

Sohrab's Transcript

3rd December 2015

DECEMBER 2015: AN ENERGETIC WORMHOLE

ENERGETIC RESPONSIBILITY

FAMILY INTERACTION

DISCOVERING THE INNER ARCHETYPICAL FAMILY

THE CURRENT CHRISTMAS ENERGIES: HELPING YOU FALL IN LOVE WITH YOURSELF

Greetings!

For most people on planet Earth, the month of December is going to be a tunnel month; an energetic wormhole through which they moving, to finally enter 2016. This wormhole will be unique to each person.

Some are using it to raise their vibrations very speedily, so that they enter 2016 at a very high frequency. This is because the energies of 2016 are going to be tumultuous; things will move at breakneck speed. Many are preparing themselves for that by raising their vibrations from now, so that they can better handle these frequencies in the future.

Others are re-assessing all that they have gone through in the past, and are using this wormhole to clear out debris that they have not yet shed, so that they can enter the New Year fresher and cleaner.

Yet others are using this tunnel to 'go inward', examine the self, and bring to the forefront attributes and skills that they would like to exercise during 2016.

However, if we were to generalize what everyone is doing, we would say you are ***very rapidly stripping the self of old patterns, beliefs, thoughts and ways of functioning; so that you can better enter 2016 afresh.***

Because of this stripping process, you may find yourselves emotionally very sensitive. Please be aware of this. When you strip off old layers, the new ones will naturally be sensitive till they have acclimatized to the new energies. So, on a practical basis, your emotional and mental bodies are lightly to be slightly askew.

Be aware of this. If, for example, you find yourselves getting very touchy, hurt, irritable or emotional, please remind yourselves that this is simply a part of the stripping process. Focus instead on the wonderful end result.

Please be responsible with your energies: you will find yourselves very sensitive to the energies of people, situations and physical spaces during December. If a person or a place makes you very uncomfortable, try to move away. But this is often not possible. If that is so, just choose to raise your vibrations instantly, so that the energies don't affect you.

Please don't view those people or places as 'negative'. It simply means that, as you are over-sensitive, their frequencies don't suit yours at that moment in time. So don't use judgment; use discernment instead.

Dear friends, ***although it is the festive season and you are likely to be enjoying sumptuous meals, please tune in to what you are eating meal-to-meal.*** We are not speaking of any dietary restrictions here: please enjoy anything you want. But if, at a particular meal, a certain dish is 'not for you', please don't eat it. You might be able to enjoy that same dish a couple of hours later, but at that moment it may not be right for you.

This is because, with the strip process, your energetic organs are also going to be very sensitive. If you don't listen to the body, it is likely to reject any inappropriate food almost immediately, as well as make you feel very uncomfortable. This reaction could be in the form of diarrhoea, nausea, bloating, gas, acidity, dizziness or a skin outbreak. Why put yourselves through that?

The month of December is also a very vibrant month in which to interact with family members. An energetic window of opportunity in this area has just opened up; this naturally relates to the festival of Christmas and the heart chakra, which deals with love.

Here, when we speak of 'family', we include dear friends and anyone else whom you consider family. Work with them at different levels. ***At the physical level, open up channels of communication.*** Speak to them. Send out emails or cards. Tell them how you feel about them. If you wish to sort out a dispute or an issue, this is a good time to bring it up. Naturally, do so after you have balanced yourself; but bring it up nonetheless. Show them, through action, your appreciation.

On an energetic level, this is the perfect time to send them healing, thoughts of love, and to also have long discussions with their higher souls, if you cannot reach them at the physical level. If you have a long-standing relationship issue with a family member, use this time period to also address it, higher soul to higher soul. Say your piece, listen to the reasoning of their higher soul, and start the process of resolution. If you do so, you will most definitely shift the relationship during 2016.

Please also use this time to get acquainted with your inner family. Most of you have done work in the past with your inner child. Archetypically, you also have an inner father, mother, son and daughter, and so on. Get familiar with them. Find out how they function and behave; discover their characteristics. Do not assume that the inner father, for example, is a typical reflection of your physical father. This may be so, or he may have completely different attributes.

As you start acquainting yourselves with these archetypes, by playing with them and discovering who they are, you will begin to better understand who you are and ‘what makes you tick’.

If you choose to do this exercise, we really suggest you make it fun. Either do this alone, or ask a like-minded friend to help you with the process. Then each one facilitates the other, turn by turn. You can even do this with a close-knit group of friends, in a family constellation or in any such similar exercise.

This will be fun, dear friends, as you are in the midst of the ***Christmas flow***, which is always about an aspect of love. ***This year, they combine with the energies of Diwali of illumination to help you fall in love with yourself.***

Romance yourselves throughout this month, with particular reference to the period extending from December 24th to 31st. Fall in love with yourselves all over again.

Dress to please the self. Tell yourself how wonderful you are. Congratulate yourself on how well you have overcome the vicissitudes of life. We also strongly suggest that you keep a running written list of all your magnificent qualities and attributes. Keep adding to it daily. And then read it back to the self on New Year’s Eve. Make it your gift to the self. Have fun!

This is not a joke. We never share information randomly. The Christ Office is infusing Planet Earth with its loving frequencies. This has been gifted to Planet Earth to help her counter-balance the terror, confusion and separation that she is currently experiencing.

This love energy is extremely potent, but also extremely tricky. If you choose to romance the self, these frequencies will fill your cells with so much light that you will float through this month and into the next year on clouds of joy and self-glory.

But if a person is energetically conflicted, bigoted, distraught and filled with hatred, and he does not choose to use these frequencies to open up his love center, then they will be torturous to his structure.

Now this sounds as if the Christ Office is forcing you to use these energies well...or else! This is not so. This is a gift in keeping with the collective consciousness of the Human Race. It is the desire of every human to move forward, expand, evolve and eventually merge with the light.

Even if a person has a personal mission which appears to you devious or evil, they still inherently want to move towards the light. This is an energetic boost helping all fulfill their missions and align with the higher self and the greatest good. But when a person is veering off path, these energies will help him either make a course-correction or self-destruct.

Use this divine flow predominantly on the self, but also joyously offer it to your loved ones, environment and your planet. However, you cannot offer it externally before you first internalize it and truly use it for the self. So if you cannot really make progress in loving the self, you are frankly wasting your time and energy attempting to direct it outward for overall peace and harmony.

Questions?

Do we also have an inner spouse?

Indeed you do! We just offered you four basic archetypes; you have others that reflect every possible relationship. In your case, please do work with the inner spouse. It will be highly beneficial to you.

(Smiling) ***You even have inner pets.*** Even those who are not animal lovers have adored inner pets; it would greatly benefit them to discover these. Be prepared to be shocked: your beloved inner animal may be an energetic representation of an external animal that you greatly fear or detest!

When we work with the higher soul of a family member with whom we cannot work at the physical level, do we need to do so 'out of body' or in deep meditation?

You can do this any way that pleases you. You could choose to go up into your 5th dimensional self and work from there, or work from your conscious self, creating the higher soul of your family member right in front of you.

Do we need to repeat the process several times over?

In general, you will need to do so; but once again your own beingness will guide you. The higher soul of the other person will internalize it instantly, but it may take a few sessions for this to percolate down into their physical consciousness.

WE LEAVE YOU IN THE LOVE, LIGHT AND BLESSINGS OF THE LORD JESUS CHRIST, THE MOTHER MARY, THE BROTHER JOSEPH AND THE REALM OF THE ARCHANGELS. BLESSINGS.

(Sohrab shifts energies)

BLESSINGS FROM THE ENERGIES OF THE MAHA AVATAR BABAJI.

The Babaji offers the human race another opportunity during this particular month. Many have strived hard to move from perennial victimhood to self-empowerment. If this is your quest, call upon our energies every single day this month. We contract to help you touch your power one notch more every single day.

Use this opportunity. It is our gift to those who have the courage to value themselves.

BLESSINGS.

(Sohrab shifts energies)

THE MEHER (BABA) IS HERE.

(Laughing) He invites you all to a party. He offers to be your date for your Christmas party and your New Year's party. If you are already taking an earthly date, you can now have two!
(Smiling at the men in the room) And for those who want a special girlfriend, the Meher will conveniently change sex. (All laugh)

The Meher invites you to fall in love with yourselves. *If you choose to call upon his frequencies, he will once again help you see yourselves through his eyes. And through his eyes, you are truly beautiful.* Call upon him, and he will help you fall in love with yourselves.

BLESSINGS!

(Sohrab shifts energies. A silent blessing takes place)

YOU ARE EMBRACED BY THE ENERGIES OF THE MOTHER MARY.
