

Sohrab's Transcript

17<sup>th</sup> July 2014

THE ENERGETIC CAUSES OF AILMENTS DURING 2014 (Part 1)

EYE PROBLEMS

GLAUCOMA

STYES

BLOCKAGES

THE COMMON COLD, COUGHS AND THE FLU

VIRAL INFECTIONS

ARTHRITIS

SPONDYLITIS

DIAHRREA AND VOMITING

DIABETES

ALLERGIES

LACTOSE INTOLERANCE

SEAFOOD ALLERGIES

NUT ALLERGIES

HIVES

POLY-OVARIAN CYSTIC DISORDERS

Greetings!

Most of you are now very energetically savvy: what do you observe in him right now? Take a moment, and have the courage to speak out...

(Various group members answer)

*Effervescence*

*Shimmering light*

*Dancing energies*

*Tranquility*

*Silence*

*Light energy*

*Shiv Light*

*Peace*

*I see a huge halo surrounding his upper chakras, extending upwards from his torso. Purple light, with gold as well.*

*Illumination with blue light*

*Playful energies*

*I can sense Sai Baba's presence to his left.*

Excellent! Today, various Master energies are working through him as a collective. All of you are correct; you have simply tapped into differing frequencies that he is currently holding.

These energies are, in general, very vibrant, effervescent, and playful. But others in the room have simply tapped into tranquil and peaceful aspects flowing through him, which are akin to their own personal energies at this moment in time.

Today's energetic collective is being deliberately used to help you understand how you work when you are in full flow. Very, very rarely will you now work with singular Master energies. Even if you have a Master preference, you will still be accessing many other strands as well; those necessary for your growth and evolution.

(Pointing to a group member) Dear friend, *you had asked him a few days ago why the Sai energies were so repeated present during these meetings.* The Sai frequency, which has been explained in great detail during the last session, is now to be called Cosmic Illumination.

This energy is being accessed at all times by Planet Earth, during 2014, for her overall growth and evolution. Therefore, Cosmic Illumination is going to be

repeatedly present. All other Master energies are also present; but this one is the 'central column' around which Earth is evolving this year.

(Pointing to another group member) Dear friend, *you asked, prior to this very meeting, why eye problems seemed to be so prevalent at this time.*

**Today we will speak of various ailments, and explain their energetic causes during the year 2014.** In some cases, these will be the same as those of the past; but in others, the reasons may now differ. Please understand that we will also be generalizing. There are, naturally, always exceptions to the rule.

Those who are currently experiencing any **eye problems**, both major and minor, fall into one of two categories.

*The first group* is comprised of those who have repeatedly refused to look at that which is in front of their noses. *Those who repeatedly block that which they do not wish to face: a relationship, an aspect of the self, or an external event*, for example. These people are going to create inner-eye pressure, which then causes several ailments, including an untimely cataract.

*The second group is comprised of those who already have incredible foresight and inner vision, and simply wish to further it during 2014.* In some of these cases, physical surgery or intense medication is actually required, so that the frequency of the eye is stepped up.

Medical help and support will be needed in many cases. Though many of you prefer to use alternative, natural therapies, medical help and support will be vital in most cases.

In most of these cases, the doctors operating on the patients will be influenced by the higher soul of the patient itself. The patient will be energetically guiding the doctor's hands; directing him to do what is necessary to further inner vision.

*Inner vision does not only refer to psychic awareness. It also includes reviewing your life, facing home truths, and choosing to look at life differently, from a more expanded perspective.*

*Could someone belong to both categories?*

Yes. This appears to be a paradox, but it is not. A person may have great foresight and acute inner vision, but he may still have one area of stubborn resistance. His perennial stumbling block. He may now be ready to face this.

Since the eye is choosing to 'speed up' this year, should you choose to self-search and face up to that which you have previously blocked out, you will also find the answers coming to you with equal speed, and with startling clarity.

*What of a sty in the eye?*

***A sty generally represents one particular area of tremendous blockage***; one area you are not able to face. When you get a sty, instantly self-search, and ask what you are refusing to face in the current now.

*What of allopathy vs. natural cures, in general?*

Dear friends, please do not play a spiritual game and disregard all allopathy. Remember that you have chosen to incarnate during 2014, which offers you advanced medical techniques.

Naturally, if your own inclination is to go the natural route, please follow your inner guidance; but do not make this an inviolable, self-imposed law.

You have several options available to you for birthing, for example. You can choose a natural birth, a water birth, a C-section, or the comforts of an epidural in a traditional hospital. Make your choice. Had you definitely not wanted to avail of modern choices, you would have chosen to incarnate in an era where these were simply not available to you.

*So if I have a blockage, does medical help fix it entirely for me?*

Not at all. You should follow your inner guidance and avail of any process, medical or alternate, that attracts you. At the same time, you must examine, and work upon, the inner reason for having caused the blockage. If you don't, the medical procedure will be a temporary measure, and the situation is likely to reoccur.

*If I have a blockage, from the physical self it appears to be a problem. But when I look at it from my soul's perspective, it seems perfect. How do I reconcile the two?*

Yes, dear friend, from a soul perspective, everything is perfection. But remember that you are living a dual existence. You have come here to undergo human experiences, and to learn from them. Therefore from the human perspective you must examine what has caused this blockage. Self –search, and choose to shift your point of view. Face your issues, and deal with them.

*What of glaucoma?*

Please share with the group the symptoms of this ailment.

*Water-retention in the eye, and excessive internal pressure, often leading to blindness.*

***A generalization: glaucoma is caused by excessive, self-imposed pressure. You then run away from the situation, bury it, or try to mask it by covering it with layer upon layer of deception. In short, it is generally caused by those who are unable to face the self.***

In certain cases, it could be also created by those who refuse to acknowledge their magnificence. Those who repeatedly see themselves as small, insignificant and unworthy.

These people have often done things, in the past, which they cannot accept. They are filled with shame, trauma, and self-loathing. They need to learn to move beyond self-judgment, self-condemnation and self-flagellation; and accept themselves for who they really are.

Let us now look at some other common ailments, and examine what lies behind them.

*Cancer?*

We have spoken of this at length in the recent past, so we will not address this again.

Why do you think you create **the common cold, a cough and the flu?**

*Conflict with the self.*

*The inability to deal with irritants in life.*

*A cleansing.*

*Confusion about which stand to take.*

Excellent and all correct.

Colds and coughs serve dual purposes. ***They are often used as a method of speedily releasing both physical and energetic toxins that have built up in the body.*** It may interest you to know that phlegm is the ideal viscous medium in which to hold, store (and therefore expel) energetic toxins from the body.

***However, colds and coughs are often created by those who cannot face aspects of the self. Those who feel low, unproductive, useless, and cannot understand their role in society or the purpose of their lives.***

This sounds so big and threatening, doesn't it? But all of you have these moments of self-doubt in your lives. Evolution is rarely a smooth, upward graph. It does have little dips in it. In these moments, when you question your validity, you tend to develop a cold, cough or the flu.

***When you have a cough or sore throat alone, it is generally a symptom of words or energies that you desire to either share or release, but which you have instead suppressed.***

The next time you develop a cough, ask yourself, "What have I not said, that I am feeling impelled to say to somebody? Am I holding back some words out of fear? What have I not acknowledged and expressed aloud, either to another or to myself?" If you courageously follow through on your findings, you will find your cough vanishing equally speedily.

Another common reason for manifesting a cough is when you are only able to intermittently express yourself, after which you hold back. Then you keep repeating this pattern. The rhythm and frequency of your coughing bouts will give you an indication as to how often you do this.

This is very commonly created when a spouse, for example, addresses only little snatches of her major issues with her partner, then feels ashamed or threatened, and holds back the rest.

*What about traditional 'cough and cold seasons'?*

A very good question! Many appear to catch coughs and colds during particular seasons, and yet others are spared.

During these seasons, coughs and colds are generally attributed to sudden changes in climatic conditions. ***However, energetic windows open up during these times, 'airing you out'. When these windows open up, you are offered the opportunity to spring-clean the self by airing your opinions, expressing the self and getting things off your chest. Most do not take this opportunity, and therefore develop the traditional symptoms.***

What other ailments would you like us to discuss today?

*Viral Infections?*

A viral infection, which often appears to spread throughout a community, differs slightly from colds, coughs and the flu. ***It is a very rapid energetic shift that an area or a group desires to take collectively.*** It therefore appears to spread from person to person.

***One person sets the ball rolling, and opens up energetically. Let us liken this process to that of moving from a caterpillar to a butterfly. This is a dramatic energetic transformation that is set into motion by one person. He then acts as an energetic catalyst, and others around him feel urged to follow suit and expand at a similar accelerated pace. They then appear to catch the virus. But in truth a domino effect is set in motion; each one triggers another.***

Yes, a viral infection often leaves you feeling weak and drained. But after this has passed, if you are energetically savvy, you will notice that you now have a completely different, upgraded set of internal energies. You will feel lighter, brighter and more expansive. You will have actually changed your entire grid and personal frequencies. You will also discover expanded inner knowledge, wisdom and awareness.

It may interest you to know that an area may also contract the equivalent of a virus for a similar upgrade. This may be manifested by a forest fire, a flood, and sometimes by an earthquake.

*Arthritis?*

What do you think would be possible causes for this?

*The inability to move into the future.*

*Rigidity.*

Yes, this is correct, and it still holds good. ***Arthritis is generally caused by rigidity and the unwillingness to move into the future, stemming from deep internal fears that have not been faced.*** These fears are generally deeply buried in the sub-conscious. These people should be urged to sit with a therapist, a counselor or a wise friend; and to bravely delve into the self, let these fears surface, and begin to face them.

Though the cure is not a speedy one, Arthritis can be alleviated, and even reversed, if the person boldly goes where he has not gone before. But it requires self-dedication and tremendous courage, as some of these fears may be overwhelming. That is why we urge those with Arthritis to take help, instead of trying to do it all alone.

*Spondylitis?*

Explain the symptoms to the group.

*A pain in the neck and shoulders.*

And why would this be caused?

*Insecurity*

*Rigidity*

*An energetic jolt*

*Inflexibility*

*Taking on too many burdens*



Excellent. But let's take this further. It may interest you to know that **Spondylitis** is not limited to the neck, shoulders and spinal column. It can, energetically, affect every single body part, though medicine does not acknowledge this. Sometimes, for example, disturbances in the brain and the pituitary gland have their roots in Spondylitis.

*Spondylitis is generally caused by excessive burdens, many of which have been carried forward over lifetimes; ones which now do not suit your energetic evolution.*

Let us explain this more fully. In less evolved lifetimes, you may have taken on, for example, a vow of poverty, or chastity, or suffering. Are these necessary for you now? Not at all.

The potency of these choices are generally not understood when they are made. A person who swears very fervently to take on a vow of poverty, in a misguided attempt to punish the self, or to bring him 'closer to God', has no idea that this vow can permeate other lifetimes as well.

We would suggest that a person with extreme Spondylitis do a little past-life regression, discover which burdens have been carried forward over lifetimes, and to then choose to release them by touching his own power.

In the case of mild Spondylitis, simply examine the burdens you perceive are weighing you down from this lifetime alone. Then shift your perception, and take action to alleviate your suffering. Free the self from within.

Most burdens are obvious; but some will be subtle and hidden. Let us cite an example to help you 'think out of the box'. A burden you might have assumed, in this very lifetime, is perceiving the self as ugly. Another common burden is the need to be an over-achiever, and then punishing the self when you do not 'come first' in everything.

*Diarrhea and Vomiting?*

Though this is similar to the cold and cough category, as well as that of the viral. *Diarrhea and Vomiting is created when you need to rapidly and urgently purge, both physically and energetically.*

Most of you are now highly energetically sensitive. You have worked at this, and the human race has so evolved that it can access very high energies all the time.

With this may come errors. Not spiritual errors; but physical ones. You may ingest energies not appropriate for the self. When this happens, you need a speedy release.

This may take place not only through diarrhea and vomiting, but also through skin eruptions, acne, rashes, boils, excessive sweating and strong body odor.

Juvenile diabetes?

***Diabetes has always come from a lack of sweetness in your life. People with this feel unloved, and are generally incapable of giving and receiving love, fully and freely.***

In the case of juvenile diabetes, it is a repeated pattern over lifetimes which the child has carried forward. Yes, this kind of child feel unloved and un-nurtured; and is urging the self, from a very young age, to learn that true love comes from within the self.

Extreme diabetics work with a paradox: the more they are loved, the more unloved they feel. In most cases, when they receive that which they desire, they are unwilling to let go of the familiar crutch of victimhood in this area. They are terrified of the power, the force, of love. They fear being engulfed in it.

Many in your extended group have levels of diabetes. This may not be officially detected or labeled, but sugar imbalances occur on a day to day basis. To overcome this, you have to learn to love, appreciate, acknowledge and validate the self by the self.

*Allergies?*

Why do you create allergies?

*To get attention*

*Self-protection*

*Suppressing creativity*

This is a very wide category. Different allergies have different reasons. Let us offer you some loose generalizations, before we get into specifics:

***Suppression of that which needs to be released, spoken out or initiated in your life.***

***The inability to accept the self.***

***Self-directed anger, loathing, hatred, rejection and self-deprecation.***

***The inability to stomach something in your life: this could be a singular deed, and event or a characteristic.***

In rare cases, allergies are very positive. They could be like vaccinations, taking you to a new level of energy acceptance. Here, they actually create an energetic disturbance, to help you acclimatize speedily to newer, higher frequencies you are going to receive in the future. You might not have been able to access these energies, had you not created the allergy in the past.

*What of hives?*

This is very similar, but in general, ***hives are caused by the non-acceptance of a specific ‘something’ or ‘someone’ in your life. This person can become the proverbial thorn in your flesh.***

A very common reason for hives is in a relationship, where two people begin ‘to get on each other’s nerves’, and do not work on the issue together. Here, hives are physical pockets of the other person’s energies that you store in your physical body.

*Milk allergies?*

***These people have an issue nurturing the self. They find it difficult giving and receiving love. Many of them have unresolved issues with their mother, or a mother figure in their lives.***

*Seafood allergies?*

***This stems from emotional blockages. Many cannot fully express emotion, and tend to build walls behind which they retreat.***

*Nut allergies?*

**People with these allergies have problems internalizing and retaining energies, information and knowledge necessary for their own growth, evolution and well-being.**

A nut has a lot of nutrition packed into a small space. Similarly, a small quantity can sustain you over long periods of time. In the same way, those allergic to nuts tend to reject wisdom and knowledge being offered to them by the Universe.

This could be as simple as rejecting home truths or not listening to the needs of the body.

*What of **Poly-ovarian cystic disorders**? In the case of females, they get an excess of female hormones which damage them. They get incessant periods. In the case of males, there is excessive hair growth, and excessive weight gain. In short, it is a hormonal imbalance, as far as I know.*

***This syndrome is a throwback to repeated rejection of the self, and of one's sexuality, over lifetimes.*** Some who experience this acutely have, in the past, rejected who they were, as well as their personal sexual impulses.

Some, for example, hated their physical form, and desired to be a person of the opposite sex. Some refused to accept their personal sexual preferences. Others tried to genetically manipulate the self for various reasons. This is generally caused by imbalances over hundreds of lifetimes.

A simple solution, which is not a quick-fix, is self-acceptance. The acceptance and embrace of your sexuality, your desires, your needs, your physical body, your emotions, your thought patterns, beliefs and so on.

Let us better understand this through an example: that of celibacy. In balance, this is a very valid personal or soul choice, made by a person for certain experiences. But in imbalance, some people force themselves to be celibate because they feel guilty for having physical desires, or because they think they are expunging past sins through abstinence. As always, it is not the act; but the energy behind the act that matters.

Dear friends, this all this information is being shared with you today, as most of you are going to be interacting, in the future, with various people who have these issues. As lightworkers, you need help them through their processes.

We will speak further of this next week.

A group of energy healers are present in this room. We have been working secretly and silently with your physical and energetic bodies while you have been in attendance here today. Naturally, your higher soul permission was first sought, and freely given. Go home now, feeling energized and charged.

YOU ARE BLESSED AND EMBRACED BY THE DR. LANG COLLECTIVE.

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