

Sohrab's Channeling

15<sup>th</sup> October 2015

## A YIN-YANG BALANCING EXERCISE

*(Prior to the meeting, there was a vociferous discussion about the current imbalances of energies, both worldwide and within each person)*

Greetings!

Have you not learnt our tricks by now? Of course this joyous discussion was provoked by us. Don't you know it always is? It was provoked because we desire to take you through a ***yin-yang balancing exercise*** right now; one you can use at will in the future, whenever you feel that you are out of balance.

By the way, you are a wonderfully united group today. You are united in the fact that *all of you* have imbalances in the yin and the yang! (Laughter) Isn't it nice to know that you share the same issue? And do not forget him (pointing to the self). He, too, is very much a part of this united imbalance!

On a more serious note, the yin-yang imbalance which is spreading worldwide does need to be corrected, and when it is done so by groups like this, the power generated spreads outward and provokes others, both individuals and groups, to do the same for themselves. So, ***by shifting yourselves today, you will be shifting millions worldwide.***

Please participate joyously in this exercise. Go ahead and use your imagination. Balance yourselves, breathe and relax. Please sense the very light, joyous, bubbly energies that have been created in this room today. They are happy, vibrant, amusing energies; enjoy them. (Pause)

***For those of you are thinking to yourselves, "I can't sense energies"; physically swallow them.*** Imagine you are drinking champagne, and actually swallow them several times over. Don't worry if this causes a little gas; your neighbours won't object! (Laughter)

Now: have fun with your creative side. Visualize your own feminine self standing in front of you. Look at her. She will look like you. Ask her how old she is. What is she dressed in? Study her face. Does she look unhappy, serene, or joyous? (Pause)

Now ask her to describe to you some of the moods she is in right now. She will probably identify three to five moods. (Pause)

Ask her to walk about. Study her movement. Is she dragging her feet, dancing about, or walking purposefully? (Pause)

Now ask her to stand to one side, and call forth your masculine aspect. Once again, look at him. Ask him how old he is, and observe his clothing. Here, please observe his body-type. (Pause) Now ask him what he is feeling, and once again ask for three to five moods or emotions. (Pause)

Now, ask your Masculine and Feminine to stand facing one another, while you observe them both in profile. Ask them to approach each other, and see what happens. (Pause)

Observe them without any judgment. Is one aspect appearing to resist the other? Are both resisting the other? Or are they both coming together in joyous harmony? (Pause)

If there appears to be resistance on either side, please invite them to slowly start coming together. If they are already in joyous union, ask them to merge even further. In either case, do not force the issue. Make a request. And then observe what happens. (Pause)

Now gently bless them and return to full consciousness. We will now take this further in a link. Any idea who is speaking today?

*Meher Baba?*

*Saint Germain?*

THE ROXAN GREETES YOU!!!! (She silently blesses the group)

I am now speaking in a link, but as Sohrab. Let's now have some sharing of experiences. Did anyone find there was a large age-gap between their Masculine and Feminine?

*(Most people said yes)*

How interesting. Let's have a few people volunteer their experiences. (Pointing to a group member) Which was older?

*G: The Masculine.*

What did he look and feel like?

*G: He looked like me, but American. He seemed very calm and loving.*

And your Feminine?

*G: Much younger. She looked like I did during the time of my Navjote. She seemed happy, and yet a little sad.*

Dear friends, let me assure you that we never actually experience just one emotion at a time. We think we do, but we are simply focusing on the predominant, external one. Most of us experience about 3 – 5 emotions at a time, and some can indeed be polar opposites. Like happy and sad.

In G's case, her Masculine was older, loving and embracing of the feminine, which was younger and more delicate. Did they feel relatively balanced?

*Yes, they embraced each other.*

Most of us know G quite well, and we would say that her Feminine side is very expanded and balanced, as we know her to be a loving, caring, gentle, spiritual, and artistic person.

Interestingly enough, G, your Masculine side is older (more mature), loving and embracing. So this is your own higher self pointing out to you that you have a strong masculine side; once which can carry out any action or game-plan you might have. And yet you can do so in a very loving way, so don't hold back.

Your imbalanced Feminine holds back your Masculine! Let's examine this practically. You may have a series of paintings ready to exhibit. Yet, as we know, you hold back when it comes to actually planning and executing an art show.

Your Masculine is fully ready, willing and capable of doing all that is necessary to organize this; it is your feminine imbalances that hold him back. Those doubts, fears and insecurities of possibly not being good enough, or talented enough, or worthy of a public show, and so on.

So the next time you feel out of balance, please check your Feminine side. That is the aspect of the self likely to be holding you back.

*G: Is this why, every time I have physical ailments, the right side of my body always seems to be affected?*

Exactly! Dear Friends, please understand that what you have examined today is not permanent. It would be a fairly accurate indication of how you normally function; but it also could differ from time to time.

This exercise is also meant to be done randomly, and not daily. But after you have done it a few times, you will find a through-line running through it. Please examine that.

Now did anyone find that their Feminine was the older of the two?

*R: Yes, my Feminine was 67 years old, and my Masculine was in his 30's. My Masculine was loving, cheerful, patient and kind. And dependable. My Feminine was joyous, happy and content. The two came together very well.*

Excellent! Now, in her case, the Feminine was more than twice the age of her Masculine. Both were loving, balanced and came together well, so there is no disharmony here.

(Speaking to R) However, the Feminine being about twice the age of the Masculine indicates that your creative ability is wonderfully mature and evolved, but you do hold back in action. This could be not speaking up for the self, or not doing that which your creative urges you to do, and so on. So your Masculine is not imbalanced; it is just much 'younger' than your Feminine, and therefore less likely to take the necessary action.

Your quest is to bring the Masculine closer in age to your Feminine. This applies to anyone who finds a great disparity between the two sides. *You always try to raise the age of the lower one; not lower the age of the higher one. Here, age does not mean 'old'; it indicates wisdom, awareness and expansion.*

Now, did anyone have conflict between the two?

*N: Yes, the two appeared to oppose each other, even when I requested them to come together. Here the Masculine was older than the Feminine.*

Thank you for your honesty. This shows you that you often take action, but your feminine lags behind and is not sufficiently creative. Check yourself the next time you find yourself caught up in a frenzy of activity, wherein you are not accomplishing enough.

The two being at odds with one another is a very common phenomenon; it is going to happen to all of you on different days. This is simply an indicator that your two halves are not in sync with one another; attempt to balance the two at that time.

Why not check yourselves over the next few days? First, consciously observe your creative urges. Are you getting them? Are you listening to them? Then check your initiative practice. What are you doing about these urges? Are you holding back from acting on them? Are you procrastinating? Are you resisting the creative urge out of fear? Or inertia?

If, for example, you are getting the inner urge to go see a doctor, just call and make an appointment. If you feel like exercising, put on the appropriate footwear and step out of the house for a walk. Take your creative urges seamlessly into action, and instantly the Feminine/Masculine selves start to come into balance.

Dear Friends, I would like to share my own experience with you. Many years ago, I was lead through a very similar exercise. I found my Feminine to be very mature, elegant, distinguished, balanced and in her 60s. This made sense to me, as I work predominantly with my Feminine side, both as a Channel and as an Actor and creative person.

My Masculine surprised me. I saw myself as a young, 18-year old college boy in jeans and sneakers. I was full of fun; carefree and quite irresponsible.

I couldn't understand the disparity in age and attitude. Try as I would, I couldn't seem to raise his age and get him to mature. He resisted this 'forced maturity' with every fibre of his being.

It was days later that I understood why. I must explain here that, at that time, I had a very strained relationship with my father. My Masculine side's fear was that, if he allowed himself to mature, he would turn into my Father.

This realization hit me in my gut. I had to work with him for months, assuring him that his maturity would only take him further into his own personal growth. I repeatedly assured him that he would evolve into a more expanded version of himself, and not somebody else. Slowly he did mature; but even today, he does not match my Feminine in age.

Yes, some of you wanted to share...

*N: My Feminine was around 25, and my Masculine around 35. Both were happy and at peace, but both also had anxiety and a touch of sadness. But my Masculine wasn't me; he was a guy from my gym.*

This last statement is very telling. She was unable to see herself, but projected someone else into her Masculine. There is some aspect of her Masculine side that she doesn't want to deal with, so she 'makes him someone else'. Please note that it wasn't 'her' with muscles; it was someone else.

N, you must ask yourself why you are rejecting your Masculine side. Why are you afraid to 'own it'? Are you holding back, in general, on taking action or doing what you feel urged to do?

*Yes, I procrastinate a lot.*

There you go. Work on this. Start by continuing to visualize your Masculine as your gym friend, but slowly draw your energies into his form. See features of the self slowly appear in his face. Yes, you are a woman, and he is a man; but your quest is to see yourself as a man, in his most glorious form.

*What is the importance of clothing in this exercise?*

**Your** interpretation of the clothing is extremely important, and is a guideline as to how you see that aspect of the self. Casual clothing to one person could indicate comfort and ease; whereas to another person it could symbolize sloppiness and laziness.

*H: I saw my two selves completely naked!*

What does nakedness mean to you?

*Perfection! Why should they be wearing clothes?*

Excellent! You viewed nakedness as natural and normal. You did not need to create any facades behind which to hide. This is healthy. Now, to another person, nakedness could bring up shame. Then he or she would have to examine this.

*K: My Feminine was 16, elegant and calm, yet vibrant and lively. My Masculine was 30, but he disturbed me. He looked drained and exhausted. The moment she approached him, they merged seamlessly.*

K, this is quite evident, given your circumstances. Your Feminine is so apparently vibrant, lively, creative and dynamic. Yet your Masculine side has been so overworked over the last few years. You have had to battle so much in your personal life, play the role of both mother and father to your children, and take so much masculine action to provide them with a stable base.

So your Masculine is just tired! But it keeps going; sustained by your very powerful creative side. Be kind to your Masculine side. Give him a break. Stop trying to ‘play the man’ so much. Try and work with the feminine creative side, rather than constantly pushing yourself to ‘organize everything to perfection’.

*K: In my case, I rather like the age difference. Is that ok?*

Yes, it is. Keep it.

*T: Both my aspects were school-going. Do I need to try and increase their age?*

They would need to have inner maturity. So examine them yourself. If they appear to be mature school-kids, then there is no problem. But if they appear to be unwilling to evolve, then please urge them to do so.

(S takes a minute to further connect) No, T, in your case the two are fully balanced. In fact, they are both urging you to re-connect with your youthful Masculine and Feminine selves. This is because you tilt into excessive maturity at times. But they are nonetheless balanced.

*Su: I have been working with both these aspects for years, but in different ways, of course. Today, my Masculine told me that I, too, have a Feminine side...*

What a beautiful statement! We have separated the two for the sake of an exercise; but the two cannot really be separated. Each is an integral part of the other.

*Su: I also saw them in beautiful ancient Egyptian clothing.*

And what does this symbolize to you?

*Su: Regality.*

Wonderful. Regality, wisdom and knowledge. And you are also very connected with that era. This you already know.

*Su: Yes, I do.*

*Sh: My Masculine was dressed like a Roman Gladiator, whereas my Feminine was serene and beautiful, dressed in a lovely Sari. When they came together, they just merged, and became one unified bright light.*

This means that, at this moment in time, you are in perfect balance of Masculine and Feminine. Check it a month from now, and you might find them kicking each other (Laughter) Please sit with the image of the gladiator, and find out what it means to you. There are layers here you need to uncover.

Please give me a moment. We need to tie up this meeting now.

(Sohrab connects and starts channeling again)



This little exercise you will find incredibly beneficial, if you do it from time to time...perhaps once a month.

When doing so, observe what happens; don't judge it. After finishing the exercise, if you find that something has occurred that makes you uncomfortable, then you may delve further into it, and attempt to adjust or correct it.

If, for example, you find your Feminine distraught and victimized; after finishing the exercise, nurture her, energize her and empower her. Work towards changing her clothing, age and demeanor, in a manner that pleases you. Then integrate her into your body.

***Both aspects need to be integrated into your body. Though we did not walk you through that today, it is the final step of the exercise. Integrate both into the self.***

***Even if the two aspects appear to be at odds, and do not wish to intermingle; integrate them separately into the self. They may be urged to do your bidding over time, but not forced to follow your commands.***

Dear Friends, you are approaching a high-vibrational period. Yes, we did speak of a disruptive wave that continues to flow through Planet Earth at an earlier session; but rest assured that the power of Lightworkers like you will make a difference. We still foresee, in your future, an energetically brighter November and December.

Keep finding your balance and repeatedly work for your consciousness. The collective will automatically be influenced by your power, potency and dedication to the self.

**YOU ARE NURTURED, EMBRACED AND BLESSED BY THE ENERGIES OF ARCHANGEL MICHAEL. BLESSINGS!**

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