

Sohrab's Channeling

7th April 2016

APRIL: A MONTH OF REST, REJUVENATION AND RENEWAL OF THE SELF

QUESTIONS AND ANSWERS

(Prior to the meeting, S reminded the group of the Masters' earlier message that April was a month of 'rest, rejuvenation and renewal of the self'. He stated that even though most would be working and going about their daily lives as usual, they were to try and create an inner 'holiday' space.)

Greetings!

Today we will continue last week's question and answer session. But before we go into this, let us explain why ***April is a month of rest, rejuvenation and renewal of the self.***

The energies are such that ***your brain, in particular, is being worked on right now; giving it a very gentle upgrade.*** If you over-tax your brain, over-think situations and allow the mind to get enmeshed in day-to-day problems, you will hinder this process. If you take an inner holiday, you will subconsciously command the brain to relax, and the upgrade will then take place in the smoothest and most effective manner.

Apart from the brain (which every single human is currently upgrading) ***you are also choosing, this month, to upgrade different organs and body parts.*** The choices here are individual. But the 'inner holiday' space will facilitate these upgrades as well.

If, for example, you allow yourself to get stressed and upset over a current situation, your solar plexus will naturally contract when it receives these emotional blows. The organs in this area will therefore go into energetic spasm. Now, if you

happen to be working on an organ in this area, such as the stomach or digestive tract, you will sabotage its upgrade.

Dear friends, please do ***tend to the physical body*** this month. Try and find a way to stretch as much as you can. Even if you are old and infirm, you can do this lying in bed. By doing so, you will be gently lubricating and massaging all your muscles and internal organs. If you exercise regularly, please continue to do so, but also command the entire body to open to the new frequencies. You will truly benefit the self.

This is not a good month in which to allow the self to repeatedly lose your temper. Though this appears to be contradictory to what we have said in the past, where we have stated that it is necessary to release your anger in an open and healthy manner, it is not. This month, if you allow the self to continually get angry and upset, you will create internal body spasms.

Yes, you are human and you are going to lose your temper. But when this does happen, catch yourself out. Breathe, relax and count to 10. Then choose to respond to the situation, instead of reacting to it. Remember, ***a reaction only takes place within the first 3 seconds of a situation; everything beyond that is a response.***

When you have a fight with someone and they say something hurtful to you, and you lash back, you are reacting. But if you take a deep breath, you would move past the 3-second period and you would automatically be able to respond instead of reacting to the situation. A response is healthy; a reaction is not.

(Smiling) Almost everyone in this room is going to lose his or her temper within the next 24 hours. Have a good laugh at yourself. The moment you do so, you will instantly change around the energy in your structure.

Please also be aware that ***all your psychic points are going to, this month, increase in frequency and sensitivity.*** The most common ones are the crown, third eye, nape of the neck, navel and the hara chakra. But individually, you may find other points being more receptive, so please do not ignore them. Some, for example, may suddenly find themselves receiving more and more energies through the activated soles of the feet.

We suggest that you do scan and check your own bodies, discover your personal psychic points, tune into them, and allow the self to receive energies through them at a more intense level.

Now you may ask general questions.

What is the spiritual reason for creating stones in the gall bladder?

There can be several reasons for stones but generally speaking, ***stones are solidified pockets of resentment from the past; issues that have not yet been addressed.*** This resentment generally pertains to childhood or younger days; but in some extreme cases, this could be carry-forward resentment from a past life.

How should one overcome worry? Sometimes, even during meditation, a worrisome thought pops up, and one tends to get stuck.

The energy of worry is extremely dangerous, because it is self-perpetuating. A seed of worry, if not immediately addressed, takes root in the brain and starts to expand exponentially. 1 becomes 2 becomes 4 becomes 8, and so on. And before you know it, you are enmeshed in worry.

Worry is an emotion engendered by the refusal to look at a situation from a wider perspective. It also has its roots in this very lifetime, and is triggered by a situation in your past that you have not dealt with.

So ideally, when you find yourselves trapped in a cycle of exponential worry, we suggest you first breathe, relax, face it head on, and ask yourself how you could look at it from a wider perspective. Demand that your psyche also reveal the source of the worry. You may be astounded.

Let's give you a hypothetical example. A certain person may find that she continually obsesses about food, and is unable to stop binge-eating. The worry then increases exponentially, and she will start feeling like a failure, condemn herself for having no willpower, feel bad about her body image, feel like a loser, and so on.

If she is committed to self-search, she may, after much digging, find that the root was an event that took place at the age of 4, where a school friend snatched away the lollipop she was so relishing. That one small event of food being forcible

wrested from her could have created in her a perpetual fear that she would never be worthy of food, and that she would always lack in this area. Yes, it can be as small as that. So search and trace back the source of your worry and you will instantly create a shift within the self.

Could you speak of fear?

F-E-A-R. False Evidence Appearing Real. False: it's not the truth, but from your perspective, it is. Evidence: it seems to be concrete fact, but it is not. Appearing real to you. The bogeyman under the bed is very real to the child sleeping in the dark.

As an adult, we suggest that you confront your fear head-on. Look at it from a different perspective. And once again, try and trace back the root of this fear.

You will notice that in both cases, we have suggested that you 'trace the root'. This is because you are now ready to do so, as you have the requisite frequencies and awareness to do so. But there is also another reason. The energies of Planet Earth, in the current era, will strongly support you when it comes to self-search.

Even if you have done so in the past, the energies of 2016 will help you now do so with added skill, speed and depth. Use these energies; they are yours to command.

When a terrorist attack takes place, is there is soul connection between the terrorist himself and those who are affected by it?

Always, always, always.

And when a group is affected, like in Belgium, would this be a group soul connection?

Let's explain this step-by-step, for the benefit of several newcomers in the room today. You already know that when any dire event takes place, and when death occurs in a violent manner such as a bomb, a plane crash, an earthquake or a tsunami, it is a contracted choice made by the affected people for their personal growth.

Those who choose an explosive end do so because they have a repeated past-life history of extremely blocked physical and mental bodies. One single explosive

exit frees up their energies for eternity. So from a soul's perspective, what is a few seconds of trauma on earth? It's well worth it.

Those who chose a water exit, such as drowning, do so because they have a similar, repeated past-life history of an extremely blocked emotional body. Try as they might, over incarnations, they have been unable to give and receive love freely. Once again, the choice of drowning opens out their emotional body for eternity.

These exits, which appear to be so horrendous from your earthly perspective, are always specifically chosen by the soul itself.

Now let's answer your question. If you have chosen a violent mode of death, there has to be a soul friend who agrees to facilitate this for you. This friend may be a part of your soul group, or he may not. But he is still a well-wisher and facilitator.

Yes, many times a group of people convene at a particular place on Planet Earth, in order to be able to exit together in a specific manner. Even though they may never have physically met in the past, they may well be members of a soul group; one that requires the same lesson.

Now let us look at this practically. Let us suppose that a bomb goes off on a train, and all the people in a particular compartment pass over virtually simultaneously. At first, they may experience chaos, confusion, terror and fear. But remember that Masters and guides will always be at hand to receive them and calm them down. Retrieval souls and other friends will also be there to nurture them and tend to them.

They tend to very speedily accept their passing. Then they tend to get together in a 'spirit classroom' and have a joint energy discussion. They ask themselves, "Have we learnt our lessons? Are our energies now flowing smoothly and openly, or are we still constricted?"

It may interest you to know that those who have not opened up their energetic flow to their satisfaction may choose to reincarnate and re-create a similar experience, all over again. There have been cases where certain people have incarnated on earth, lived a full life and re-created an explosive exit; and their entire mission was

simply to reach that end. All the experience and lessons learned upto that point have been a bonus in their evolutionary process. Extra credits for the future.

Now let us speak of those people who are in the vicinity of an explosion, but are ‘miraculously’ moved away and spared. They are people who did desire this kind of exit, but make a last-minute soul choice not to exit, but to instead continue their quest for opening up the energetic bodies on planet earth itself.

Generally, when a person has a reprieve of this kind and has been brought face to face with his own mortality, he is so jolted by the experience that he makes a valiant attempt to ‘open up’. An undemonstrative, ‘don’t-feel’ husband may suddenly make the effort to express his love and caring to his wife and children. He may choose to re-evaluate his obsession with work, and start enjoying the visceral pleasures of life.

Could you speak of those like me, who are social workers, and who always reach out and help during any dire event such as a war or a natural disaster? I work with the Red Cross, and sometimes don’t feel like participating in an event; yet each time ‘something’ impels me to go out and do so.

There are several reasons for this; we will speak of a few of them.

Some come to Earth specifically as ***Service Souls***. They may offer their services in different ways, such as becoming a caring, nurturing, wonderful teacher, counselor, doctor, social worker or parent, to name but a few examples. This is an energy with which they naturally flow, and their mission on Earth is then service in its purest form. ***It’s just a process of giving back, in gratitude, for all that they have received over lifetimes.***

Others may chose this route because they have had ***a past-life repeated history of always demanding and taking from others, yet never giving back. These energy vampires naturally have an inner imbalance, as they have not understood the flow of give and receive, receive and give.*** Through the experience of offering their services so fully, they correct this imbalance.

Some people have had ***a past-life history of always choosing to run away from problems or situations which scare them.*** They may have played the quintessential ostrich, forever burying their heads in the sand and refusing to face

reality. Through the process of feeling impelled to offer service in times of disasters, they teach the self to face the harshest of reality while remaining in balance.

Others are ***true Masters in human form***, disguising themselves in physical bodies, who work continually and silently to help inspire others to follow their lead. These Masters never coerce you to emulate them, or insist you follow their lead. They teach by example. People gravitate towards them, and are so inspired by them that they follow their lead. Mother Theresa: a Master in human form.

I am rather confused about what you said earlier about terrorism. Are you saying that by offering a specific service to humanity, he is as valid as a saint?

Dear friend, this has been discussed in great detail in the past. But we will touch upon it again. Generally, a terrorist has as important a mission as a saint, or a powerful leader. But does this mean that you sit back and allow him to do what he does so well? Not at all!

Earth is governed by duality. So if you hear of an impending terrorist attack, or witness a murder, it most certainly is your earthly responsibility to alert the authorities to the event. You must do your utmost to bring the perpetrator to justice, because both you and he are governed by Earthly law.

But at the same time, we ask you not to internally judge and condemn the terrorist; understand that he is simply playing a role in which he has cast himself in this lifetime.

Why does there appear to be such an escalation in terrorism now? And what are we supposed to do about that? Just accept it?

Yes, there is a rise in terrorism. ***This is a direct reflection of the state of the human collective consciousness. The Human Race has fed so much anger, hatred, separation and bigotry into it; it is simply being reflected back at you. You have manifested it.***

View this statement very practically, from an earthly perspective. On days when you are really angry and bitter, everything goes wrong for you. Nothing goes according to plan, people are rude to you, your appliances break down, you may

have a minor accident, and you go further into a downward spiral of anger and bitterness. Yet on days when you are happy and cheerful, the day goes marvelously. People smile at you, things go your way, and you may even receive a wonderful, unexpected gift.

So learn to take responsibility, individually and collectively, for the rise in terrorism. Truly make it your mission to spread knowledge, wisdom, peace and harmony. Don't play the victim to your moods, thoughts and old patterns. Choose to be in charge of them. Be the best you can be at all times.

But once again, duality comes into play. Chose to honour and respect those souls who have chosen to exit through these violent acts, rather than pity them. They have had the courage to make a difficult choice; yet it is one that will only serve them energetically.

As long as duality exists on earth, there will be both 'good' and 'evil'. But it is in your hands to tilt this in favour of the light. It lies in your hands; not in the hands of some conveniently blameworthy Master Puppeteer in the Sky.

How do we discover our soul missions? Does everyone even have one?

Everyone has a soul mission; one which could be likened to the trunk of the tree. But they have branches of learning along the way 'to the top'. You have to embrace the whole tree of the self, and not only focus on the trunk.

How? Ask yourselves, "Why am I here?" "What is my purpose in life?" "What are my 5 greatest strengths?" "What are my 5 best qualities?" "What are my 5 passions in life?" "If I was completely free to choose, what would I be doing now?"

Sit down and create, for the self, questions like these, and answer them. Use a pen and paper. You will find a through-line emerging. This might reveal to you that you have a propensity for communication, or teaching, or service, or business, and so on. An even more abstract trend could emerge, such as "I need to move away from victimhood, into self-empowerment". Then you say, "Oh, this is possibly my soul mission". Sit with it for a while. Ask the self where you have moved forward in that area, and where you are still a 'work in progress'. (Smiling) It's really much easier than you think!

Can you give us another reason for choosing an explosive death?

Let us remind you of a past channeling, in which the soul of Dr. Homi Bhabha, the eminent Nuclear Scientist, spoke through this friend. You may recall that he died in a plane crash, and many suspected sabotage.

When this question was posed to his soul, he said, “What difference? I needed to go in an explosive manner. I was not just an Earth scientist, but am a scientific soul at core. ***My greatest desire was to experience being Universal points of matter and anti-matter with human consciousness.***”

So, dear friends, he needed an explosive thrust to create this. ***One moment he was the earthly Dr. Homi Bhabha sitting in a plane, and the next instant he was billions of particles of matter and anti-matter, experiencing this phenomenon with earthly scientific consciousness. To him, this was ecstasy.***

So from an earthly perspective, this exit was horrendous. You pitied him for being ‘cut off in his prime’. But from his perspective, it was bliss.

Has he incarnated again?

The Homi Bhabha energies are no longer individuated; they are now a collective. Of course we are terming it ‘the Homi Bhabha collective’ for your understanding. It has no such name.

This collective is comprised of grand scientific entities from all over the Universe. This is a gigantic CPU in the sky; a colossal Universal storehouse of scientific knowledge and wisdom.

Imagine Universal scientific knowledge being pooled like this. Its potency is grander and brighter than the sun itself. This collective is a reservoir of information, available to any and every universal society and individual, at will. The only criterion is this: you can access information from this collective, only to the degree that you are able to use it responsibly.

So even you, as a lay person, can tap into it if you desire to increase your scientific knowledge. This would be ideal for science students: if they would simply connect with this reservoir while studying, they would be able to absorb information magnificently and creatively. But they would not be able to use this

for destructive purposes, unless the destruction was necessary and appropriate for the evolution of that species.

So when you ask if he as re-incarnated, we say, “A billion times over”, as strands of his energies are in abundance throughout the universe.

What of people who abuse animals?

This is a very potent question. There are a few, rare cases in which the animal has contracted to go through the experience of being abused. But these are rare. In general, this is a complete violation of the animals’ energies, and the abuser will face dire consequences. This can even cause his soul to fragment.

People who willfully torture and mistreat animals will, when they return to the spirit realm, find themselves severely damaged. Many then choose to reincarnate as humans who now serve abused animals, in an attempt to repair the damage they have caused to the self.

Many who are animal volunteers in the present have had this kind of a past-life history. Do not judge them for it. Instead, choose to applaud them for what they are doing in the now.

Is abandonment also considered animal abuse?

Yes, it is. There are varying degrees of abuse.

However, the animal on the receiving end of abuse will grow exponentially. So though this is, in a way, service to the animal, it is not contracted service.

When animals of a high caliber return to spirit, they share a common higher soul. In the past, for example, 10 incarnated dogs merged into 1 higher soul. This has now upgraded, and they generally merge 3 into 1. Horses used to go 7 into 1. They, too, now go 3 into 1.

Unfortunately dogs and other animals can’t talk. And sometimes we choose to put them down when they are suffering intensely. Is this acceptable or are we violating their rights? I am so conflicted about this.

In some cases the higher soul of the animal is actually calling out to you to please assist him in passing over; whereas in other cases it would be appropriate to allow him to move across naturally.

You will have to tune in and check your gut. Try and connect with the animal himself and ask for an answer. But take heart: in general, you don't make a mistake, and you intuitively do what the animal wants.

I keep getting pain in the right side of my head. I know this is a personal question, but please may I be permitted to ask for the reason behind this?

You have slight nerve damage there. You can get medical help for this. Naturopathy will be a very viable alternative to allopathy. But we do also urge you to look back at your life and check which past issues have still not been fully addressed by you. Work on them this year.

Where in the body does the soul reside? In the chakras?

(Laughing) Everywhere! How can any part of the body be soul-less? It would then cease to exist.

The reason your chakras are considered so important is because they are generally more open and receptive than the rest of the physical body. And now, even though you will continue to retain the basic chakric system to survive as a human on earth, the energy of your chakras is merging. Your entire body is now one unified chakra.

It's time to know this. Duality again. You must therefore acknowledge all your individuated chakras, and simultaneously know that you are 'as psychic' in your little toe as you are in the third eye. And live it.

Do animals ever go on to become human?

Most definitely. But they move up in a manner most suited to them. Let's take an example. On earth, a certain dog may perform a heroic feat; one that is considered 'so human' in your terms. Or another may just be so loving and loyal that you say the same of him. He may then be ready to move up the evolutionary ladder into human form.

However, to ease the process, he will, in all likelihood, first incarnate as a tribal: one who is very in tune with the earth, with aroma, with nature, and with the basics of life as a human. He will slowly work his way up evolutionary ladder, and possibly choose a ‘superior’ urban incarnation at a later time. (Laughing) But of course, who is superior and who isn’t is debatable...

WE LEAVE YOU NOW IN LOVE AND LIGHT.

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