

Sohrab' Channeling

26th September, 2013

A WINDOW OF REJUVINATION OF ENERGIES

THE EMANATION OF DISTILLATION

THE ENERGIES OF MONICA AND ROXAN

A HIMALAYAN UPGRADE

NEW UNIVERSAL FRIENDS SPEAK

SCIENTIFIC AND TECHNOLOGICAL UPGRADES

GOING BEYOND EARTH ASTROLOGY

Greetings.

You are currently in the midst of an extremely important three-day period.

Rejuvenation of all energies is currently taking place: world energies, country energies, the energies of economics, politics and finance, personal energies, and so on.

Within the overall period of rejuvenation, a three-day window of great intensity has opened up, and today you are directly in the centre of it.

An energy grid has been set up around planet Earth for this specific purpose, and during this three-day window, it is beaming into the core centre of the planet extremely intensive energies. These are a combination of energies generated by solar flares, other appropriate planetary bodies and generic Universal energies.

The rejuvenation grid acts as a filter, absorbing and combining the appropriate energies, and then directing them into Planet Earth. She, in turn, processes them at her very core centre, and irradiates them outward into all her various kingdoms.

We urge you to use this intensive three-day period, to consciously add to your personal rejuvenation processes. Be alert to your thoughts, words and actions; and to your belief structures, attitudes and behavioural patterns.

You are going to have moments when you feel small, insignificant, upset, belittled, unacknowledged, hurt, envious, and so on. But we urge you to be alert: allow yourselves to experience these 'negative' aspects; and in one uninterrupted flow, transmute them into an expanded form.

Could you please give us an example of this?

Let us say that you go home after this meeting, and an event occurs which makes you feel small, unloved and unacknowledged. Be alert. Instantly identify exactly what you are

feeling, acknowledge the three aspects, and then find a way to remind self that you are magnificent, and then simply love yourself and give yourself the acknowledgment that you need. Recall instances in your life where you have been greatly loved and appreciated, by self and by others, and choose to grow instantly in self-esteem.

There should be no division between the so-called negative thought and the flow into the positive; you are simply twisting the energetic ribbon into a pleasing creation. It will not help you if you recall that you were feeling small several hours ago, and then try to transmute it. Simply let that one go, and work in the moment.

We don't expect you to live like saints over the next two days; but we do urge you to be on personal high alert, and to keep transmuting your pain and lack into an expansive version of the self.

If you truly commit to this you will find, post this period, that you continue to do so instinctively in the future. You will then experience a new lightness of being, an inner expansion, and an inner vibration of higher frequency.

If you wish, you may even choose to deliberately explore areas of personal contraction, and transmute them intentionally. If, for example, you have an established pattern of non-communication with a spouse or loved one, why not explore this, and choose to change it by speaking up and speaking out? Joyously, and consciously, rejuvenate it! Do so, and you will see instant results.

What of those who are not here today? Will they miss out on this window of opportunity?

Not at all! As you well know, time is not linear. They may read of this two weeks hence, and can simply choose to connect with this time period and do exactly the same in their current time frame. Time limitations only exist in your minds.

Could you please guide us through a small exercise?

Certainly. Take a moment and choose to visit any aspect that makes you feel small, contracted and insignificant. An area, perhaps, where you repeatedly play the victim. Find it, and explore it now. (Pause)

Now open to the energies of the grid of rejuvenation. Align with it, draw its energies into your structure, and convert this victimhood into self-empowerment in any way that you are guided to do so by the self. (Pause)

And so it is, and so it is, and so it is.

As simple as that.

Dear friends, we would like to speak briefly of one of the emanations he referred to, prior to this meeting. You will shortly be able to read about all of them on the website, but today it

is necessary for us to touch upon the ***Emanation of Distillation***, as it is apropos for this time period.

Many of you have studied the Rays, which are external energies with which you interact for personal growth and evolution. Emanations, however, are energies that you create. They are commands that you give to the Universe, instructing it how to best serve you.

You are beginning to use the emanation of distillation to instruct the Universe how to best offer you the appropriate knowledge, wisdom, guidance, instruction, education and experience for your personal growth and evolution.

Emanations work individually. One person may suddenly desire a flood of scientific and technological information and experience, whereas another may choose to use this emanation to reassess and rejuvenate one particular 'stuck' relationship.

Is this emanation used by us for only one issue or aspect at a time?

Not at all! You generally use it for several areas of growth and knowledge. Again, the number of areas will be chosen by you, individually.

Your declaration, riding upon this emanation, is that you are magnificent, and ready, to receive the appropriate guidance, instruction and education in these areas.

You will now begin to see why it is so timely: as you are all working towards rejuvenating your energies, the emanation of distillation is invaluable for the process. You are calling out to the Universe, saying "I am ready! Flood me with what I need most to grow and expand in this particular area!" And the Universe responds by offering you opportunity after opportunity to do just that.

With emanations, you can choose how you wish to grow. A troubled relationship need not be worked out through pain and heartache; you can choose to work on the same issue through joy, love and expansion. The choice is yours.

Emanations are magnificent: they are declarations to the universe, generated by your structure, stating your power, your self worth, your magnificence, your awareness – YOU.

Emanations work at two levels: the higher-conscious and the conscious. The higher-conscious declaration is naturally in perfection with the self; but you are now giving yourselves the opportunity to simultaneously work at a conscious level as well. Plot your course, go on a voyage, and enjoy the ride.

Dear friends, we understand that you are still grasping this concept. If you choose to read of it further on the net, you will better understand it.

Who really guides these emanations?

You are the supreme Master in this process, but you do take the help and support of other energetic Masters as well.

What a gift this is!

This is not a gift, dear friend; it is a declaration of personal magnificence. If you do not deem yourself worthy, valid and capable, you cannot generate the emanation.

Blessings from the energies from the Maha Avatar Babaji: it is the Babaji who is co-ordinating this three-day energetic period for Planet Earth and all her inhabitants.

(Sohrab shifts energies)

Dear friends, welcome!

We will act as a liaison, an interpreter, for the unified essences of the Monica and the Roxan. *(Note: both are group friends who are now in the spirit realm)*

Both are present in the form of pure energy: they are not only group friends, but also friends of planet Earth, and are currently working for the upliftment of all lightworkers in this country.

First take a moment and connect with their combined energies: they energetically appear here as a 'dynamic duo', so do not attempt to isolate one or the other. Joyously welcome them together. (Pause)

How do these energies feel to you?

(Various group members respond)

Vibrant.

Silver.

Speedy.

Liberated.

Healers.

Powerful.

Enthusiastic.

Humorous.

Excellent! These two glorious energies have banded together for the benefit of all lightworkers in this country, and are working at breakneck speed to joyously adjust, fine-tune, enlighten, vibrate, heal, nurture, guide and uplift the collective lightworkers' consciousness, as well as that of the entire planet.

They have become 'energetic activists', and are whizzing back and forth throughout your country, working towards its betterment, growth, expansion and evolution. They refuse to take 'no' for an answer. (All laugh)

They offer you their joy, love, light and embrace; and urge you to join them in their quest. Connect with them at will, and fly with them. They offer you their blessings.

Be in joy.

(Sohrab shifts energies)

Friends, we ask you to tap into the energies of the Himalayas right now. (Pause)

What do you get?

(Various group members respond)

Upheaval.

Fire.

Shifts.

Crystal energies.

Flashes of red.

Birthing.

Yes, the energetic poles there are shifting, and the pH balance of the soil is changing. The energies there are re-birthing. As lightworkers of India, you will now be called upon, from time to time, to assist in this process. Please heed the call, and do not be tentative when working. If, for example, you feel urged to facilitate a strong movement or shift, do so without hesitation. Help it happen in the smoothest possible manner, but do not suppress the volatile, re-birthing energies.

Can we use our emanations to work upon this?

Most certainly: always work as guided by the self. The shifts are likely to unearth some interesting caves, fossilized remains, new energies and even evidence of Universal friends, whom you call E.T.s. As usual, governments will do their utmost to suppress this evidence.

But what is more important are the new energies surfacing and being released for worldwide consumption. You are permitted to connect directly with these, to increase your energetic awareness, knowledge, and wisdom. Do so, and you will begin to understand self, Planet Earth and your joint evolution from a wider perspective.

Many evolved Tibetan monks have already tuned into this and are working joyously to facilitate it: you may also choose to join forces with their energies, if you so desire.

BLESSINGS, JOY, LOVE AND LIGHT FROM AN ANCIENT TIBETAN MONK

(Sohrab shifts energies)

Dear friends, we sense your worry about the astrological period earth is currently going through. You are in so much fear, and you anticipate trauma and confusion.

We urge you not to allow yourselves to be so bound by these concepts anymore. We once again remind you that earth astrology is now relatively incomplete. Your calculations are still based on the energetic effects of the planets of the solar system upon earth. You are now being affected by the energies of over 30 planets, most of which are still unknown to you. So how can your calculations be accurate? They are woefully incomplete. It is like reading a book in which the text is interspersed with several blank pages.

Yes, the emanations described by your astrology and their effects still do exist; but as multi-dimensional beings, you are no longer bound by them. If you believe strongly that you are bound by them, you open a window to these effects, and then you will be bound by them. But if you believe that you can go beyond them, you open the window to other planetary energies that support you in this wider belief system.

We are not asking you to disregard what you have studied or told; we are simply asking you to go beyond it. Just as you are now beginning to understand that you do not have to grow through pain and suffering; you can as easily choose to grow through joy.

Some joyous news: as a collective, you have now reached a point where you do believe that 'you are worth it'. This is a triumph for the human race.

Many still feel small, insignificant, unworthy and undeserving: we ask you, the lightworkers of the world, to lead the way out of this pit of darkness, and allow yourselves to shine brightly, so that others can follow your example.

Trust, trust, trust in your intuition, your knowledge, awareness, and inner wisdom. Go beyond belief in self; be certain of who you are. Even if you do, from time to time, turn to others for advice and guidance, always check the answers with the self. You are your ultimate authority.

BLESSINGS FROM THE ENERGIES OF THE HANUMAN COLLECTIVE

(Sohrab shifts energies)

This is a message for the people who serve Earth:

We are a collective recently drawn to planet earth by her evolving consciousness. We are Universal friends from across time and space; we have never before interacted with Earth and her inhabitants.

We have been summoned by her consciousness to aid in her scientific and technological advancement. We have been called upon to directly download the appropriate advanced information into the brains of those scientists and technological experts. We will help them ideate ways in which to advance in an eco-friendly manner, without over-taxing Earth's natural resources.

We will work from behind the scenes, subtly influencing their brain pathways, and urging them to 'think out of the box'.

We offer you the same opportunity, if you so choose. Connect with us, and we will help you advance in these areas, to the degree that is appropriate for your personal evolution.

We are joyous to be here with you.

(Sohrab shifts energies)

During this session, each and every one of you gave higher-soul permission to the Maha Avatar Babaji to work upon your structures. This work has been done in a manner perfect for the self. Some only desired physical healing, whereas others desired high-level energetic work upon their more refined bodies.

Most also requested an upgrade of the brain, pituitary and pineal glands. For this, many of you had to be 'shut down'; hence you felt disoriented and sleepy.

The work has been done. Be easy with your bodies this evening.

BLESSINGS – you are in the loving embrace of the MAHA AVATAR BABAJI.
