

Sohrab's Channeling

2nd July 2015

AN EXERCISE TO HELP YOU CONNECT WITH YOUR HIGHER SOUL
AND GET TO KNOW THE SELF BETTER

THREE SOULS SPEAK OF THEIR PAST EARTHLY ISSUES

Greetings!

Today, several souls will be speaking to you, turn by turn. But before we permit that to happen, *we would like to share with you a little exercise to help you connect with your own higher soul and get to know the self better.*

This exercise may be done at any time you desire, and may be repeated as many times as you like. It doesn't require you to be in deep meditation, but it does require a modicum of inner silence, balance, privacy and introspection.

Sit with a pen and paper, and ask yourselves the following questions:

Why am I here, on Earth?

What are (at least 5) issues that I need to work on, or overcome?

At core, what are my greatest strengths?

Who are my most important teachers in this lifetime, and why?

In which areas do I need to change/reinvent myself?

What are my greatest strengths on Earth?

How have I grown over the last year?

What are the three biggest shifts I have made over the last few years?

What do I need to look at in my personality, at this moment of the now?

What do I need to be grateful for in my life?

What has been my biggest hurdle in life? Have I overcome it, or do I still need to work at it?

What do I need to say to my loved ones, that I haven't yet verbalized?

Answer these basic questions, and please do add to them if you feel so inclined. When you sit down to do this, calm the self, and make sure you are relaxed. If you like, play some soothing music in the background. Take your time. Don't overthink the answers; just be in flow. This is important, as we would like you to go beyond the logical mind. Use your logic and write down what it dictates; but then go beyond it.

Allow yourself to be surprised by your own answers, particularly when you ask the self "What are my greatest Soul strengths?" and "What have I come to Earth to do?" You may find some points emerging that really seem 'odd' to you. Don't dismiss them; simply write them down.

Please don't analyze the answers as they come to you, just remain in flow. After you have finished the exercise, then go back and review what you have written down.

Pay particular attention to those answers that astonish you, shock you or seem to make no sense.

Let us give you an example to help you better understand this. (Pointing to the self) When having his soul-chart read, he was told that one of his major lessons in this lifetime was to "learn to deal with business".

On this surface, this seemed absurd to him, as he is an actor and a spiritualist by profession, and being a businessman had never appealed to him. However, when he delved deeper into it, he realized that he had constantly 'run away' from the concept of business in any form. Even when it came to his chosen profession, acting, he realized that he had always focused upon the technique of acting, but had never embraced the 'business' of marketing himself.

Since he constantly ran away from this aspect, his own higher soul, in complete accord with the Universe, created circumstances wherein he had to work at this issue. He spent over 6 years, after the passing of his father, dealing virtually

exclusively with house problems, office problems and share problems. All of this entailed dealing with lawyers, initiating police cases and learning to take responsibility for business and finance.

So once again we urge you to do this little exercise, and examine in particular the areas that seem the oddest to you. Know that your own higher soul will support you in the process.

We assure you that many will find, at soul level, that they are brilliant mathematicians, businesspeople, leaders and creators of abundance. If unusual aspects are revealed to you, they surely have some relevance in your current existence. Delve into this, and find out why. Use these strengths to your benefit, even if they don't appear to be apparent in your lives.

Have fun with this exercise. You may do it in one sitting, or over several days. Really discover who you really are.

Dear friends, this exercise is deliberately being given to you at this moment in time. You may recall that we had said that a new, abstract energy of Union was flowing through India right now. This flow will only serve you to do this exercise, and to come into further union with the self.

You may choose to keep your findings private, or to share them with loved ones. Your choice.

What do our energies feel like to you?

You are Archangel Michael.

(Laughing) Yes, indeed. BLESSINGS FROM THE MICHAEL.

(Sohrab shifts energies with difficulty)

SOUL 1:

Greetings, dear Friends!

I am not accustomed to this procedure of entering a body and channeling, so I thank you for your energetic support. (Pause)

I am a soul who lived in your very city, and passed into spirit a few months ago. You do not know me, but it is my pleasure and privilege to speak to this enlightened group. I never knew there were groups like this in my own city.

I come to share one aspect with you. An aspect that I now know was dis-union with the self. I lived an ordinary life. I had a wife, children, friends, and a job. But ***one of my major lessons was to learn to share of myself with my loved ones.*** And I never did. I held back, through embarrassment, reserve, and ‘family training’ from childhood. I was always taught to contain the self, and never show who I really was.

Although my kindly wife and loving children tried to reach out to me, I was never able to share with them my true feelings, inner thoughts and my self. I did what I thought was my duty: I provided for them, I was kind, and I was honest. But they didn’t know me. I never let them in.

This repression caused cancer in the body, and I succumbed to it within two months of it being diagnosed. Had I been able to ‘tune in’ and started to express myself, I could have reversed the cancer and lived a relatively healthy life for several more years.

But even with this strong jolt, I was unable to open out. I actually got even more withdrawn, reclusive and inexpressive. I finally went into a coma. Here, I was in conference with my guides and Masters, who urged me to attempt to awaken and to start speaking out. I recovered consciousness for a few days, but once again, I could not bring myself to speak out.

I then chose to exit, so that I could work on this issue from spirit. I am just starting my training. I have been put into the healing sleep twice over, and now I am ready to start my training.

I choose to share this with you, in case any of you have this issue, or know others with this issue. Do try to find a way to reach them. And learn to express for the self.

You are welcome to question me, but please know that as I am just starting my training, I will be unable to answer any advanced questions. I can only reply from my current level of understanding.

Will you have to take rebirth to learn this lesson?

My training has only recently begun, and this was my first question to my Guides. They have advised me not to be hasty, and to acclimatize to the spirit realm before I make that decision.

As of now, I would like to remain here, grow more, and then possibly return to earth. I am still strongly attracted to my own family, and it is quite possible that I will contract with my own son to come as his child in the future. But this has not yet been decided.

What kind of education did you have on Earth? Did you go to boarding school, which possibly repressed you and didn't allow you to express yourself?

I went to a school in this city. The repression came from observing my parents. Both were non-demonstrative with each other, and with us. They too 'did their duty' by us children. There was no bond or expression of love between all of us, as a family.

How many siblings did you have?

I have two sisters, still living on earth, with similar issues.

Why did you choose these kinds of parents?

I deliberately chose emotionally repressed and repressive parents to generate the same energy in my structure. But I had hoped that it would 'shake me up' enough to awaken and not repeat the pattern.

I have a repeated past-life pattern of excessive 'emotional wall-building' around the self. But I also created, in this lifetime, many opportunities to break this structure.

During childhood, I had many exuberant friends whose parents were warm, loving, open and giving. When I observed the openness and love with which my friends interacted with their parents, a part of me wished I could do that, but another part of me held back.

Later in life, I gave myself a warm and loving wife, who did her best to help me open up, but still I held back. Then I gave myself beautiful children who warmed my heart. But still I held back.

Dear friends, when you have a repeated issue like this, the pattern is very hard to break. Not impossible, but hard, because that frequency keeps repeating itself. It was in my cellular structure. It was also my default mechanism. So I kept repeating the pattern, in a misguided attempt to feel safe, secure and whole.

I do not wish to repeat this pattern. So perhaps I will remain in the spirit realm for quite a while, till I have grown enough to be able to take an incarnation and not 'get stuck' all over again.

So what piece of advice would you give the living? To have no regrets?

I don't know, yet, if that is possible. But I do know, looking back at my own life, that if I had trusted my loved ones more, and allowed the self to be a little more emotionally open, I would have learned my lesson.

How do you feel now, having shared this with all of us? Do you feel any lighter?

This interaction is a part of my training; that is why I am here today. Yes, I am feeling wonderful having opened out like this. From my current state of energies, I no longer feel embarrassed for having shared what I just did. There is no apology for who and what I was. I now understand that I desire to change this aspect of the self. I can...and I will.

(Smiling) I am in the process of going on 'lecture tours' right now, to benefit the self and others like you. I am being instructed by my Guide as we speak. He helped me enter this physical body, and stands behind us as I speak. I am just learning to trust myself.

How can we best help others you have your issue? I know someone just like this.

I can only answer that from my perspective. Those who tried to 'open me up' always failed. I thought they were invading my space and attempting to interfere with me. Of course this was not the truth; it was my perspective.

Looking back, I feel that possibly the only way I could have been reached was if my loved ones had shared of themselves a little more, without putting pressure on me to do the same. That might have worked, but I cannot say so for sure.

Another must speak. Thank you!

(Sohrab shifts energies)

SOUL 2:

I thank you for this opportunity. Let me introduce myself. When on planet Earth, I was of the female sex. Not from this city, or country. Where and who? Immaterial.

One of my big life issues? This may sound strange to you, but it was *to learn to listen*.

I have had a repeated past-life history of being a very, very active, dynamic woman. Yes, generally a woman. A woman who has always helped motivate other women. Helping them touch their power.

I have been, over lifetimes, a counselor, a guiding force, a political leader, and a famous actress. Always leading by example, helping others touch their power. In this area, I succeeded magnificently. I can pat myself on the back and say “I did better than I ever intended to do.”

But there was a subtle, hidden underlying issue. One I never recognized. This was to learn to listen. I was a master of instruction. I would tell others what to do. I thought I could ‘fix their lives for them’. And generally I did so. But in a manner that best suited me; not them.

And because of my intensity, my conviction, my ability to manipulate words, and my ability to lead by example, I did generally succeed. But I never really learned to listen.

I have had a repeated past-life history of being extremely popular with the general public; but extremely unpopular with my own family. I never listened to them. I never really listened to the thoughts, needs and wants of my husband and children.

So I was the darling, the guiding force of large groups of people, particularly women; but what kind of family life did I have? What kind of wife and mother was I?

I share this with you, dear friends, to urge you to look at this aspect in your own lives. All of you are dedicated light workers, and dynamic men and women. But do you really listen? To yourselves? To your bodies? To your feelings and urgings? I never did.

Do you really listen to your loved ones? To their needs and desires? To the unspoken messages that your children give you?

I am currently in deep contemplation in the spirit realm. I now find the ability to listen so wonderful. I often float free, listening to the song of Planet Earth, listening to the voice of the collective consciousness, listening to the rhythm of the stars and the Universe, listening to celestial music. It is one of the most healing and enlightening aspects I have ever encountered.

Do you have questions for me?

Were you a terror in your family? And how did not listening affect your earthly life?

(Smiling) Yes, I was generally perceived as ‘a terror’ in many of my past-life families. I was generally a forceful, dynamic wife and mother; one whose word was law, and who could not be reasoned with.

In many lifetimes, I played the ‘blame game’ with my families. I repeatedly pointed fingers at my family members, telling myself how ungrateful they were. I always deflected the conflict issues that naturally arose, turning them outward and never questioning the self. I was smug and self-righteous. And due to this, I repeatedly ended up estranged, in some way or the other, from my various families.

In my last lifetime, an adult child of mine, in pure frustration, physically attacked me, causing severe damage. *As I lay dying in hospital, I finally ‘awoke’. This was the first time that something clicked, and I found myself questioning the self,*

asking “What have I done to create this?” This was the very first time that I did not say “You have done this to me!”

I was able to pass into spirit in true gratitude to my child for having been instrumental in awakening me. That was my turning point.

Your loneliness must be enormous.

It was. It was. I am so proud to be able to say that I am no longer there. I now truly rejoice in the ability to listen, and the ability to be able to say sorry.

Part of my work here in spirit, of choice, is to dedicate myself in service to all those to whom I never listened over lifetimes, particularly my family members and loved ones.

Thank you for listening to me!

(Sohrab shifts energies)

SOUL 3:

I am not in the spirit realm! I am still incarnated on Earth. It is my higher-soul energy that is speaking today. And I speak to you in joy!

My lessons were to learn to overcome immeasurable odds, touch my power and live as a Spirit Master on Earth; awakening, educating and helping others to empower themselves. I am proud to say that I have achieved that.

My story was ‘rags to riches’. The riches were an essential ingredient in my personal learning, as well as vital for my world mission. My test was: ***will I use this power and wealth for egotistical, self-serving purposes; or will I use it to further my mission?***

Remember, when you come from total deprivation and poverty, it is indeed difficult to remain balanced when you suddenly acquire tremendous fame, power and money.

I am truly proud to have achieved this. I am truly proud to be able to call myself a ***Master on Earth.***

You may now ask questions.

Is this why you found it so easy to channel through S today?

Yes. My energies (though I don't know this consciously) do a lot of work on an individual and collective basis, worldwide. Today, for example, I am addressing your beautiful group in a channeling; but I am simultaneously working with countless other individuals and groups at the very same time. My mission has always been to help people (particularly women) empower themselves. I also help people overcome all kind of discrimination. Discrimination in the areas of sex, race, circumstance and attitude.

My past-life history has been one of repeated discrimination. I have either been a victim or a perpetrator of discrimination. Yet each time, whether I played the victim or the tyrant, I always discriminated against the self. I repeatedly saw myself as worthless, useless, insignificant, ineffectual and so on. This is the first lifetime in which I have gone beyond this to a large extent.

You have used the media very well!

(Smiling) I have indeed. The media has been my spiritual tool. I reach out through the television set. Its frequencies suit my structure very well; hence I use it more than I do film.

How did you overcome your childhood traumas?

My childhood issues of poverty, abuse and rape were all part of the growth I needed. It was a beautiful training ground.

(Various group members start mumbling, discussing who this could be)

(Laughing) Yes, yes, the energies that speak are those of ***the Oprah***. (Addressing N) You are correct.

So I created this kind of childhood for two predominant reasons. First of all, I wanted to work out some past issues: being the tyrant in other lifetimes. By creating this early on, I was able to assimilate this, and 'get it out of the way'.

Secondly, I needed those experiences to provoke me to pursue my mission: to help others (particularly women) touch their power and stand up for themselves.

Had I not had such a ‘rough childhood’, I would have, in all probability, got placid and lackadaisical in the future, and simply focused on generating money for myself in order to live a comfortable life.

This choice *could have been* a valid, alternative life experience; one which would also have served my growth. Had I pursued this course, I would have become an extremely successful businesswoman (not a television personality). I would have made my millions and lived the lush life.

But I truly wanted to make a difference. My higher soul told me that if I was to achieve Earth Masterhood in this lifetime, I would have to tie it into a public mission.

This led me to review, at a higher-conscious level, alternative public missions which would have served me, as well as others. ***I finally decided that I couldn't choose just one, so I decided to work at all of them simultaneously.***

So though my focus has always been the empowerment of women, I have also chosen to serve children, the under-privileged, and the needy. I work towards addressing discrimination in all forms. I have brought so many hidden issues ‘out of the closet’, and made them real concerns for all to address and accept. I have highlighted the plight of those who suffer from physical and mental disabilities.

I don't choose just one avenue. I choose to use my fame, power and voice to bring everything I can to the attention of the public; so that understanding, change and growth can take place.

I believe that you can have your cake and eat it. It is only one's belief that limits the self.

Do you have personal issues as well?

Of course. Of course. Many, many personal issues on which to work. My weight. My feelings of being unattractive. Self-worth issues. Wondering if people like me for who I really am, or only for the persona they perceive. Am I really loved? All these and many more.

Remember: the higher you go, the harder you fall.

Everyone around me, and the nature of the business itself, continually serves me by making me feel insecure. Please listen to my words. I am not finger-pointing and saying “They are making me insecure”. I am saying “They are *servicing me* by making me feel insecure”. This keeps me on my toes, helps me repeatedly find my balance, and keeps on track.

Any questions? (Pause) You have all wanted to meet the Oprah. You now have a private meeting with her, so speak up! But there are no free gifts as the end. (Everyone laughs)

What would you say was my main personal issue?

Your issue? I have no idea! But if you value my advice, I would suggest that you work at identifying it, and then attack it head-on. Don't run away from it.

All issues appear to be much bigger, and more fearful, than they actually are. To all women, I say: ***Don't be frightened of what you family, or society, will think of you. Be true to yourselves. Stand up for your rights.***

You have a persona that is larger-than-life. What is the real 'you'?

(Laughing) The 'real me' is larger-than-life! It really is. But there are facets of my persona that only a few see and acknowledge. I am deeply spiritual and introspective. I appreciate the basics. I have never forgotten my roots.

I love the lavish lifestyle I have. I have earned it, I deserve it and I thoroughly enjoy it. But I am not trapped in it, or bound by it.

I can be forceful, pushy and a 'battering-ram'; but I value and appreciate honesty, integrity and sincerity.

Many who come into my life tend to (consciously or unconsciously) put on a façade, because they are faced with “The Oprah”. I am learning to look beyond that façade, and to value them for who they really are. I can now intuitively distinguish between those who are filled with artifice, and those who are genuine.

My growth will continue as long as I am alive. I am not as arrogant as many perceive me to be. I am not smug and feel that I have achieved it all. BUT I am

also triumphantly able to proclaim that *I am a Master on Earth, and I am proud of it!*

Be the Masters of your own destiny!

BLESSINGS.
