

Sohrab's Transcript

4th June 2015

SHORT, SPECIFIC AFFIRMATIONS

THE THIRD WAVE OF THE NEPAL ENERGIES AND ITS EFFECT ON THE EMOTIONAL BODY

THE 'DON'T FEEL' CORE ISSUE

ACTIVATION OF THE HIMALAYAN REGION

ACTIVATION OF THE SOUTHERN TIP OF INDIA

ACTIVATION OF THE AREA BETWEEN BOMBAY AND POONA

(Prior to the meeting, Sohrab asked N to lead the group through a short energetic exercise; one that had worked very successfully for her. It outlined how one could use creative visualization to change and upgrade one's body shape and state of health.)

Greetings!

This little exercise was deliberately provoked today, as the upcoming three-month period will serve you if you choose to follow *any* energetic exercise of your choice. It is a particularly ripe energetic time, and any such procedure will be furthered by the current Earth frequencies. So why not take advantage of this, and better your health, growth and evolution?

Another small hint for those who enjoy working with affirmations: ***we suggest that you now make your affirmations very short and specific.*** Many of you use lengthy sentences. This would have served you in the past, but the current period is emitting strong, short bursts of energy. If you adjust your affirmations to coincide with these, you will get speedier and more effective results.

Could you please give us an example?

If you are unwell, you might now say “I choose perfect health”. There is no need to create a lengthy sentence, detailing every aspect of your malady.

Make them short, intense and always frame them in a positive manner. For example, if you consider the self overweight, do **not** say “I choose to lose 10 kilos.” This implies that the 10 kilos are counter-productive to your structure. You will gain better results from a positively-framed sentence with the same goal in mind, such as “I choose the perfect weight and body-shape for the self”.

When using affirmations, start by chanting them aloud, as many times as you can, in short bursts during the day. This automatically programs the subconscious to set up an ongoing, internal chant. This, in turn, starts erasing old brain pathways, and begins to create new and upgraded ones.

With reference to the exercise at the beginning of the session, can we do it at different times of the day, working on different body issues?

You can repeat it as often as you like, initially starting with only one aspect of the self. As you get familiar with it, you can add different body aspects to the same exercise. But if it pleases you to work on different aspects at different times, focusing on them one at a time, you may of course do so.

If one does this for the self, but others around us constantly seem to be giving one counter-productive advice (generally based on over-caution), how does one deal with this?

In general, listen to the advice of others, but filter it. If it just doesn’t feel right, then ignore it. But attempt to do so in balance, as the advice may be a deliberate prod from your own higher soul, coming through another, urging you to look at something you are resisting.

Please be aware that this year, each person’s health and the way they deal with it is going to be individual and unique. One standard cure, or an established way of dealing with an illness, is not going to ‘fit’ everyone. For example, one person

with fever may feel inclined to lie in bed and rest; whereas another may deal with it, and actually feel better, by going for a jog.

Let us now move forward. We spoke to you at earlier sessions of the first two waves of energy emanating from Nepal, and how they affect the physical and mental bodies. Let us now speak of ***the third wave, and how it will affect the emotional body.***

Your emotional body is one of your most important energetic bodies, and it is one with which you interact at all times.

We urge you to now tune in and be clear about the emotions you are experiencing at any given moment during the day. It would amaze you to know ***how little you really know***, consciously, of your own ongoing emotional state.

You get a general sense of what is happening to you, such as “I am happy” or “I am sad” or “I am bored”; but all of this is just the surface level. All of you experience at least five emotions at any given moment in time, many of them seemingly contrary.

So just thinking to yourself that “I am happy today” is now not good enough. Acknowledge that, but go deeper. Find out what else is going on inside. For example, you could be generally happy; but there could also be a niggling worry, concern about an upcoming event, a thread of joyfulness, and also desperation about something that has happened in the recent past.

Joy and desperation together?

Yes indeed! And in this case, you could have suppressed the worry, concern and desperation, not wanting to deal with them or even acknowledge their existence. You may then realize that the surface happiness is not that at all; it is merely a cover-up. And all cover-ups eventually crumble.

We ***demand*** that you now dig deep, identify and experience the others, acknowledge their validity in your structure, and then choose to address and assimilate all of them.

You may wonder why we are suddenly urging you to do so. This is because in the emotional body, there are varying levels of frequencies, which co-exist

simultaneously. By delving into it at various points in the day, and identifying what is really happening to you, you are simply helping the self align with these multiple frequencies at a conscious level.

This process strengthens the emotional body, and helps you expand very rapidly. This way, you will get less and less entangled in the disturbances of life; and you will eventually live a lighter, more expanded and embracing existence. So now the human race, in general, and Lightworkers, in particular, has to learn to tune into their emotional bodies on a regular basis.

During this time period, you will also find rather strange emotions arising; ones which appear to have no bearing on your current life. That does not matter. Just acknowledge your feelings.

If, for example, you dig deep and discover an inexplicable source of panic, just acknowledge it, breathe, embrace the self and let it be. In all likelihood, during the course of the day, the source will suddenly be revealed to you. Then address it.

Since the emotional body is being upgraded, you may also find your emotions rather magnified, as well as volatile. A small event may make you very sad, or very happy. Go with the flow but remind the self that everything is being magnified. It is not real.

You are also going to be processing and releasing certain emotions and experiences that do not belong to this lifetime. Yet they are arising, as you are ready to work at releasing them to serve your other self, as well as the current self, as there has to be emotional residue trapped in your cells.

You are now beginning to understand that the energies of Nepal are deliberately provoking the emotional body, spring-cleaning it, and taking it into a new level of lightness and expansion.

Of all your energy bodies, the emotional body is the one in which you carry the most debris. So this is being cleaned out even more vigorously than the others. And once this process is completed, you will realize that you are so much more ‘in touch’ with the self, and Who You Really Are. Your innate magnificence will begin to dawn on you.

Is this why many of us are suddenly experiencing a lot of anger and resentment issues?

Exactly! These issues, and others like them, are going to arise both individually and in groups. Observe the world closely over the next three to four months. You will hear of uprisings, riots, and an increase in the fighting in war zones. Emotions must be brought up to the surface.

Being Lightworkers, you have worked diligently on your emotional bodies in the past. ***Please do not worry unduly if, during this period, old emotional patterns appear to re-surface. You have not ‘gone backwards’. These patterns are the dregs that are arising to indicate to you that a little more attention still needs to be given to these areas.***

A woman, for example, who has truly worked on her past victimhood and is now much more empowered, may suddenly find the old feelings of victimhood suddenly resurfacing. This is just a little prod to her, to urge her to work further in that area, and to also remind herself that she is not who she was.

Know this, and you will be able to tackle the situation very easily.

Dear friends, ***those who have a root issue of “Don’t feel” and have not yet learned to express themselves and touch some semblance of feeling, will find themselves being battered during the next three to six months.*** These friends will be vigorously shaken up, urging them to address this root issue immediately.

These are people who paradoxically feel very intensively, but repeatedly tamp down their feelings, denying their right of existence in their lives. They keep putting on a brave face, and build wall after wall of supposed protection around the self.

They, therefore, tend to create very dramatic circumstances in their lives, as ordinary ones are not sufficient to provoke them into acknowledging their feelings.

Dear friends, most of you sitting here today don’t have a ‘don’t feel’ root issue; but most of you **do** have a spouse or close loved one, who does. Urge them to touch their feelings and express themselves. Stress how vital this is, during this time period.

Another must now speak.

BLESSINGS FROM THE ST. GERMAIN.

(Sohrab shifts energies)

GREETINGS!

The various waves of energy released through Nepal are now also activating specific areas in this country. We would like to discuss a few of these today.

The first and most important area that has been re-activated is the entire region of the Himalayas. All the mountain ranges are now beginning to vibrate at a new and accelerated frequency, and are, in turn, emanating energies that are slowly spreading worldwide.

The Himalayan ranges are offering all kingdoms of earth the opportunity to increase their awareness, knowledge and wisdom. These are beautiful energies: vibrant, subtle and of a frequency never before experienced by you. Their texture will be extremely pleasing to the human body, should you choose to internalize them.

Those who choose may tune into these energies and create the appropriate upgrades. *Many current scientists, researchers, mathematicians, astronomers, members of the medical fraternity and others in the high sciences are choosing to tune into these energies, for the most part on a higher-conscious level, to avail of their benefits.* They all wish to increase their awareness and make the appropriate breakthroughs in the year of Feminine Empowerment.

The second group that has chosen collectively to open to these energies are all those in the creative arts.

The business community, worldwide, has also begun to open to these energies. They hope to create a new level of transparency, new and beneficial business practices, and naturally an increase in overall abundance.

Though we have specified three groups, please understand that these energies are available to everyone for any aspect of increased awareness, knowledge and wisdom.

Should you wish to internalize these energies, we suggest that you consciously draw them in through the hara chakra.

You may be wondering why we specify this area, when they should logically be drawn in through the brain, pituitary and pineal glands, as they are targeting awareness, knowledge and wisdom.

In this particular case, the human Hara chakra is the most receptive and akin to these new energies. They will be the most easily absorbed through this area, and then automatically distributed throughout the body.

These energies are also helping in the rebirthing process that is taking place for every single human being on planet Earth. Choose to tune in to these energies; you will really enjoy the process.

Are these the Shambala energies?

The Shambala energies are the core center of these very multi-dimensional, multi-faceted energies.

The second area that is being re-activated is the southern tip of India.

The frequencies are specifically being offered to those who wish to change their physical structures in any way they so choose: for healing, upgrade of the DNA, changing body frequencies, realignment of the body shape and so on.

So we do suggest you use these energies for the self and to direct to others as well.

We cannot give you any specific colour, frequency or area in which they will enter the body. They will work differently with each individual. So connect, enjoy them, and share them with others.

The crystalline kingdom is using these energies to leap forward in consciousness. This kingdom will once again lead the way for the others to follow.

We remind you: ***all crystals on Planet Earth are now completely sentient beings, harnessing both earthly and Universal energies at will.*** So if you work with crystals, wear them or use them, please remember to treat them with the respect they deserve. They are no longer your tools; they are co-workers. Do not command them, but instead request them to work with you. Know that they are a part of your spirit family.

The third area being re-activated is the one in which you reside. Not just this city, but extending all the way to the city of Poona. This area cannot easily be demarcated, as it extends sideways as well, in an uneven form.

These energies are being released through several new vortexes that have recently formed under the earth. There are also shifts in the tectonic plates below this land mass. For the most part, you will not experience the shifts physically; but you can certainly tune into them energetically.

These energies offer you the opportunity to increase your Spiritual awareness.

Those who open to these frequencies will experience a new lightness of being.

Those who resist them will (and there will be many who attempt to do so) will be caught up in the vortexes and battered till they open.

These energies cannot be resisted. There is no ‘choosing’ to internalize them or not. Either you flow with the tide and enjoy the ride, or swim upstream and drown.

There is a high concentration of people residing in this area who are extremely blocked. They have either been brought here, or kept here, by their own higher souls, to avail of this opportunity.

These energies will affect anyone who visits this area even for a few hours. So imagine the wisdom of the higher soul, which may bring a person here in transit at an airport, simply to avail of these energies.

I am still unclear about the “don’t feel” aspect you spoke of earlier. If we know of people like this, is it our responsibility to explain it to them, and urge them to do something about it? What if they resist?

He will now release the trance state, and speak of this in a link.

YOU ARE IN THE LIGHT OF THE UNIVERSAL SAI

SAI KA PRANAM

(Sohrab speaks to the group)

Friends, we all have root issues, which we work towards overcoming in a lifetime. These issues begin with the word ‘don’t...’: “Don’t Feel”, “Don’t Think”, “Don’t Exist”, “Don’t Belong” and so on.

Today, the Masters spoke of the “Don’t Feel”. A person with this root issue is one who paradoxically feels things very intensely, but repeatedly suppresses these feelings, as they appear to him to be too overwhelming to face. He creates wall after wall of emotional defenses around him, in the mistaken notion that this will protect him.

If a “Don’t Feel” loses someone he loves, he scorns the healthy processes of expressing his loss, mourning and acknowledging his grief. He would, instead, put up walls of defense and suppression, and ‘carry on’ as if nothing had happened.

He would be a person who scorns the concept of therapy or self-search. He would say something like “What is all this sissy rubbish? What do you mean I have to ‘speak out’ and share my problems with someone else? What do you mean by saying that my childhood issues have been instrumental in shaping who I am today? My childhood is in the past. I am not a result of it. I just deal with my own issues. You have to be strong in life. You just move on and forget about your pain. Pain? What pain? Nonsense! I am perfectly fine!”

This kind of person confuses healthy self-expression with weakness and soppiness.

Now, because his defenses are so strong, he has to create extreme circumstances to push the self to feel. An extreme “Don’t Feel” will not allow himself to touch his feelings with the normal death of a loved one; so he may create the murder of a loved one. He will not allow himself to be provoked to self-search with a small business issue, so he may create the complete bankruptcy. He is unlikely to look within if he has a normal disease, so he will often create a terminal one. And so on.

So this is the group that the Masters just spoke of. And if these friends don't begin to touch their feelings, even to a small degree, within the next 6 months, they are likely to create major events in their lives to shake themselves up.

Now, to answer your question: You can't force them to feel. But you can point the way. Then you release it. And if they begin to crack, you stand by them and urge them to do so, further and further.

Many thanks.
