

Sohrab's Transcript

13th November 2014

FREE-WILL VS DESTINY

THE 'WHAT-IFS' IN LIFE

THE DISINTEGRATION OF ALL CORNERSTONE CHOICES OF THE PAST

CONCENTRATION VS FLOW

A NEW CONNECT WITH YOUR MASTER

A GROUP OF 12 UNIVERSAL HEALERS

Greetings!

It is indeed joyous to experience the enthusiasm within your structures today. You are true students: hungry to learn, hungry to grow. We applaud that.

You are entering an energy period of approximately three months, which will be very conducive to you asking questions and receiving answers. Please use it to your benefit. Constantly self-search, and constantly demand answers of the Universe. Then stay open.

Your answers will sometimes come through a direct download, or a random friend, or something you read or see in the media. You may even be guided to meet a specific person who will provide you with your answer.

One pre-condition: you must be hungry for the answer. If it is not really important to you, the answer will pass you by.

Now, your questions could range from the mundane to the esoteric. Use this period, be true students, and ask...and you will receive.

Now let us move further with this meeting. Many of you have been questioning ***how much of life is pre-planned or pre-destined; and how much is actually based on the concept of free choice and free-will?***

Thoughts like these often cross your mind:

“What if I had made a different choice in my youth?”

“What if I had married someone else?”

“What if I had studied something different, or taken up a career; instead of getting married and settling down?”

“What would have been the outcome if I had stood up to my parents, instead of just agreeing to their choices for my life?”

It is this that we would like to discuss today. To understand this, we must first refresh your memory and remind you of that which has been discussed in the past.

We have explained that there are alternate realities that exist in other timelines and dimensions; ones in which you are simultaneously experiencing different aspects of the self. Though you may be a teacher in this earthly existence, for example, you are simultaneously experiencing all sorts of other careers and personality traits in various other realities.

We have also shared with you that, when you focus very strongly and repeatedly on a different choice you might have made (perhaps by repeatedly daydreaming about it), you then start a parallel reality that takes on a life of its own. In this case, it is an existence of your own creation.

Let us illustrate this with an example. If, in this lifetime, you repeatedly build an ongoing fantasy of what it might be like to be a dancer, an athlete or a tycoon; you then create an alternate reality in which you are that.

This is not a simultaneous existence per se; it is an alternate reality which you have actually created. It then it takes on a ‘life’ of its own. But it does not exist in this timeline and reality.

Today, we are going to speak of the ‘what-ifs’ in this reality, in this timeline, on this dimension of Earth.

When the frequency of Planet Earth, and her inhabitants, was lower than it is today, much of what you experienced was pre-destined. This was never imposed upon you by a tyrannical God figure, but was the strict directive of the higher soul. And this directive gave you relatively limited leeway to actually make free-will choices.

So, in the past, when you incarnated on Planet Earth to perhaps experience tolerance and touch your power, you might have chosen a harsh, controlling husband through which to learn this lesson. He would then have been placed in your lifetime, by your own higher soul energies, as a cornerstone.

So you would then incarnate and, at the appropriate time, meet and marry him, and then play out married life experiencing his tyranny and oppression. Your task was to learn to go beyond this.

But because he was a cornerstone choice, this marriage would then be indestructible. Even if you tried to separate from him, or file for a divorce, 'it just wouldn't happen'. You would be stuck with him. Because, at soul level, you had placed him in your life as an inviolable cornerstone: one you could not and would not be able to change.

Through this experience, you would hope to touch your power, learn tolerance and patience, and have a new sense of self. If you did not, in all likelihood, you would return to spirit, and once again set up similar circumstances in an upcoming lifetime, to attempt to finally learn the lesson.

Even at that time period, you did have free-will; but this revolved around the inviolable cornerstone. Your free-will would determine how you dealt with this indestructible marriage. You could, for example, make a free-will choice to stand up to your husband, or give in to him, or compromise, or detach from his energies, and so on. Limited free-will.

This is the past.

Today, starting 2014, your free-will choices are supreme. You do not create cornerstones at all. You create opportunities instead.

So again, in all likelihood, the same person, desiring the same learning, would create the same situation in which to incarnate; ***but today she is not bound by it at all.*** She could now choose to leave the man within minutes of marrying him.

She could also choose, after marrying him and living with him for a while, that this is not the way she wants to learn to touch her power. She could then separate from him, and would perhaps create another set of circumstances, more conducive to the self, to learn the same lesson. Or she could even choose to differ the lesson to a different lifetime. Such is now her power.

In the past, using this same example, the lessons were rough. Not necessarily traumatic, but vigorous. Again, this was necessary at that time period, because the energies of the human race were denser and less refined. And denser energies need a stronger knock to help them shift.

Today, with more refined energies, you don't need to necessarily create the rougher path. ***You can now choose to grow and evolve through awareness and joy; rather than through pain and suffering.***

The problem is that you are in a transitional phase. Because of your mental and energetic memories of the past (which include your cellular memory of other Earth existences), you are still not able to make the leap mentally into this new space of freedom.

Lightworkers and Spiritualists are the leaders of the pack. You do flirt with this concept. You are beginning to realize that you can create that which you desire. That you can make a different choice and live by it. That you are not trapped. You do make leap quite frequently, but the hold of the past tends to drag you back.

This transition phase, from one energetic frequency to another, often is a little rough. And this is one of the biggest shifts that the human race has undergone since its creation. Imagine its magnitude.

In the future, when you have fully internalized and mastered this concept, you will be able to reverse any disease you contract. You will be able to retard the aging process. You will be able to alter your body shape at will. Telepathy and the understanding of 'the bigger picture' will be an everyday occurrence.

(Smiling) As we speak, some of you yearn for this to occur, and yet it seems so far out of reach. Others dismiss this as nonsense and idle chatter. Yet, a century ago, Men said the same about the possibility of landing on the Moon. And the internet wasn't even conceptualized.

Some of you are thinking "I want this now!" And to you we say, start creating it immediately. Explore it. Internalize it. Make it a real part of your structure. Live it. You are in the new energy period.

Let us now examine this practically. You regret marrying your current husband, and say to yourself, "What if I had married my other boyfriend?"

First understand that you had contracted to marry this person for your personal growth and evolution. You would have also made this choice before the energy shift had happened. So at that time, he was a cornerstone. There really was no 'what if'.

Then start acknowledging the wonderful growth you have achieved through this difficult marriage.

Then know that today, you can now make a true free-will choice. You are no longer bound by this cornerstone. You can physically separate, you can energetically separate, you can remain in the marriage and touch your power, or you can even change the course of the marriage.

All of you have chosen to be alive during this year, so that you can not only experience this transition, but also so that you can play with both sides of it.

Another example: "What if I had studied further, instead of getting married so early. If I had done so, perhaps I would now be a successful businessperson, author, painter, or dancer."

Following the steps just outlined, you must know that you can now choose to be that businessperson, author, painter or dancer. Not necessarily in the way it would have panned out, had it been a cornerstone; but in a different way altogether. Today is the perfect day to initiate it.

You must also go within, and demand to know why you made a particular choice, and not the other. You may find, for example, that had you chosen to be a professional dancer, it might have absorbed you so much that you would have not gone through appropriate life lessons that were necessary for your growth and evolution, such as marriage and children.

However today, you have gone through those life lessons, and are now free to take up dance in a completely different way.

Now you may find yourself being bound by old conditioning. “I am too old to start this now” or “My body is not as flexible as it was when I was young”.

But we say to you, should you choose not to see these as obstacles, and throw yourself passionately into the craft you so desire and miss, you will find that the creative flow will start at a much higher frequency than it would have when you were young. Because you are flowing free, with choice. Your dance will then take on a new colour, a new maturity, which you would never have achieved, had you started at an early age.

As we scan your energies, we see that more than 90% of the people sitting in this room today have these kinds of regrets. If you feel that way, do something about it. Free yourselves. Discover the new you.

You want to say something, dear Friend?

When I recently had a bad fall, I instinctively knew that I had a choice to move on, or to remain on Earth. But I willfully chose to stay and work and grow further. Similarly, in my business, even a thought creates an outcome I desire. It happens when I am not concentrating. And I wonder, how did this happen, even when I wasn't concentrating on it? Yet it has happened.

Excellent.

You can't create with concentration. You can only create when you become a part of the flow. The moment you concentrate, you block the flow.

Can you please explain this?

From a Universal perspective, concentration is perfect: it is the channeling of energies in a particular direction, chosen by you, to achieve a desired outcome. An outcome perfect for the self and for All that Is.

On Earth, however, this word generally means *putting pressure on the self*. ‘I must focus on this mathematics textbook! I am so weak in this subject that I must concentrate, or else I will fail the exam.’

All you are doing is instilling fear in the self, and into the examination itself. And when you channel fear into an upcoming event, the entire event becomes fear-filled. You are, in fact, dooming the event with fear, failure and worthlessness.

True concentration, on earth, is to release all fear, pressure, and even the desire of an outcome; and to choose instead to flow fully in the moment.

Have you ever witnessed a singer in full flow? One who is so absorbed in her music that she releases all desire of hitting perfect notes, or pleasing her audience? She simply opens to the flow of divine music, and combines this effortlessly with her own creative energies. She then loses all sense of time and space. She just becomes the musical flow itself. That is true concentration.

She becomes one with the music!

Yes, indeed. And when you ‘become one’ with anything you do, you actually shift from directing your energies in a focused manner to spreading them equally in all directions. You become a sunburst.

So joy is the basis of ‘divine concentration’.

You are absolutely correct. Mindlessness is also vital. Because when the base mind comes in, it brings with it fear of failure, the desire to compete with another, the desire to better the self from the last time, and so on.

Inaudible question.

Dear friend, of course you can give your attention to an event or a situation, and attempt to work it through. All we ask is that you choose to relax into it, rather than obsess about it.

Let us say that there is a business with financial difficulties. Relax into the contemplation of this situation, and ask the self “Why am I creating lack in my business?”

Everyone’s answer will be different. One person may realize that he comes from a past history of lack, and that he is more comfortable with lack than with success. Another may realize that he has a ‘don’t deserve’ issue. A third person may realize that she is sub-consciously punishing herself for having attempted to succeed. Another person may realize that he needs to learn to be more pro-active. And so on. Then you address that issue.

Then you proceed to do what is physically and practically necessary. Perhaps bring in a business consultant. Or restructure your financial plan. Or work at drumming up more orders. Or change your business strategy. Action and endeavor are vital. But the major work always starts within the self.

Use this time period wisely. Ask questions of the self, and demand answers!

Why is it that many people, who live very healthy lives, eat well, exercise, and take care of themselves still end up contracting diseases?

Health always works on two levels. The first is what you have just described. Taking care of the body, which is your temple.

But the second level is the emotional one. All diseases, as you well know, stem from emotional imbalances. They first appear in the auric field, and if not addressed, then take a hold of the physical body.

We have discussed Cancer with you repeatedly in the past. Cancer generally comes from repressed anger, or excessive fears, or from a control issue, to name but three of its sources.

When attempting to cure the self of it, both physical and emotional ‘treatment’ is necessary. In all likelihood, if the physical is treated, but the emotional body is ignored, it simply re-occurs at a future date.

Health issues, dear Friends, are likely to increase worldwide over 2014 and 2015. Many will contract strange ailments; ones you would never have associated with them. Please do not see this as ‘Universal punishment’.

Your energies are currently refining themselves so much right now that they are hyper-sensitive. In the past, when your energies were denser, and you didn't deal with an emotional issue, it took longer for it to come into the physical body. Today, if you don't examine the self on a daily basis, you risk contamination.

Be in touch with you! This is not as hard as it sounds. And it certainly does not mean that you must spend the day in deep meditation and introspection, continually beating up the self for aberrations!

It just means being in flow, acknowledging what is going on with you moment to moment, and choosing to address issues and shift blocks the moment you identify them. Just learn to be comfortable with yourself at all times!

Choice, choice, choice, choice! Your frequencies are now so high now that you don't have to do any long-term homework anymore; just choose to shift in an instant, and then live the shift. What a marvelous advantage this is!

Can you please give us an example?

A person has a hasty temper. He has spent his entire lifetime 'letting fly', and then later regretting it. In this past, we had given you training and ways to overcome this. We had suggested that you work on it slowly, over time.

Now we say to you, make a choice, and live it from the next moment, forever. Choose to respond, instead of reacting. Give yourself those few seconds before you 'let fly'; and those few moments will change your reaction into a response. A habitual reaction of a lifetime can be shifted in an instant. It really can. Because your frequencies are now high enough to make this a permanent choice. In an instant.

Why live the old pattern repeatedly, and get upset with the self? You are living in a new frequency, but keep tapping into the old.

Dear friends, this does not mean that you do not work on an issue. Of course you can, and must. But the choice can be made in an instant, and the results will be instantaneous.

YOU ARE BLESSED, EMBRACED AND ENERGIZED BY THE SAI. SAI KA PRANAM. GREETINGS FROM THE COSMIC ILLUMINATOR.

(Sohrab shifts energies)

Greetings!

The energies that facilitate the process of questioning and getting answers offer you another benefit: *a stronger and more intimate connect with your own Master.*

For those of you who don't know who your Master is, demand this answer of the self, and be open to the answer. It will be revealed to you before the end of this year.

For those who do, connect with your special friend in a new and more vibrant way than before. We can offer you no methodology to do so. Just decide that you are now at a new level of personal connect, and then live it. Know that with your higher frequencies, you can now merge with your Master to a greater degree than you did even a month ago. Believe it, and it is so.

All of you are now receiving more complex information from your Masters; but most have not heeded this, nor fully opened the inner ear. Now start listening. Your Masters are speaking to you and guiding you throughout the day. They are offering you visions, glimpses into the self, intuitive flashes and a deeper understanding of the self.

They are constantly giving you signs that they exist and are there for you; but if you don't open to these, their messages go unheard and unacknowledged. Choose to up your frequency, and start communicating and listening on a regular basis. We speak to all in this room, newcomers and old-timers alike. This is one of the main reasons why you have brought yourself to this meeting today.

Speak to them. Listen to them. Make them your friends. Don't be afraid to demand things of them. But demands must be made from the fullness of the self, and not from lack. Otherwise you are simply begging.

BLESSINGS FROM THE ST. GERMAIN.

(Sohrab shifts energies)

A team of 12 healers are present here today, and will aid you in your healing processes. We are extremely powerful Universal Friends. We have no names or labels to give you, as we have never before interacted with the people of Earth. But we are magnificent Universal beings. Now open your own structures and joyously receive our energies. Just use the energy for the self. (Pause)

Demand that you be healed and cleansed, head to toe. (Pause)

Demand that your external energies now be cleansed and taken to a new level of vibration. (Pause)

Now send the light and energies outwards, embracing all the names mentioned earlier, as well as other you would like to place in this healing field. (Pause)

And now, as a group, energetically unite and direct these energies to the core center of Mother Earth. (Pause)

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

BLESSINGS FROM THE GROUP OF 12.
