offer you the opportunity to create this for self.

The releases that most of you are experiencing are indeed tied into the end of the current physical and energetic year; you are speedily releasing trapped issues and cleaning out old debris.

We know that all of you have been working on self in a relatively sustained manner this year, but there is still a lot of residue that you wish to bring up for assimilation before the year end.

This is trapped in the body in different areas, and to different degrees. Hypothetically, you could be working to release 30% of an abandonment issue, 15% of a loneliness issue, and 5% debris connected with relationships. And these different percentages could be trapped in differing parts of the body, or even in the same area.


Because of this conglomeration, it is very difficult for you to know exactly what is being released, and what it pertains to, at this moment in time.

The energies of clarity, therefore, are what you most need. Rather than attempt to suppress the discomfort through temporary 'healing', why not release it and work with the issue at the same time?

So let us say that you find that what is arising is stemming from "anger towards your father, and rejection by your mother"; allow the scenario to play itself out over the next 24 hours. Re-live it and re-experience it. Give yourself the permission to express your feelings and your truth, without trying to 'see the spiritual bigger picture'. Be in the moment with it. Express your rage, anger, fury, hurt and so on.

In some cases, you may be 'expecting a certain reaction' and a completely different one may arise. So be it, go along with it. Be truthful to yourself.

**Group Member:** *I am currently working with my 'divine power', and my digestive tract has gone awry. Is this because the solar plexus is the seat of power? How do I work on this?*

 You need to ask yourself what aspect of your own power you are resisting. You will get at least three answers to this.

In general, you are resisting your own power. Once you come into it, you will then not be able to fall back on the convenience of powerlessness, which is your old comfort zone. Your work is commendable: you are much like an 'abused wife' who is ready to move out of her marriage and stand on your own two feet.

### **Short guided meditation**

So now, let us guide all of you through a short meditation. Take a moment and center yourselves.

Just 'be ok' with who you are; right here, right now. If your mind is wandering, allow it to do so. Be ok with that. Accept your current emotional state, whatever it is.

Now open the crown chakra quite consciously. Energetic micro-surgery is about to take place in the brain today. You are working with your own power: you are the surgeon and you are the patient.

Now draw in, through the crown chakra, a fine beam of Universal light. Direct it into the brain and allow it to begin working there. (pause)

Go ahead and observe what is taking place inside the brain. Observe the activity, the new pathways being carved out, the old debris being removed. (pause)

Please relax your head, neck and shoulders. You do not want to unnecessarily create resistance, which could result in a headache. (pause)

Little points of bright light are being triggered in the brain. These points of light will expand and explode. Please allow this to happen. (pause)

Now, to further the work, please chant 9 deep Oms. (The group does so)

Now, from this activated brain space, project a vision of self that you would like to inhabit in 2011: actually see yourself in the physical form that pleases you, the skin tone and hair that pleases you, and in the clothing that pleases you.

Now allow the beam of light to begin to cleanse and vibrate any part or parts of the physical body that it wishes to. Do not direct it; simply observe it.

Now take a moment and choose an issue that you have been working with, or one that you have been suppressing: allow the laser light to enter this issue. Choose one or many. Let the light work on it. (pause)

Now bless yourself in 2011 and be joyous that you are here, on Planet Earth, at this magnificent point in time, to witness Her evolution and yours.


Now allow to laser light to retract from the body through the crown chakra. Visualize the brain and the crown chakra gently returning to their normal state.

[Sohrab chants Om in a deep undertone]

Now, with your new vibrated brain, you may choose to embrace all those whom you wish to heal: simply embrace them with your newly-expanded energies and with the light of your brain. Embrace your friends and your enemies alike in your light, your power, your magnificence. (pause)

And so it is, and so it is, and so it is. Now joyously return to full consciousness.

## **A new spiritual name starting 2011**

 What's in a name?

*Starting 2011, each and every lightworker on earth is going to choose a new energetic name for self.*

Now, this does not mean that all of you are going to change your earthly names, though some may choose to do so. But energetically, you are in the process of doing so, and the new name will be ready and will come into energetic effect at 12.001am on January 1<sup>st</sup>, 2011.

So if you wish to know what your new name is going to be, you will have to touch your power: sit in meditation and find out for yourself, because this new name is intensely sacred. In fact, for most it is so sacred that they will never share it with another human being.

In some cases, it will be appropriate for the person to rename himself or to add the new name to his existing one; but for most of you it will remain an intensely private experience.

This new name is going to help you vibrate at a much higher frequency; it will always be 'a few steps ahead of you', urging you to keep increasing your vibrations.

Each person will create this name from a variety of Universal strands, which you deem appropriate for your personal evolution. For example, if you desire a further connection with the Ashtaar group, you will choose several of their strands with which to create this new name. If you also desire to be connected with other parts or societies in this Universe, you will also add those strands to the Ashtaar ones.

You are being consciously introduced to this concept today, so that you can now start to 'take trips into your own higher consciousness'. Fly with it. You can connect with this name in a variety of ways: in meditation, in the dream state, in daydreams, or by simply thinking about it.

You are also connecting self with a new soul family through this name: so you may have chosen for self an Ashtaari 'father' and a 'mother' from Venus, and a 'grandfather' from deep space. Once you are connected with this new soul family, you are instantly privy to their energies and experiences, their knowledge and wisdom.

You will notice that today, we have made no reference to 'Master Energies': this is because you are doing all of this with YOUR power. There are, of course, Masters and guides who will support you through this process, but none of them will 'do this for you': it is being done by you and by you alone.

**Group Member:** *Will this name be 'a name' in the way we are familiar with this concept?*

It could be, but in many cases the name will not be 'a word'. It could be a sound, a vibration, a piece of music or even 'a strong feeling'. We leave you to discover it. When you do, you will experience an inner glow.

**Group Member:** *Should we connect with it at the stroke of midnight? How can we, if we are at a party and surrounded by people?*

Dear friends, you can start connecting with it from now onwards! It will not necessarily be revealed to you at the stroke of midnight; it may take months.

But at the stroke of midnight, even when surrounded by joyful friends, we urge you to loudly and joyously wish yourself a Happy New Energy Year. Experience an inner 'surge'. Celebrate Who You Are, and Who you are Creating. Each one, this new year, is leaping forward at an accelerated pace.

**Group Member:** *What is the difference between an earth name and an energetic name?*

An Earth name indeed is a declaration of your energies, but it is also a means of physical identification, as you are not advanced telepathically.

An energetic name is a joyous declaration of who you are. It does not need to be 'heard' by anyone. It is a radiation, an emanation of self. It is like a beacon, shining forth joyously, whether or not this light is 'seen'. It does not need acknowledgment. It does not dim if someone judges it. It does not shine brighter if someone praises it. It just IS. It radiates the Who Am I.

During the course of the next day, all food and liquid (including alcohol!) must be imbibed in complete joy and appreciation. Bless it with your power and your light. Appreciate it. It represents the elixir and the abundance of the Universe.

*We leave you today in the joy and the blessings of your own magnificence.  
It is the energy of the soul of this group that speaks. You are speaking to you.*

BLESSINGS FROM THE UNIVERSAL LOGOS.