

16th June, 2011
THE ENERGIES OF MONICA
Channeled by Sohrab

Monica— On Suicides and Passing Over

[The group was instructed by Sohrab to chant 18 Oms...but part way through, Sohrab started laughing/channeling]

Trance Channeling begins..

Greetings!

I could not wait for all of you to finish – who is going to wait that long?
Greetings from the energies of the Monica!

(To Gool) Explain who I am to the newcomers!

Gool – Monica was one of us: a lovely lady from our group

Thank you!

Though she had been told of her past-life history of suicides, she was unable to break the pattern, and committed suicide in 2009. Even since then, from time to time, she has visited us energetically, to share with us her journey. We know she is now 'happy and settled'...so please take over, Monica! And welcome!

I like the introduction, but I am not so sure I like inhabiting the male body: I had much nicer curves than he (Sohrab) has, and in all the right places! (All laugh)

Why am I here today? To joyously declare that ***I am now a 'Master of Relationships.'*** When I last spoke to all of you, I was a trainee apprentice to a great Master, who dealt with earthly relationships. If you recall, I had offered my services to anyone in this group, who might wish to call upon my guidance for their problems in this area.

I have now 'graduated' and am a 'Master of Relationships' myself. An MR. A nice degree, don't you think? (All laugh)

I now work very differently: I have released my earthly bonds. I am still deeply connected to my family and my children, but I am not 'entangled' with them any more.

I now experience such a sense of 'expanded love' for all of them that I can genuinely allow them to continue 'playing their earthly games' without experiencing any sense of trauma, or any need or desire to change the course of their lives.

I am fully aware that they still experience great pain, trauma and confusion, in relation to my passage and their current lives. Yet I am now able to 'stand back' and allow them full freedom to grow at their own pace. Do I help? Of course I do! I offer my services to them as freely and fully as I do to you; but I am not entangled with them anymore.

May I ask you a question? What do you now feel about Mark?

I love him more than I ever did before. I have now fully acknowledged the role he played in my life. I have understood why I 'created him'. I am now in deep gratitude to him, for the experiences he gave me.

Without him and others like him, who contributed to my downward spiral, I would not have touched rock-bottom, as I did. Had I not touched rock-bottom, I would not have risen as I have now risen. I have now experienced and understood my strength.

I am not likely to create another learning experience like this on earth: I am working on alternate plans for future assimilation of power. Question?

During the last few sessions, we have been introduced to new aspects of 'death', such as soul echoes and lateral transfers: are you doing something like that as well?

I have left behind many soul echoes. Mine are not so much for personal assimilation, as they are to share with others my experience and my growth.

I have, for example, left behind soul echoes of 'the occult'; to help others touch esoteric aspects within self. I have also left behind many soul echoes of 'self-acceptance'.

This one may puzzle you: I have spoken before of how I could not accept my beauty, my physicality, my position in society, my attributes, etc. So these soul echoes may seem paradoxical. Yet they are not.

My soul echoes offer others the opportunity to acknowledge their inner beauty, when they are in a space of negating self. To touch their innate wisdom, when they feel stupid and useless. To touch their strength, when they are feeling powerless.

If they do, by connecting with my soul echoes, I experience a beautiful vibration in my beingness. Though I have not done this for personal assimilation, there is always a payback.

I have also left behind very specific soul echoes for those who are near suicide: these, having the benefit of my experience, will urge them to touch their own power, at the crucial moment before the final act, and avert the course of events.

You see, when you come to the point of suicide, you have to touch an iota of your own power, and no one else's: not a friend or loved one or Master. Touching your own power helps you change the possible course of events: it enables you to pick up the phone and speak to someone, or throw away the rope or bottle of poison.

I brought myself to that point. I HAD to feel rejected by everyone around me: my family and loved ones, my group, and my friends, to touch my own power. I even did, for a fraction of a second, but chose to ignore it.

So I repeated the pattern, and drowned in my feelings of worthlessness. My beautiful face, body and personality only made me feel more worthless. If anyone told me I was beautiful, I felt very ugly. If people told me I was interesting, I felt worthless and untalented. My greatest learning tool was my beautiful face and body: I chose it, wanting to learn from it, but I couldn't. I have now.

Can suicide ever be in your blueprint?

Yes it can, contrary to what you have been taught. In a few cases, souls choose to incarnate to experience suicide for very personal reasons; but these are rare indeed.

I am undergoing a personal relationship issue, in which a stranger seems to be dominating me and making me suffer. Can you help me understand this better?

This cannot be addressed here, dear friend, in public. But I will joyously guide you through her (Darshana), if you choose to take a private session with her. (Both parties agree). You will need one lengthy session. (To Darshana) Do not let her dodge the issue: pin her down, and break her down.

You said you experienced complete powerlessness, yet surely it takes great power to commit an act of suicide? Perhaps, in that, you touched your power?

Thank you. Suicide can, paradoxically, be a great lesson in touching one's own power. When you hit rock bottom and then experience even an iota of power, you appreciate it more.

If you have always been wealthy, for example, you do not always understand or appreciate your abundance. But when you have been wealthy, lost all your money, and then, with great effort, regained it, you begin to really appreciate the attributes of abundance and of personal endeavor.

Please be aware that, this year, each one of you will experience varying degrees of powerlessness in the area of relationships. This is being deliberately created by you, to urge you to re-evaluate and refresh your relationships in general; and to also examine whether you are touching your power, or giving it away.

So when this happens, do not bury the issue, or allow it to pass you by. Touch your power, and DO what you must DO: if this involves confrontation, so be it. If this involves taking legal action or instituting a police case, so be it.

Do not work from revenge or greed, but from the fullness of self, because you deserve it. You deserve it.

Why were you so self destructive? You pushed all your friends away towards the end?

Yes I did. I make no apologies for this; I did push my friends away. How could I have friends when I was not my own friend? How could I trust you if I did not trust myself? How could I acknowledge your beauty or integrity, when I could not acknowledge that in self?

Do not take this personally: these were my issues, not necessarily yours. However, if you were 'on the receiving end', you needed to experience this 'rejection' and touch your own power through it.

I am not asking you apologize, but you made me so angry that I couldn't even return your calls, when you finally did call me during your last few days with us.

I had to bring myself to a point where I felt there was not one soul in the world 'on my side'. How could I do this, but by alienating everyone around me? And so I did this repeatedly, to almost everyone.

Was this suicide in your karmic blueprint?

No, but it was a repeated a pattern that I needed to address. I had intended to take myself to the point of suicide and then avert it. I failed. I say this proudly: I made a mistake. So what? Through this I have learned so much, in so many different ways. It has strengthened me and taught me so much. I am not upset by it, so why are you?

The rejection of self seems to be a very common thread among many of us.

I rejected myself simultaneously in this existence, and in several parallel existences, all at once. As a matter of interest, all those parallel aspects of self also 'committed suicide' simultaneously.

So did this rejection of self come from ego?

Ego is so misunderstood on Earth; it refers to **the complete and total embrace of Self, in all its aspects.**

Anything else is a distortion of the ego, the Id. And when you reverse the word 'id', you 'di(e)'. You have to die to be re-born.

Through my 'mass suicide', I actually shed unwanted aspects and began to reconstruct self. I experienced so much pain, trauma and turmoil that my energies exploded. I was literally 'razed to the ground', so that I could begin my own reconstruction.

I am no longer the Monica that any of you knew. My entire energetic structure is different. Many of you in this room knew me: go ahead, connect with my current energies, and you can experience this difference for yourselves.

When you first moved on, the impression that I received was that it was going to take you a very long time to 'come out' of your situation; yet you seem to have evolved so very speedily. How did this come about?

Pure, unconditional love: surrounding me, flowing through me, and being freely offered to me by many, many, many souls. Not only souls in the ether, but souls on planet earth, who constantly sent me thoughts of love, expansion and non-judgment. Less than 20% of my earthly 'friends' judged me; the rest simply offered thoughts of love.

This was my greatest healing tool. It also acted as a 'stimulant' to my energies; urging me on my journey towards self-healing and self-discovery. Yes, I have grown quickly; I am proud of that. I deserve self-appreciation: I am worth it. Yes, **I can now declare that I am worth it.**

I can't begin to describe the love I feel for each and every one of you in this room: yes, many of you did not know me personally, yet I do not view you as strangers, but as glorious, glorious energies on a soul mission of your own. I can now appreciate the beauty and the magnificence of each one's mission.

Are you likely to reincarnate soon?

That is unlikely: I am currently doing a lot of work in the spirit realm. However, I have placed some of my energies in others, who are already in an incarnated form, for personal growth and assimilation. This is, naturally, done with their full soul permission.

So not all of our choices and experiences on earth are in our blueprint?

Absolutely.

So an experience that we may have taken by choice may be the wrong one?

You cannot really make a 'wrong' choice, as each take you down the road of different experiences.

Today, you could go out and buy an ice-cream, or purchase something tangy from a different shop, and eat that instead. Each would give you a differing set of experiences; not only in taste and digestion, but through the different people you meet at the two shops. In one shop you might meet and re-connect with an old friend; and in the other shop, you might have a fight with a stranger.

Neither experience can be right or wrong; they simply lead you down two different paths of personal experience, for growth and assimilation. The choices you make, and your responses (or reactions) to these choices, are indicative of the tapestry of life that you weave. They are an expression of your own, personal music.

You were always an excellent Tarot reader: are you working with these kinds of energies in the spirit realm?

All the time! I am currently involved with the re-structure of astrology, with reference to its effects on Planet Earth. As you already know, all the planets around Earth are changing, evolving and upgrading. This process is naturally changing their effect on each other, and their collective effect on Earth.

I am working with a vast team of spirit astrologers, and will shortly be aiding the process of implanting this new knowledge in the minds of earth astrologers.

Implanting?

Yes, dear friend, but this does not imply an 'invasive' implant: opportunities will be offered to all those who wish to avail of this new knowledge.

I find that when one gives unconditional love, completely and fully, one rarely gets it back to the same degree.

(Amused) She speaks of 'unconditional' love, and then attaches a condition to it! No one on earth experiences unconditional love for more than a few moments at a time, if at all, during a lifetime. But you can work towards it.

Unconditional love has nothing to do with giving or receiving: it is simply a state of existence. It just IS.

For example: you are all familiar with water. It is a very large part of the human body itself. You drink it, bathe in it, and swim in it. But can you really BE it?

What do you have to tell us for 2012 to 2018?

You have to work towards unconditional love. Start to touch it.

2011 and 2012 are years of action. You have now studied so many philosophical and metaphysical concepts: now how about living them? You have to DO things for yourself, and LIVE your assimilated concepts and truths.

Nothing can take place if you hide behind convenient spiritual jargon. Visualization, statements of intent, chanting of mantras and affirmations will certain help, but ONLY IF you add to them your action.

If you want to stand up to your spouse, you have to gather yourself and all your spiritual truths, and the DO it. This has to be lived by you, in action. This will be a statement of touching your power. The Masters will guide you, but they will not do this for you. You have to touch your own power and do it.

Dear friends, I cannot stress this enough: throughout the next two years you will repeatedly create situations in which you are required to touch your power, combine this with balance, and act accordingly. All will have to be done IN THE MOMENT.

And the beauty of this is, when you do, you release so much!

Absolutely!

From what I understand, when an aspect has not been fully assimilated in a particular lifetime, the person generally attempts another incarnation to work it out...

You are correct, but these 'study parameters' have now widened: remember, even the spirit realm is evolving!

In the 'old school' system on earth, if a student was weak in a particular subject, he was generally forced to take harsh tuitions and only study, study, study. Now, the same student is encouraged to work hands-on, in a practical method, with the subject, so that he understands it from an experiential point of view.

I have chosen not to take the direct, reincarnational route; as I would, in all likelihood, make the same mistakes all over again. I am enjoying my work in the spirit realm, and at the same time, am reviewing my unassimilated issues one by one, and deciding how best to tackle them.

I love a challenge! I love beauty. I love variety. I love entertainment. I will find a way to combine all these into a platform, to continue my studies.

Can you tell us something about the three current eclipses?

The energies being released actually have the ability to change your cellular structure. With them, you can reverse skin damage, and even retard the aging process. They can help you glow! Use them.

Monica, when you attended these meetings, you used to speak to the Masters and other presences like Archangel Michael all the time. Have you now met them directly?

They are all my boyfriends! (All laugh) I mean this, I mean this! Because I now deem myself worthy of being able to intermingle with higher and higher and higher levels of energies. So now I have lots of boyfriends and girlfriends!

Let me now answer this seriously: when one first passes over, one still carries a lot of earthly baggage. I did take with me my lack of self-worth, my lack of self- appreciation and so on. As I grew, I was simultaneously able to access more and more of their strands, which were already within me.

I was able to look within my expanded energies and say, 'Ah, I have *this* quotient of St. Germain! As I grew, I could feel, touch, experience and interact with 'them' more and more. All of you can do exactly the same thing, while on earth.

When you exited, you carried a lot of pain with you: is there any of this left?

I carried almost all of it across and I held on to it far longer than I needed to: when I passed over, I was filled with rage, anger, vindictiveness, a sense of worthlessness, fury, and greed. I wanted to lash out at anything in my path. I wanted to dismiss all the Masters. But now, that is all gone.

Could you have resolved the issues while on earth?

Could I have? That's what I came for, did I? But my life was not wasted; I did learn many, many lessons and assimilated many aspects while on planet earth. I have no regrets for my actions, my deeds, my misdeeds, and my behavior. I have now come to a point where I can truly experience its perfection, including the act of suicide: even that, to me, is now perfection.

Hats off to you, dear Monica! Can you share details of your passage with us?

This has been shared before, dear friend. To reiterate, when I first passed over, I was venting so much that I was a danger to those around me. I was therefore placed in a 'healing cocoon' by a group of Masters, to mitigate these effects.

I was offered, by them, only unconditional love. However, I refused it for a long time, and created, for myself, what you would call 'Hell'.

I refused to acknowledge that anyone could love me, or that I was worthy of love, after my actions. I carried across my self judgment and self loathing; I wanted revenge. This was hell, as I experienced it to its fullness: I did not have any earthly filters to block the pain.

So I experienced this to its fullness, till I was ready to shift. The moment I declared "I am ready", they were all there for me.

So you are like the Phoenix Rising!

I am the Phoenix Rising.

Can you talk to us about your repeated pattern of suicide?

Let us look at this from the point of view of a linear time-line. Each time I incarnated, I used events similar to those I experienced in this last one, to bring myself to the point of suicide.

But each time I did so, I was more energetically aware and expanded, and more equipped to shift my course. This time, for example, I had a very working knowledge of tarot, of the occult, and of my past. I also had the advantage of supportive, spiritually-aware friends.

So I did have the opportunity 'not to do it'; yet I did, as I was stubborn and refused to acknowledge that I could touch my power.

If several of your parallel existences are playing out similar 'dramas', and have also exited simultaneously, do you now feel that you have merged with them, and are complete?

Am I complete? No. Am I nearing completion? Yes! I declare this joyously.

So do all of our parallel existences have different personalities?

Yes indeed, but you do share certain traits that are unique to you. For example, if the soul is generally vivacious and up-beat, this will be reflected in all parallel aspects of self.

But one aspect may choose to assimilate experiences through being a dynamic movie-star, and another may choose to do the same through the experience of being a private home-maker.

When you exited in this manner, you caused a lot of pain to many family members and friends, who all loved you. Do you feel responsible for that or have you managed to work it out?

Even before an upcoming incarnation, when the soul's choice *may include* the possibility of suicide or an early death, that soul then contracts with a family group and friends who are agreeable to this *possible* future experience for themselves as well.

Therefore, my family and friends all knew, at a higher level, that this was a strong possibility that they may have to contend with, and they agreed to it, as it would also serve their growth and evolution.

Had I not chosen this mode of exit, they would have still experienced what they needed for their growth, but through another source or event.

Was this the toughest lifetime you have had?

Not at all: it was one of my easier ones. The events I created were extremely tough for me, but my personal expansion and awareness was much higher and more expanded that it has ever been before. I could see a 'bigger picture' most times, which I couldn't before.

In past incarnations, it was all about the blame game, and the 'poor me'. Though I used to slip into that from time to time, at least I was able to see it and move away from it, at other times.

How much light did you have?

(Laughing) Are you asking for a percentage? I thought I had nothing, but now I am close to fullness.

I must leave you now. And for those in this room who think that they are 'meeting me for the first time': you know me much better than that! We have interacted in this lifetime or in another: you are all a part of my soul family.

I leave you all in love.....
