

28th November 2013

Sohrab's channeling

THANKSGIVING

THE ATTITUDE OF GRATITUDE

ENERGETIC KNOTS

BODY BLESSING

THE ENERGIES OF CHRISTMAS 2013 (PART 2)

THE ENERGY OF RESOLUTION

COMPROMISE

A GLIMPSE INTO THE ENERGIES OF 2014

A Master collective greets you!

On this day of Thanksgiving, we offer you our thanks and gratitude.

May we offer you our thanks as well?

The only way you can offer us thanksgiving is **not** through prayers, affirmations or devotion; but instead through a commitment to the self of growth and expansion. That is the only acceptable thanksgiving to the Master realm.

And for that we thank you, as each and everyone here has made that commitment to self, and has grown over time. We honour you for this.

Let us look at how emotion (as gratitude is an emotion) activates energy, so that you better understand what happens when you are in an ***attitude of gratitude***.

When you give an energetic thanks to the self, to another or to the Universe, you reach into the vastness of the self, vibrate those aspects that deal with your gratitude, and energetically lengthen them, in the same way you lengthen a muscle when you stretch out a limb.

When you lengthen an energy strand, it begins to vibrate at a higher frequency. This strand then sets off two predominant circular flows: the first reaches up to the Universe, accesses higher Universal energies, and then returns to the self in a

new and expanded fullness. The second enters your physical structure and takes the self to a new level of vibration and resonance.

These two circular loops form the symbol of infinity, flowing repeatedly to take you to higher and higher levels of expansion and awareness.

This same symbol does not just flow in a linear manner, but also inter-dimensionally. Let us help you better understand this with an example. Through this multi-dimensional structure, a scientific soul incarnated on earth during 2013, who offers gratitude to the Universe for his scientific abilities and opportunities, sets off a resonance which not only takes him to a new level of understanding and awareness, but also harnesses from the Universe higher degrees of science that have not yet been accessed by earth, and loops it through him to the planet.

Now expand this linear explanation inter-dimensionally. The very same scientist, incarnated on earth during 2013, giving gratitude to the Universe, not only brings new science to Earth in the now, but also sets off a chain reaction, affecting not only the self, but others, in all timelines and dimensions.

This one moment of gratitude from a 2013 earth scientist could therefore be provoking a caveman, back in time, to discover the use of the wheel. It could also be provoking a scientist in the future to discover a cure for AIDS.

Similarly, a farmer, giving thanks to his crop, his bounty and his abilities, not only increases his own crop, but also gives a boost to all those indulging in farming on planet earth over centuries.

Now you are beginning to understand why we ask you to *live in an attitude of gratitude*, rather than waiting for one day in the year to officially 'give thanks'.

A housewife who gives love and true devotion to her own family, spreads love across time and space. This simple act provokes an abused wife, in another timeline, to touch her power and love herself enough to make a change in her life.

One moment of *genuine gratitude* spreads itself across centuries. The word 'genuine' is important. You cannot fake it. You can say you are thankful, but if this is energetically unsupported, it has no meaning or effect.

Similarly, if you fool yourself into thinking you are in gratitude to another, but your underlying emotion is actually that of envy, then that is what you spread

across time and space. The choice is yours.

Now, when you experience what you term 'negative' feelings, instead of stretching the energy cords in your structure, you begin to knot them. When you experience anger, jealousy, envy, one-upmanship, greed and so on, you are accessing 'positive' energy strands in your structure, and simply knotting them. This is because there *are no 'negative' ones* in your extended beingness.

If you experience lack, for example, you are simply knotting your energetic strands of abundance, creating within them arterial blockages. The flow of the infinity symbol then intensifies this lack. All you have to do is truly acknowledge your abundance, feel deserving of it, and you then begin to undo the knots.

Why not choose to see yourselves as worthy? As bountiful? As deserving? No one, at a soul level, truly desires pain, trauma and mis-alignment. This is the shift we ask you to now make, in awareness. Examine those areas in your lives that appear to be knotted, acknowledge the flip energy, and work towards that instead. Distangle your structure by choosing the very opposite.

What about people who desire to give others lack or pain?

The desire for lack or pain, for the self or for another, only comes about because you have already knotted the strands in your own structure. Once you knot your own strands, you begin to see and experience a distorted view of existence. Thus the old adage "Misery loves company".

This distorted view gives you the impression that you prefer pain to pleasure, abuse to empowerment, smallness to expansion, and so on. Even as an incarnated being, there is no one who truly desires torment and torture as an experience. Yes, you have come to Earth to undergo experiences for personal assimilation, but *how* you choose to learn your lessons is your choice.

You may choose ill-health, for example, as a tool for personal growth; but it is not part of your structure. Ill-health is unnatural. Why learn your lessons through ill-health? Why not choose a more pleasing route? Why not awaken to your issues before you create a dis-ease that brings them to your attention?

Can a person distangle their energetic knots, even if they have gone very far into a knotted structure?

Yes; but it will depend on the person's desire and power. You can go beyond the 'point of no return' on earth. If, for example, you are in a deep, deep depression;

a physical or emotional jolt can urge you to touch a modicum of power, buried deep within the self, which propels you out of it. But very often, if you have gone so far, you simply shed the physical body and start afresh.

Can we help another person in this?

Yes you can, provided he desires to be helped. It cannot be forced upon another. Using our earlier example, when a person is extremely depressed, he moves into a space of non-energy between realms. This could be considered a vacuum. Medication, therapy or an emotional blow can sometimes jolt the person's personal energy enough to help him move beyond this vacuum, back into a space of energy. But if the person has gone too far into the void, then even a jolt, or your help, will be of no use.

Suicide is another example of this. Your energetic strands are so tangled up that you experience complete hopelessness, helplessness, loneliness and despair. The only way to distangle them is to touch a micro-fragment of your own power, by yourself, and *not do it*.

Some succeed; others do not. And those who do not, more often than not, re-create similar circumstances in another existence: they bring themselves back to that point, and attempt to *not do it* again.

Therefore suicide is not a 'sin', nor is it the outcome of a punishing Universe. It is simply your repeated attempt to 'pass the examination' and touch your power.

You are blessed today by the energies of the DADABAI NAOROJI.

(Sohrab shifts energies)

Dear friends, we urge you tonight, before you go to sleep, to spend a few moments in bed, giving thanks to each and every part of your body. This will take you only a few minutes; and if you do this tonight, you will be supported and served by the energies of Thanksgiving. Self-healing can be speeded up. The brain, pituitary and pineal glands will be taken to new levels of self-awareness. Why not use this opportunity?

May we do so for others as well?

Should you choose to also bless the structures of others, you may joyously do so; but *only after* you have done so for your own body first, head to toe.

You can also work as easily for one person or one million; do not think in a linear

manner. You may choose to work, for example, for all those on planet earth who have cancer, or who are rape victims. We urge you to work specifically, as just mentioned, instead of just 'blessing the entire planet'. But work for self first.

Now, if you have a certain body part that has been removed, or is mal-functioning, still bless it in its perfection. Why? Because you are not working in linear time. You are blessing yourself from the point of birth to the point of exit.

Then go to sleep in joy, fullness, completion and in the embrace of the self.

If we work for another, could we possibly be interfering with his choice? What if he has chosen to undergo a certain body process?

You are simply offering them a blessing, and the opportunity to vibrate that body part in any manner they choose. You are not forcing healing upon them.

(Note: Prior to the meeting, a group member had asked for healing for a friend who had had an accident, and was currently in a coma. The Master now spoke of this person)

Dear one, your friend is being guided and guarded. There is a team of spirit doctors and healers working upon the soul. Yes, not just on the body, but on the soul as well. This being has a fragmented soul structure, and this process of being 'temporarily suspended' through the comatose state has been created so that the soul structure can be worked upon. This needs to be brought into balance before the person makes a choice of whether or not he desires to remain on earth, or exit and reunite with his extended soul.

A team of Universal Masters are working upon the soul. You may, if you so choose, add your energies to this soul team. Whether or not the person chooses to stay or exit, growth and evolution will take place seamlessly.

Do not bother with the physical; simply add your light and energies to the soul team. Blessings.

At an earlier meeting, we had been urged to give ourselves at least three gifts on a daily basis: should we continue to do so?

The choice is entirely yours! Do you feel deserving of these? If so, please continue to do so for the rest of your lives.

Blessings, joy, love, light and the embrace of THE ARCTURIANS.

(Sohrab shifts energies)

Friends: we spoke last week of the initial energies of Christmas. We had mentioned that they would be coming to earth in a series of energetic waves. Last week we spoke of the energies of Awareness and Love.

The next wave is that of **Resolution**. This is now beginning to flood planet Earth and all her inhabitants.

You are being offered the opportunity to distangle relationships, for example, through the energies of resolution. You could also use these for legal issues, personal matters of confusion and discord, and so on.

Most resist resolution in their lives. We urge you to draw upon these energies, use them to your benefit, and demand **clarity** in your issues. This is essential, as you first need to be clear-minded and clear-sighted before you can begin to disentangle your issues.

In short, you are being given Universal support during the months of November, December and January to really resolve issues, inter-personal relationships, long-drawn-out legal battles, and other such matters of confusion and murkiness in your lives.

We urge you to call upon these energies in the manner of Archangel Michael, wielding your energetic sword of truth. Demand and Command that the situations disentangle, insist upon personal clarity and resolution, and as much as possible, **compromise** to achieve a desirable outcome.

This bears discussion: do not compromise out of weakness, fatigue or hopelessness. That is not compromise at all; that is giving up. Question yourselves: Am I not giving in out of an imbalanced ego? Am I demanding too much? Am I only viewing the situation from my perspective, and not taking into consideration the other's perspective at all? Come to a level of balance, wherein you are comfortable with a level of compromise, and then do so to that level; no more and no less.

This energy is now required, as most of you really desire to begin 2014 with a relatively clean slate. You are fed-up with the cloying, nagging, lingering issues of the past; you desire to move beyond them and start afresh. You wish to paint a new portrait of the self and for the self.

Can you give us a glimpse of the energies of 2014? 2013 seems to have been a horrid

year!

We will speak of them in time; but today, as you have asked this of us, we will touch upon them briefly.

You may recall that we had previously told you that 2013 is a 'dream year'. It is not really happening; you are energetically in stasis in the Universe, going through vivid dreams, sometimes nightmares, to escalate your growth processes; so that when you awaken in stages in 2014, you will be so many steps ahead from where you were in 2012.

For some it has been a horrible year, and for others it a joyous one. This has depended upon their resistance to, or alignment with, their processes of growth and resolution.

You may also recall that we urged you to hold two contrary notions during this year. The first was not to take anything or any event too seriously, as it was all part of your dream. The second was to speedily learn from all your 'dream events', so that you would awaken afresh in 2014.

In general, ***2014 will be a year of awakening***. You will start achieving clarity, awareness and an understanding of the self and the world, as you have created it. You could call this year 'the dawning of a new age'; but this will be a new age of you, and not of the external world. You are all going to re-birth in stages.

We promise you that, if you are alert to them, there will be many 'Ah-ha' moments in your lives and in your understanding of the self and all that you have created. You will suddenly realize that you are so much further ahead than you previously were, in the area of relationships, or clarity, or abundance, and so on.

These 'Ah-ha' moments will come at different times during the year, and each will pertain to a different aspect of your lives.

Enjoy the last few months of this year. Speed up your processes; you are still asleep. Assimilate all that you need to during these last few dream days. And joyously awaken in 2014.

How does a human make a choice? How does one ensure it is not in opposition to the soul's choice?

(Another group member speaks out) *Free will!*

In the past, you had a certain amount of free-will choices, and a certain amount

of corner-stone events (pre-decided by you before the incarnation) that were inviolable. The free-will choices were flexible; but if you went away from the corner-stone decisions, you went into complete disarray.

Now, energies have evolved to such a degree that the blueprint is totally fluid: everything can be chosen, re-adjusted or completely altered 'in the moment'. Any choice you make is perfect for growth and evolution, even if it appears to be 'the incorrect one'.

Having said this, there is still another way of testing the appropriateness of a choice. If it 'feels right'; it is right. If you are in any form of inner discomfort, then you have not chosen as appropriately as you could have. In that instant, make a change!

Let us illustrate this with a visual example. In the past, if you had a cornerstone choice to make, the road ahead appeared to be a singular one, with no turnings or diversions. But a free-will one brought you to a junction of, say, five roads. You then made a choice, walked down one of the five roads, garnered experiences, and eventually came to another junction, where another five roads opened out before you.

Now, there are no singular roads at all. In fact, there are no roads at all. Opportunities open out instantly and simultaneously for you, and the moment you make a choice, another series of opportunities open out again. And this process keeps repeating itself. You are now truly recreating the self, moment to moment. Such is your power, potency and awareness.

So now, if you choose to believe that you have chosen correctly, it will be so; and if you choose to believe that you have made the wrong choice, then it will be so. Both are simply being created by your belief, in the moment. It has no bearing on your soul, or your soul planning.

A lot of us are sleeping much more now: does this have any bearing on the current energies?

Yes it does. Many find the need for an afternoon nap, as well as a full night's sleep. If possible, permit this. There are many reasons for this.

You are all astral-travelling at a higher frequency right now. Now, even though you astral travel 24 hours a day; when you cut off the physical senses, you do so at a more intensive rate. This way you accomplish more for both self and for the

others you serve through this process.

Through this sleep, you are not only working on healing and upgrading your structure, but are also facilitating the installation of new energetic organs in the physical body.

You are also re-aligning and upgrading the brain. Its structure is being changed at a very rapid rate. You are re-working your neurons and synapses. New electrical impulses are being installed. New pathways are being forged. All of this takes place the most effectively when the body is at rest.

Dear friends, during this period (pre-Christmas) the veils between the human and spirit realms have become very rarified. Visitations take place all the time. Loved ones in the spirit realm are constantly with you. This is not necessarily because they are earthbound, or to give you messages; but simply because they can.

Similarly, you are able to tune into them much more easily than before. Use this time for two prime reasons: to work on pending, incomplete resolution/closure; and just to greet them and share love. Have fun with them.

Many who are still on earth and appear to be 'ready to pass over' but have not yet done so, are using this energetic period to stride two realms, paving the way for the self, so that when they eventually do shed the physical body, they will be easily and effortlessly able to move straight into an extremely high vibratory structure.

Many are currently using the comatose state, the semi-lucid state, or even the appearance of Alzheimer's or dementia, to do just this.

We leave you in joy, love, light and the embrace of several Masters today.

The meeting has been held by the Christ office, headed by LORD SANANDA, THE MOTHER MARY AND THE BROTHER JOSEPH.

You are also in the embrace of the MEHER BABA.

Joy, love and light from the LADY QWAN-YIN.

Blessings from the AUROBINDO MOTHER.

Joy and the embrace of THE SAI.

You are also in the presence of THE OSHO.

Blessings from ARCHANGEL MICHAEL.
