

Sohrab's channeling

7th January 2016

NEW BLINDING-WHITE LIGHT

AN INTRODUCTION TO 2016 (Part 1)

STREAMLINING THE PHYSICAL, MENTAL AND EMOTIONAL BODIES

FAMILY RELATIONSHIPS

BUSINESS PRACTICES

POLITICAL SHIFTS

THE ENERGIES OF CHILDREN BORN IN 2016

(Prior to the meeting, Sohrab spoke briefly of the information he had already received about 2016. He stated that it was going to be a very speedy year, one in which situations and opportunities would arise with no prior warning. He stated that people would have to 'think on their feet' and often make decisions in the moment, without the luxury of mulling over the answer for a lengthy period of time.)

Greetings!

Take a moment and tune into blinding white light, which surrounds your planet right now. See if you can touch it, taste it, see it, feel it, experience it. (Pause)

Take this light into your chakric system. Take it into the crown chakra, and pass it through all your major chakric points. (Pause) Now let it spread outward into all the minor chakric points in the physical body. (Pause) Now allow it to flow outward into your energetic bodies that surround the physical body. Shine bright with this light. (Pause)

Excellent! Return to consciousness. How did this light make you feel? Let us have your opinions.

(Various group members answer)

Peaceful...happy...vibrant...cleansed...calm...cool...dazzling...it felt like ME.

This is a new frequency that has now been drawn to planet Earth, and is at your command to use for the self and for others around you. This is ***pure Universal light; it has no official name, designation or origin. It is like a clean, blank slate; one which you can use in any way you desire.*** However, it is us, the Arcturians, co-coordinating this process for you.

This light is going to help you work at a rapid-fire rate this year. It will give you confidence and belief in the self, when you have to make speedy decisions. And it is going to spread into every aspect of your lives.

The magnificent light is as freely available as oxygen, but not everyone is ready to avail of its frequencies. It does not matter whether or not they consciously know that it exists. If they are energetically ready, they will take it in. If they are not ready, they will not be able to access its frequencies, because these are extremely high and complex.

We walked you through this today, because everyone in this room is ready for it (newcomers and old-timers alike) and is also desirous of flowing with these frequencies. They are now a part of you from this moment onwards.

Let us now examine how these frequencies are going to work on different areas of your lives. This ties into aspects we wish to introduce you to, with reference to 2016.

This light is going to first ***work with your extended energetic bodies and next with your physical body.***

The energetic bodies (now that you have incorporated this light) are now vibrating at a very high frequency. As they continue to roil and expand, they will stimulate the cells in the physical body, urging them to expand and evolve during 2016. Different parts of the body will use this light in different ways. And each person will use the light to his or her advantage.

If, for example, a person who is already flowing strongly with the energy of love wants to increase her quotient, she may use this light to intensively work on the

physical heart and the heart chakra, opening up this area to such a degree that she feels impelled to be even more loving, and of even greater service, to the self and to others.

Another person who has a blocked heart chakra may choose to use this light to deliberately explode her heart chakra, so that a natural flow is created. This could come through her creation of a wonderful new relationship, or even through the death of an old relationship, which she needs to release to be able to open up the heart chakra. In short, each person will work in a manner perfect for the self.

The beautiful part of these new frequencies is that ***you can never make a mistake when working with them.*** It is impossible to do so. Since their frequencies are so very high you will be unable to use them, accidentally or willfully, to your detriment.

Using the same example, a person who is working with these frequencies on the heart chakra may simultaneously use them to open up the brain, to streamline the thought processes and rid herself of old, outdated patterns and modes of behaviour.

Different parts of the body will play, literally play with these energies, taking the body through various vigorous exercises, in order to change structure, form, content and energy at a very rapid rate.

The only thing non-compatible with these energies is old, outdated patterns, thought processes, belief systems and old ways of functioning.

Please be aware of this. ***Let us assume that you have, either consciously or at the higher-conscious level, decided to streamline your digestive processes this year. If you then continue to eat foods that are either heavy or non-compatible with your energetic needs, the reaction you experience will be virtually instantaneous and quite severe. This could manifest in the form of diarrhoea, acidity, bloating, discomfort or even skin eruptions.***

In a case like this, you now cannot point fingers at a possible errant chef or unclean kitchen. You will have to take sole (and soul) responsibility for the reaction.

I would like to cite an example. Without knowing any of this, I recently directed blinding white light towards a person who was sinking. I connected with the

higher soul first to get permission to do so, and the soul agreed. The next morning, the person called to tell me she was feeling fine.

Excellent!

Dear friends, you may find, when working with this light, that it occasionally has tinges of other colours. Allow that to take place, but know that its core quotient is pure, blazing, blinding white light. Because if you are not tuning into that, you are not tuning into these particular frequencies.

So please understand that you are going to be accessing these new frequencies, both consciously and at a higher-conscious level, to command your body to shift and change at will. These changes will be very rapid, as long as your conscious commands are in alignment with what is best for the self at the higher-conscious level.

Let us illustrate this with a very practical example. (Smiling) A woman may desire, at the conscious level, to attain a size 0 figure. But her higher consciousness knows that a size 6 is best for her, to serve her physical, emotional and growth needs. Then she will only attain a size 6. If she willfully forces the body to shrink further, she will then get into physical discomfort or ill-health. This will sabotage her attempts, forcing her to remain at a size 6.

This, of course, is an amusing example; but ***bear in mind that this year, the body will want what is best for the self: the best of health, nutrition, energy flow and most certainly bursts of physical activity. You are going to feel impelled to do things...and you must.***

When we speak of physical activity, we are not just speaking of exercise, though this will also be necessary. ***You will feel motivated to do things: that which you have put off, or hesitated about initiating, in the past.*** There is no holding back this year. If you do, the old energies will drag you down and make you extremely uncomfortable.

Naturally, as these energies affect the physical bodies, they will affect the ***mental and emotional bodies*** as well.

This year, if you review your feelings, you will find that often you are feeling something quite different to what you think you feel about that person or situation. We cannot stress this enough: ***please tune in to what you are really feeling, rather than what you think you are feeling.***

An example: a wife may be habituated in thinking and believing that she loves her husband, but if she uses these new frequencies and re-examines her feelings, she may discover that she does not love him at all anymore, and is now completely ready to let him go, as the energy between them is over. She must then act on her true emotions, rather than on what she thinks 'they should be'.

Similarly, you may find you have very different feelings about other family members than you think you do. Be honest with yourselves. You cannot command them to be what duty or familial ties ordain. Acknowledge these to yourselves.

You do not necessarily have to tell the other person what you truly feel. But the moment you are honest with the self, these new energies will use your truth as a passageway to help you create a new relationship with that person. One which will be much healthier than the relationship you had in the past; one which was based on duplicity and self-deception.

You must also use these energies to really examine what you think and feel about the self. Here, be honest. Bring up that which you do not like about the self. Acknowledge it, and then choose to shift it. Bring up that that you adore about the self. Acknowledge it, and then enhance it.

These white-light, Arcturian-guided frequencies work lightning-quick. One thought, and they are activated. One intent and they begin to flow in the instant.

The ***mental body*** is also going to be streamlined this year. The way you think about a person, situation or event is going to be re-evaluated. You must keep up-to-date. You must discover who you are today, and not live in a misguided memory of who you were in the past.

Now, ***these energies are also going to affect your relationship with family and close friends.*** This year, expect changes in these areas. There will be certain

separations and unexpected unions. You will have to learn to let go of some people and welcome others into a new and closer relationship with the self.

These ups and downs are going to continue throughout the year. Learn to accept them and go with the flow. Yes, you can also use these energies to alter relationships. But you will first have to connect and ask yourself “Do I really want that? Is it what is the best for me?”

There are likely to be volatile times with family members. These explosive moments are very necessary. Welcome them. The new frequencies are going to explode the stubborn areas that you have refused to either acknowledge or address in the past, so that these relationships can be brought into harmony.

These energies will help you along this path by giving you clarity, a sense of self-worth and a new level of courage. Many are going to touch a level of self-empowerment this year that they have never been able to achieve in the past. Those who have played the victim game for years, even lifetimes, are going to discover a wonderful inner level of strength. They will revel in standing up, speaking out, holding their ground and asserting who they really are.

Use this, friends. Don't slip into old patterns by default. If you allow this to happen, the inner conflict will be almost unbearable. This is because you are vibrating at a new and much higher frequency than those old patterns. This clash of energies will cause great discomfort. This could cause emotional breakdowns, physical trauma and diseases, and deep depression. Why choose to experience that? Just live your new empowerment.

In the ***business arena***, there are going to be tremendous shake-ups this year, worldwide. Corporations that have been working with stale, dead energies will crumble, sometimes overnight. Others may rise like a Phoenix from the ashes and skyrocket.

When it comes to investments, please use your intuition. If your gut urges you to move out of a seemingly strong, secure, stable holding, then please do so. You have to depend on the self, as your broker or financial advisor may not be in tune with these new white-light frequencies. You may certainly continue to take

financial guidance and advice from an expert, but the final decision must come from within the self.

New business practices are also going to arise this year, paving the way for a glorious new future. Yes, you will witness even more scams arising and being brought to the notice of the public. This should make you angry. You must rise up, speak out and demand a change. This year, it is not just the business community that must demand a change in corrupt business practices. All humanity must rise up and demand it.

Similarly, in the *political arena*, people need to take action. You have been grumbling for years about the inefficiency of political candidates. Now is the time to infuse Politics with this new white light. At that same time, on a practical level, you must take responsibility for the change. You must vote, speak out, register a complaint, or start a net campaign. You do not have the luxury anymore of being armchair critics.

Before we move further, any questions?

I use golden light a lot. What is the difference?

Golden light has a different frequency. You may all continue to work with any energies and Masters that you so desire; simply add this white light to your energetic mix.

So the frequencies of the two are completely different?

Yes they are. This blinding white light is a unique combination of Universal light called upon by the collective consciousness of Planet Earth, specifically for use during 2016.

Will this light bring about Political stability and peace?

There are likely to be political shifts and shake-ups over the next few years. The cleansing has begun. Merciless cleansing, extending until 2021.

Dear friends, this is also a year during which a new energy is being offered to you to *reconfigure parent-child relationships*. You are being offered the opportunity to use this white light to forge new and magnificent bonds in this area.

If you consciously choose to direct this light to your relationship with your parents and with your children, be aware that old debris will be brought up for clearance. But the ensuing shake-ups will lead you to future high-vibrational relationships in this area. You can, by the way, also use the light to work with parents or children who may have moved into spirit. The procedure is the same.

A new breed of magnificent souls is now beginning to make its presence felt on Planet Earth. So let us speak briefly of the children being born this year.

All children coming to planet Earth this year have a very different light body to yours. This is a high and new vibration; one rarely experienced in human incarnation. Each child will have this: the beggar child the privileged child alike.

This light body is going to help them grow and evolve moment to moment. Most of these children have no pre-planned mission or life-course. They have all come to spread this light, and each one will create his path as he evolves. This is like planning your school curriculum as you go along, rather than enrolling in a very definite course of study.

Imagine the freedom. Imagine the excitement. Imagine the experimentation. Imagine the creativity.

Most of these children will contain 97% Universal energies and only 3% Earthly ones. They will need this bare minimum to anchor themselves to Earth and to function as human beings.

What about children who are born through violence, such as rape?

They will have the same quotient of energies; but if they have come through violence, that will have been chosen by them to give the self a certain energetic frequency they need for their growth and evolution.

Most children born through violence (be it through rape or even through a warring set of parents who then create a child) have a past-life history of being energetically sluggish and complacent. They use the strand of violence to give themselves the necessary impetus to kick-start their own energies, and hopefully be more pro-active and productive in this lifetime.

There is, however, a danger in choosing this strategy. Yes, they could use this frequency to propel themselves further in in a glorious, expanded manner. But the strand of violence could also take hold, urging them to repeat the pattern of the aggressor.

How will the new children respond to daily conditioning that all children receive through their parents, teachers and society in general?

Their light bodies are so high in frequency that they will adhere to very little conditioning, even though it may appear to be externally strong.

So the parents are going to have a tough time!?

Yes indeed! These children are really not going to listen, unless it suits them. It will be a lesson for the parents as well.

Can these new white-light energies be used destructively, as well as creatively?

Yes they can, but only when the aspect of destruction is necessary for the growth and evolution of the planet. As we earlier said, these cannot be misused. But if a person's mission is to come to Earth and create Kali-esque destruction, she will then be able to use them magnificently for this purpose.

Those people, however, who exercise destruction that is not in keeping with their soul mission will naturally be vibrating at a lower frequency than these energies, and will therefore be unable to harness them at all.

Can we use the white light for another?

Most certainly. It is for you to use in any way you choose. You can use it to heal, empower, educate and enlighten the self and others. In fact, now that you have all internalized it, it is already an inherent part of your frequencies.

We will continue this discourse next week.

BLESSINGS FROM YOUR FRIENDS THE ARCTURIANS.

We are very much with you this year. Feel us, experience us and get to know us. We are your friends.
