

3rd January 2013

THOSE ASPECTS OF THE SOHRAB THAT ARE:

THE MAHA AVATAR BABAJI,

THE LORD MELCHEDIZEC,

THE ST GERMAIN AND

THE SANT TUKARAM

Sohrab's channelling

A MONTH-BY-MONTH DESCRIPTION OF THE ENERGIES OF 2013
HOW BEST TO USE THE ENERGIES OF 2013 TO YOUR BENEFIT
THE 2013 SHIFT IN HUMANITY'S ENERGETIC CORE

Trance Channelling begins



Greetings!!

The glorious energies of this year now flow through you, and begin to do what they must. Let us offer you an outline, a general guideline for the year. You must understand that you are not 'bound' by it; but it will give you an idea of how best to work with self and with the new energies.

JANUARY 2013 will be *an energetically vibrant period for the entire planet*. This is the month in which you are required to touch your power and initiate interesting and exciting shifts, changes and projects in your life.

Make this an active month; not a quiet, contemplative one. You may, of course, take brief periods to rest and introspect, to balance and align; but in general be active, alert and full of initiative.

The current energies are like effervescent Champagne bubbles. Be that way: experience the joy within and around you, experiment, explore, do something you have never done before, push your boundaries, take risks, and dare to be different. The key is to enjoy yourselves: you must weave an element of fun into anything and everything.

If you continue to reside in spaces of gloom, depression and anger, for example, you will find these self-perpetuating over the next few years. It will be very difficult to shift out of this space at a later date.

You will naturally move into such spaces from time to time. When you do, simply choose to move out of them again. You are being tested by self: can you touch your own power and shift course? Do you value yourself enough to do so? Or are you once again going to play the victim to old and familiar thought processes and patterns?

The current energies will help support you in touching your power. Shifting from one course to another will be relatively easy during this month, so **use** the energies to benefit self in this.

If you find yourself seemingly stuck in an old pattern during this month, understand that you are not actually stuck, but your past perception of 'being stuck' that keeps you there. ***If you simply believe that you deserve better, and that you can easily make a course change, you will be able to do so instantly.***

In a few, rare cases, certain individuals will choose to be enmeshed in depression during this month; as they desire it for personal growth over the next few years. In general, however, the choice is completely and totally yours.

FEBRUARY & MARCH – During this time period, ***Earth's energies will suddenly speed up tremendously.*** Everything will appear to be 'coming at you' at break-neck speed. You will sense a whirlwind within and around you.

New opportunities may unexpectedly arise in the next moment, and an opportunity to shift out of an old pattern or to make a course correction in your life may suddenly 'appear out of nowhere'.

This will occur due to energetic rifts in time and space. When such a rift occurs, all old patterns cease to exist for that moment. The key is to recognise the occurrence of the rift, and to use it productively. Let us illustrate this with an example.

Two partners in a 'stale and complacent' marriage, for example, may suddenly find the opportunity to shake up and shift the dynamics of their partnership. They may be sitting together one day, and suddenly the usually non-communicative husband may start to miraculously 'open up' and share his feelings with his wife.

She must recognise this as 'an energetic rift', and should choose to enter it by perhaps sharing of herself as well. It is up to her, now, to change her usual way of dealing with him, and to approach the current situation from a fresh and unusual direction.

If, for example, her usual mode would be to chastise him for his way of life, she should find a completely different way of approaching him. Only then can the rift serve both partners, and offer them the opportunity, in the moment, to take the marriage down a new and refreshed course.

Since all the energies will be working at break-neck speed, choose your course deliberately. If you remain in a state of self-doubt, for example, then this will magnify and plunge you into a roller-coaster ride of repeated and intensive experiences of self-doubt. But the same would be true of confidence. Once again, the choice is yours.

APRIL will be a 'whirlpool' month. Not a whirlwind, but a whirlpool. With the experiences you have gained over the prior months, ***you will now move deeper and deeper into an inner exploration of your own emotional and occult aspects.***

This will be a slower month than the prior two; and you will find the need to introspect. You are likely to create situations that give rise to emotions of different kinds: some joyous and some painful. Explore all fully.

Here, when we speak of 'the occult', we refer to an inner exploration of all your latent abilities and powers. You might choose to find out how to become a better medium, healer, teacher, mother, or communicator. You might choose to explore a job that you had previously considered beyond your abilities.

Many of you will have vivid dreams, and visitations from the spirit realm. Unusual co-incidences will occur, along with events of a deeply personal and spiritual nature. Be alert to these, and acknowledge them. You will also find a rapid increase in your intuitive powers, and your ability to discern.

Dear friends, though we give you these monthly descriptions, you must understand that all energies flow throughout the year. You are not bound by the month: it is just that the energetic thrust will be the strongest during that time period. It is your divine right to access them whenever you so desire. They are yours to 'play with'!

MAY AND JUNE will be *months of flight*. It would be best if you used the energies of these two months to propel you onward and upward. During this period, if you so choose, you can very easily touch much greater heights of self-awareness and self-understanding.

The 'big picture' will become apparent in most situations. You will be the eagle, who soars far above the ground effortlessly; observing the vastness of the panorama and simultaneously able to zero-in on any aspect he desires to focus upon.

JULY is, as yet, undefined. It will be *an individual month*: you will assess your own growth up to that point, and then take yourself down a further course appropriate for self.

AUGUST AND SEPTEMBER will be *months of assimilation*. All that you have not assimilated up to then will suddenly appear before you, gently but firmly, for reviewal and further integration. During this period you may actually be able to assimilate that which you have resisted for years, even lifetimes.

OCTOBER, NOVEMBER AND DECEMBER will be *'marathon months'*. Each of you will choose to run either a personal or group marathon. By this we mean that you will feel urged to, once again, speed up your personal processes and move down paths very specific to self.


Let us illustrate this with an example: let us say that a person has been working, throughout the year, on his 'victim issue'. During this time period, instead of simply re-creating victim scenarios from which to grow, he will find a different and unique way of approaching the same subject. This fresh perspective may, for instance, create a group of victims in his ambit. By guiding them through their issues, he may learn about himself.

He may even put his exploration of victimhood 'on hold', and explore another aspect of the self; thereby preparing himself for a future date when he will be better equipped to once again reassess his victimhood.


This period will be one in which you can gain an insightful and incisive look at the Who Am I. All that you have been working on in the past will suddenly appear much clearer. You will know self better.

Now we offer you the opportunity to ask questions.

Do all these changes only pertain to 2013?


 No, you have worked on some of them in the past. However, we are highlighting some the key energies with which you have chosen to work during this year.

Can we have a tool or a method by which to implement these changes?


 Simply make a choice, touch your power, and DO IT. Here, chants, meditation and affirmations are only peripheral. Be in sync with self, make a choice, touch your power, and carry it out.

During 2013, you will be required to touch your power and make instantaneous choices all the time: hundreds of times a day. If you err, don't go on a guilt trip. Just choose in the next instant to shift course.

How will these energies affect business and finance during this period?

 A new and refined energy is being infused into the corporate, technological and financial sectors. Key personnel within these areas will be 'stimulated' by these energies, and they in turn will offer a boost to their own industries. Certain companies will move in unplanned, yet exciting new directions. This year will also offer you new and exciting, cutting-edge technology.

I hope this will be 'responsible' technology, which does not have side-effects like radiation and cancer!

 You are correct: many are now being provoked to stand up and speak out against the harmful side-effects of your current technology. This has to be brought to the public's notice, and the public has to refuse to accept it.

Only through this outcry will emerge the non-pollutive, non-harmful super-technology that already exists on your planet, but is being suppressed by greedy and manipulative corporate and governments, for self-serving purposes.

Are there going to be a lot of earth shifts?

Yes, there are. Earth shifts and movements are essential to free certain energies, and to bring Planet Earth into a new and expanded level of evolution. This process has already begun, and will only increase over time.

Will these shifts change our perception of separation and greed?

Many shifts will occur so fully, and so suddenly, that the consciousness of humanity will receive a series of energetic jolts. It is hoped that you will learn to live in the fullness of the moment, touching your divinity, grace and compassion.

Is this Gaia's calling?

Yes it is.

How about helping us end diseases, instead of the introduction of new technology?

Dear friend, diseases are a bi-product of your imbalances and separation. Shift that, and you cure all diseases.

Now let us speak of the **2013 shift in your energetic core**. As you well know, each person has, within self, a sacred space. Each one of you is upgrading this energetic core with a unique, self-created blend of the new energies. You are literally re-creating your inner space.

During the course of the year, you will hear of some people miraculously 'self-curing' terminal illnesses, or changing their lives around completely. They are power-leaders: fine examples to help you believe and trust that you can do exactly the same for self.

During 2013, the medical profession, and drug-manufacturers will come under scrutiny, and, in some cases, attack.

There are many areas of mal-practice that need to be brought to the surface, greed on the part of pharmaceutical companies and the lack of caring in certain hospitals. Certain drugs will be exposed as harmful and toxic.

Through this, many more will be urged to explore alternative healing methods, natural remedies and, of course, the power of self-healing. As lightworkers, please help and guide others in their search.

What of feminine equality during 2013?

Every single human being is currently working towards not only balancing the masculine and feminine energies within the self, but also towards exploring the undiscovered feminine. This refers to pure Universal creativity and multi-dimensionality.

The current spate of physical rapes that you are experiencing worldwide is a manifestation of your masculine/feminine imbalances. Imbalances such as this are going to come to the

surface, to raise public awareness and to urge you to shift into a new level of personal empowerment.

All aspects of Planet Earth are working to explore the undiscovered feminine. Through this process some flowers, for example, are going to shortly change their composition, attributes, medicinal value and even fragrance.

Pay particular attention to the plant kingdom during 2013. They are an example to follow, as they will flow easily, without resistance, and embrace the new energies fully and freely.

All natural remedies and medicines derived from the planet kingdom will serve you even further this year. Attempt to eat natural, non-chemically processed vegetables, grains and fruit. We are aware of the difficulty of readily obtaining these, but do make the effort.

Although it is not necessary to turn vegetarian unless your body is urging you to do so; it would serve you to eat vegetarian meals as frequently as possible. The new energies work best with an alkaline body-base, rather than an acidic one.

We also urge you to add appropriate flower petals to your raw foods and salads: you will benefit from their upgraded composition and essence. Find out which ones best suit your body.

BLESSINGS FROM THOSE ASPECTS OF THE SOHRAB THAT ARE THE MAHA AVATAR BABAJI, THE LORD MELCHEDIZEC, THE ST GERMAIN AND THE SANT TUKARAM.
