

Sohrab's Channeling

3rd September 2015

THE ENERGIES OF THE NEXT 45 DAYS

THE FURTHER UPGRADE OF THE EMOTIONAL BODY

FAMILIAL RELATIONSHIPS

YOUR RELATIONSHIP WITH YOURSELF

NEW SOLAR FLARES

THE IMPORTANCE OF EXERCISE

(At the start of the meeting, group member N spoke of a technique called "Family Constellations", and walked the group through an exercise in which they had to pair up, stare into their partners' eyes, and discover aspects of the self being reflected back to them)

Greetings!

Today's little exercise was quite deliberately orchestrated at this point in time. You may recall that, several sessions ago, we had spoken of a three to four month upgrade of the emotional body, taking you into end-September/early-October.

We had explained that the emotional body, during this time period, would be very sensitive and that you would be experiencing emotions at exaggerated levels. Therefore, you would find yourselves *very* irritated, instead of mildly irritated; or very angry, or very upset, or very victimized, and so on.

We had also said that you couldn't do very much about this, except remind yourselves, as situations arose, that "It feels bigger than it really is".

This was the general background given to you. Now let us be more specific.

During the next 30 to 45 days, people worldwide are going to be working on two specific aspects of the emotional body: their inter-connection with their families and with themselves.

Other aspects (such as your emotional connect with your job, co-workers and surroundings) are also being worked upon, but not with the same intensity. Let us speak of a few countries, so that you better understand how this is going to work globally.

America is reviewing *inter-family relationships, with particular reference to how they treat one another*. They will therefore create circumstances that urge them to review their behavior and habituated patterns with family.

As always, when an aspect is being reviewed, situations will arise that urge them to examine the self. They are therefore likely to experience family conflicts, problems with one particular family member, emotional upheavals, petty squabbles, and so on.

This will provoke individuals to review what they really feel for other family members, and how best to behave in the future. Those who are open and receptive will choose to find alternative methods of dealing with family, and will perhaps examine themselves and take responsibility for their part in the family drama.

South America will be focusing on the heart center. *They will review how they really feel. This is an inward journey*. They will begin to question their true, deep, inner feelings for various family members.

Europe is going to be focusing on *how they have been influenced by family members; and how they, in turn, influence family members*. Here, you will find parent-child interaction either getting very strong, or very strained.

Both extremes will urge them to examine aspects such as “Am I pampering my child excessively?” “Am I being too harsh?” “Am I being excessively indulgent and tolerant?” “Have I drawn the appropriate boundaries?” “Have I been too restrictive/permissive?” and so on. Here, the family reviewal will focus on the parent-child relationship. Other relationships will also be examined, but this will be the primary one.

Africa is in search of family roots. *They will be reviewing their lineage and family history.* They will feel urged to explore the effect their ancestors have had on them, and how they have contributed to the current generation's growth and development. Many will also be pre-planning what they would like to leave as a legacy for future generations: both financial and emotional.

Many are also going to include their country as an 'ancestor', and reviewing its cultural effect on their lives.

The Far East, in general, *will be working 'in the present'*; and will feel urged to ask themselves "How do we interact with the family, here and now, to better ourselves? To increase and streamline our relationships? Our finances? Our productivity? Our way of life?" and so on.

India is going to be working in a multi-faceted way over the next 30-45 days. Please use this time to really dig deep and question yourselves about your inter-relationship with all family members who have some energetic connection with you... either in a positive manner, or a distasteful one.

People in India are working very individually. There is no collective attribute we can offer you. Here, *each person is dipping into all the aspects mentioned above, and is working in a manner best suited to the self.*

When doing this, be brutally honest with the self. Why? Because when it comes to family relationships, India lives with a lot of facades. This is because you have been conditioned, over generations, to follow many 'family rules'. Rules like "All elder family members must be respected", "What they say, goes", "A daughter-in-law must behave in a certain way", and so on.

Many daughters-in-law, for example, put on a façade of obedience and conformity when it comes to the mother of the house; but inside they may be seething.

All these kinds of façades are beginning to crumble...as they should. So be brutally honest, and acknowledge to the self how you really feel about various family members. *Acknowledge this aloud to the self.* Bring it out into the open. Let the truth surface.

Only then will you be able to choose how to deal with those family members in the future. You may find yourselves wanting to break old patterns, think differently, or behave in an updated manner. Empower yourselves through this process.

Over the next six months, India is going to experience tremendous family shake-ups. The energy has already begun. If you ride with it, you will be better prepared to deal with what is to come.

Do not assume that it will always be a painful shake-up. Many families will suddenly come together in magnificent union. So some will become tremendously successful and cohesive, and others will need to ‘take themselves apart’ and rebuild their unit from its very foundations.

Many joint-families will start to disintegrate. Many family units with a rigid chain-of-command will be shaken up, perhaps by one rebellious grandchild or one defiant daughter-in-law. This is healthy; this is necessary.

Though the concept of ‘family’ has always been very important to all Indians, there is now a call for a new, upgraded unit. One based on emotional interaction, cohesiveness, unity, respect for one another, tolerance, understanding and acceptance.

Dear friends, because of this process, you may find children and youngsters alike ‘acting up’ over this six-month period. Listen to them! Find out what they are really saying. Don’t listen to the anger, listen to the sub-text. What is the child really feeling and saying?

A note here: when we speak of ‘family’, we most certainly include your close friends.

The second aspect of the current emotional body upgrade is ***your relationship with the self***. This is crucial. Do not ignore these words. You are being given a magnificent window of opportunity, over the next 30-45 days, to really go inward and examine self, to be truthful to the self, to better understand the self, to appreciate the self, love the self and to listen to the self.

You may wonder why we are saying this right now. New solar flares of very high frequency are now bathing Planet Earth. These are boring a hole into your

structure through the heart chakra. Some may experience aches and pains in this area. Do not worry. Now if it becomes intense, please do go see a doctor; but in general this is the cause of the discomfort.

These solar flares are boring their way into you 100 times a second, helping the emotional body expand and become illuminated. Because of this passageway, if you now choose to go inward and self-search, you not only have direct access to the self, but also have the necessary illumination supplied by these solar flares, which will highlight issues that which you may not have seen before, or those which you did not want to look at in the past.

Their illumination will also support you through this process, by giving you a new sense of inner wisdom, awareness, courage and strength. They will also give you the desire to explore the self.

Explore the self in any way you like: you may go to a counselor or therapist, speak to a friend, work with a group of like-minded people, or just talk to the self. Find a way that appeals to you, but don't miss out on this opportunity.

You can, of course, do this in the future as well. But if you do it now, the clarity, perspective and quantum of information that will arise will be a 100-fold as compared to a later time period. Use this opportunity wisely.

Dear Friends, since all of this is happening, *please be kind to the self*. Yes, you are feeling fragile and emotionally tossed about. Be kind. Pamper yourself from time to time. Do things that please you. Have fun.

Find your way of exercising, and follow it through. Again, this is not a random statement. These solar flares are beginning to vibrate your cells very strongly right now. If you choose to exercise in any manner that pleases you during this upcoming period, you will find magnificent changes taking place in the physical body.

Not only will the body shape change, but your skin will glow, you will be able to cure certain ailments, your energies will rise and you will feel more positive about life in general.

Even someone who is bedridden can find his way of exercising by lightly stretching the limbs. This information applies to everyone. Find what suits your structure, and don't hold back.

Most of you are your own worst enemies. You do get the urge to exercise, and then you then find every possible excuse not to do so. You must now choose to go beyond this.

Please be the arbiter of your own bodies. Do not allow a gym trainer to push you too far. Remember, the heart area is very delicate right now. But don't hold back.

YOU ARE IN THE EMBRACE OF A UNIVERSAL COLLECTIVE.

Today, each one here may choose to be blessed by any Master, or group of Masters. You don't need external validation. Choose it, and it is done. (Pause)

Now, joyously unite as a group to send light, blessings and healing to all the names mentioned at the beginning of this meeting. (Pause)

BE IN THE LIGHT.

YOU ARE ALSO BLESSED BY THE ENERGIES OF THE ST. GERMAIN.
