

Sohrab's Transcript

31st July 2014

THE ENERGETIC CAUSES OF AILMENTS DURING 2014 (*Part 3*)

THE SHADOW SELF

EARTH SICKNESS

THE EBOLA VIRUS

BED-WETTING

AN ENERGY EXERCISE TO HELP PLANET EARTH

Greetings!

Let us begin today's session by sharing with you two very interesting ailments which are beginning to surface worldwide; but are, as yet, unnamed and unacknowledged by you, as you don't even know that they exist.

Let us term the first **the rise of the shadow self**. The shadow self is an energy body within you, which contains aspects that you do not necessarily desire to exercise in this particular lifetime.

You have, for example, the propensity to be a murderer, rapist or thief; all this lies within the shadow self. The shadow self therefore contains vibrations *being used by you* in different parallel and simultaneous realities, but are not necessarily accessed by you in this lifetime.

This shadow self is now beginning to arise. Most of you, if you are truly honest with yourselves, will now acknowledge that you have moments in which you experience extreme rage, extreme jealousy, extreme vengefulness, or the desire to 'kill someone', for example. You may not act on these impulses, but they do surface from time to time.

The shadow self often arises, for example, through road rage. Now, this is not an ‘ailment’; and it does not need to be erased from the self. But it repeatedly will arise, so that it comes to your awareness. You need to acknowledge its validity, and then choose *not to* act upon it.

Most people, when the shadow self repeatedly arises, attempt to suppress it, saying things like “This is not a part of me”, “I am a spiritualist and should not feel this way”, “How can I have such disgusting, evil, vile thoughts?” By tamping it down, you are actually energizing it.

It is the repeated suppression of the shadow self that often pushes people ‘over the edge’, causing them to perform acts that they later regret. Acts that are not part of their contractual obligation to the incarnated self; acts that have no bearing on their growth and evolution.

Do not think you are ‘above’ these kinds of feelings: every single person is now going to repeatedly interact with his or her shadow self.

How do we best work with our shadow self?

The next time the shadow self surfaces, do not deny your feelings. Acknowledge and embrace them as a part of your extended experiential self; and then choose not to act upon them. In this way, you are not denying the validity of the shadow self, but you are also not further empowering it.

Can't we affirm that this is an unwanted aspect of the self, and ask it to leave?

No, dear friend. The Shadow self is not an unwanted attachment. It is very much a part of who you are. You must embrace it and acknowledge its validity in your extended existences. Only then can you touch your power and choose not to act upon it.

I feel that the very fact that this shadow self arises is an indication that we need to deal with those feelings in our current existence.

Most definitely. At your level of evolution, you are all repeatedly connecting with aspects of your simultaneous and concurrent realities.

Let us illustrate this with an example. You are driving your car; you experience road rage, and the shadow self arises. You are, in all likelihood, also connecting with another part of you, in a different timeline, which *is acting upon this* by, perhaps, beating someone up. The shadow self has facilitated this connection.

Because of the connection, there is an inner urge to emulate that behavior. It requires strength and empowerment on your part, in this lifetime, to choose not to do so.

Now, should you choose to act in a similar manner, please do so. But make it a choice **you** have made, rather than one your shadow self has chosen for you.

So what you are suggesting is that, if the shadow self has murderous feelings, we should acknowledge these feelings fully and even energetically play out this scenario, without actually committing the act. Is this correct?

Yes.

But we have also been taught that thoughts have energy. So in the playing out of the scenario, even mentally, aren't we harming the other person, or causing karmic repercussions?

Not at all, because you are coming from a space of empowerment and healing. The moment you choose to do so, to take yourself further into expansion, you are doing **energy therapy**. This is an extremely healthy way to release the feelings, and it causes no harm or karmic repercussions at all.

Friends, your shadow selves may not bring up extreme violence, but they will bring up aspects that make you distinctly uncomfortable. Aspects that you feel cannot belong to you. But they do. Acknowledge the presence of this shadow self, experience the feelings, and then make a choice: Your choice. This word, choice, has great potency during the year 2014.

Do we really have a look-alike in another part of the world? If yes, and we have a shadow-self experience, does it affect the other as well?

Yes, every person has a look-alike somewhere in the world. Sometimes there can be more than one. This person will look exactly like you in face and feature, although the skin tone, hair and body type may differ from yours.

These ‘duplicates’ are sometimes your twin souls; but more often they are parts of the higher you that have incarnated in the same timeline, for soul-growth. There is always some kind of empathic bond between the two (or more) of you. Each has a slightly different shadow self.

In some cases, these aspects experience exactly the same kind of growth at exactly the same moment in time. In other cases, they divide up the work, and share the results. One aspect may be working out a relationship issue, and the other an abundance issue. The results will then be shared.

When they are deeply connected, they exit at exactly the same moment. Others may experience a time-lag. One may exit upto a year after the other. When the bond is strong, and one part of you exits, you will experience tremendous loss and loneliness without consciously knowing why.

Now, the second ‘ailment’ we wish to discuss has not been recognized by the medical profession, but it has begun to get acknowledged by spiritualists. We will call this **earth-sickness**.

(A murmur of laughter from the group)

Yes, these are amusing terms we are creating for you right now, dear friends. Many souls who are on earth right now have a predominance of Universal energies. They have incarnated far more frequently in Universal societies than they have on Earth.

Anyone who holds, within the self, 90% or more universal energies, and 10% or less Earth energies, tends to experience degrees of earth-sickness.

Each has come for his own reasons. Some have come to strengthen their structures, some to have an ‘earth experience’, some have come to fulfill particular missions, and so on.

Most Universal beings that are on earth right now have come as fact-finders and explorers. They desire to have a full earth-experience, so that when they exit, they can return directly to their advanced Universal societies and share this historical adventure with their own people.

Doesn't this remind you of the adventurous travelers of ancient earth history? They often left their homeland, risking life and limb, to venture forth for years on end, travelling on foot to explore different unknown lands. They would then live amongst 'alien' people, immersing themselves in a new culture, language and lifestyle; eventually returning home with a wealth of knowledge.

Many on earth today are doing exactly this. They have come from advanced Universal societies: ones which are high-vibrational, free-flowing and expansive. To them, the rigid confines of a dense body, limited speech and thought-patterns, and the inability to flow freely are extremely claustrophobic.

Many, during this time period, are now yearning to break free and 'go home'. They are rebelling against the limitation of Earth. This we term earth-sickness.

These people are starting to feel "Why am I here?" "I don't really belong on earth!" "I can't see the purpose of my life" "I don't fit in" "I just want to go home" "I can't understand the workings of Earth and her people" "Nothing quite makes sense to me" "Ever since childhood, I have felt like I don't belong" "I have always felt different" "Nobody really understands me" and so on.

All symptoms of earth-sickness. In some cases, this will pass. Others will feel this way till the point they exit.

Here, you cannot avail of medical help or any alternative therapy. All you can do, if you are one of them, is accept why you have come here, and learn to acclimatize to earth as best you can.

Most lightworkers are beings like this. Most have moments like the ones just described. In most cases, the feelings will pass. Help yourselves, and others who feel this way. Focus on fully enjoying your voyage, and get the most out of it. It will soon pass, and you will be home again.

Surely self-love will help?

Self-love, self-worth and self-acknowledgment will act as a balm; but it will not fully cure this affliction. Just keep reminding yourself that you have chosen this mission. Also remind yourself that you have a limited period on earth, and urge the self to fully enjoy it before you go home.

These kinds of people often appear to reject the self. They may actually have issues to work out; but more often than not, they are actually rejecting the physical body, as it makes no sense to them. It simply seems like a cage or a trap.

Let us look at this from the human perspective. You are all accustomed to moving about wherever you please. Now imagine choosing, as an experiment, to be locked in a room for an extended period of time. Wouldn't you start feeling very confined and claustrophobic?

However, a human incarnation also has an advantage. Here, you have the veils of forgetfulness. You cannot completely remember the freedom and magnificence of your expanded self. If you did, the pull would be too strong, and you would probably commit suicide instantly, so as to return home.

So are all people with suicidal tendencies suffering from this affliction?

Not all; but some, most certainly. Many who choose to commit suicide during 2014 will do so because of earth-sickness.

Now we will take your questions about other diseases.

The Ebola virus?

What do you know of this?

Some symptoms are high fever, fatigue, diarrhea, vomiting and nausea.

This particular virus is a space-disease. ***Those who have contracted it are working very rapidly to upgrade their own DNA, by adding to it large amounts of Universal DNA. They are overdosing on Universal energies.***

They are to be advised, if they are spiritually inclined, to call upon their own higher soul, along with any Master combination of their choice, to help them create a grid of filtration.

As a lightworker, if you intuit that they are unable to understand this, you have Universal permission to do it for them. Call upon their higher soul and Masters, and demand that an energetic grid be set up around them, so that only the appropriate kind and quantity of energies be absorbed by them.

Bed-wetting?

What are the symptoms you know of?

As far as I know this comes from fear and guilt.

Yes, this is often a result of excessive fear, guilt, pain, victimhood and confusion. All of this still holds good. But let us speak of another reason as well.

In some cases, ***bed-wetting is an extreme purge of emotional baggage that has been collected over lifetimes, and has been carried forward into the current physical body.*** Baggage that is detrimental to the person in this lifetime.

This emotion baggage cannot easily be isolated. Past-life therapy will rarely help, as this baggage will include unidentifiable strands of emotional imbalances from millions of lifetimes.

Medication and therapy of any kind will help, but in general, this will continue till the appropriate amount of baggage has been shed.

(At this point, Sohrab loses his connection, and attempts to regain it. A group member speaks up, and states that she feels the energies have suddenly been retracted, as the Master energies are needed urgently elsewhere. Sohrab spends a few moments before speaking again)

Sohrab: Yes, S-, you are absolutely correct. We are being asked to stop here, and turn our attention to supporting the Masters in their worldwide work. I am picking up a rapid series of events. Some appear to be earth-shifts, and others are man-created events, like war. The images are unclear and confusing.

Let's work as a group. The room has suddenly cleared of all Master energies. (Note: Many in the room experienced this before Sohrab mentioned it)

(Pause)

We are being asked to work for Planet Earth as a whole. Please cup your hands, and imagine earth floating above your open palms. Just give it gentle, loving light. We are working for the entire planet; and not for a specific area or group of people.

(Pause)

Now, if you individually find yourselves being drawn to an area or a group of people, please give them love and light.

(Pause)

Now please energize and support the various keepers of Planet Earth. I am seeing them as thousands and thousands of wonderful beings, who are here to serve us and help us. Please just add your energies to their skillful work.

(Pause)

Lastly, let us please work to calm the oceans around India, and particularly the sea around Bombay. Let's give these water-bodies calming energies. I am sensing great rage in them, for all the garbage and pollution that we have so thoughtlessly filled them with.

(Pause)

Thank you.
