

Sohrab's Channeling

19<sup>th</sup> May 2016

A POWERFUL HEALING BLESSING FROM MAHA AVATAAR BABAJI

MOTHER MARY'S CURRENT WORK WITH WOMEN

A NEW ENERGETIC STARGATE FOR LIGHTWORKERS

A BLESSING FROM MEHER BABA

GREETINGS AND BLESSINGS FROM THE ENERGIES OF THE MAHA  
AVATAAR BABAJI!

A special blessing will take place today. We request you to loosen your clothing and sit in as comfortable a position as possible. Be open.

We request you, men and women alike, to open up the **etheric womb**, and receive our energies in that area. The more you relax the area, the more you will receive.  
(Pause)

Now mentally chant, "***Heal. Repair. Rejuvenate***". Do this repeatedly as you receive our energies. (Long pause)

Now turn your attention to the **heart chakra**. Make sure it is wide open and ready to receive our energies, both through the front and the back. Command it to open wide, and it will be so. As you open up, repeatedly chant, "***Flow and receive love***". (Long pause)

Now open up the **crown chakra**. Visualize this as a golden lotus, slowly opening up its petals. As you do so, mentally chant, "***Awareness. Knowledge. Wisdom. Expansion.***" (Long pause)

Now rub your **palms** together vigorously. Open them out. Visualize golden light coming out of the center of the palms, and mentally repeatedly chant, ***“May these palms be instruments of healing and love.”*** Relax the palms and feel them vibrate. (Long Pause)

Now place your palms on any area or areas of the body you choose, and bless the self. (Long Pause)

And it is so. And it is so. And it is so.

The **etheric womb**, dear friends, was specifically worked upon today, as ***every single person in this room, man and woman alike, has major past-life womb issues.*** These issues may or may not have manifested in the lifetime, but through this little exercise, and with our support, you have cleared out all the remaining debris. It does not exist anymore. ***The Karma is finished and done with. You are now free of it.***

Could you possibly create more in the future? Of course. But you are now starting with a ‘clean slate’.

The energy infusion we offered you today was partly to help you do this, and partly to help you ***stimulate your creativity.*** You have given the self a surge of creativity, which you will now be able to take into any and every aspect of your lives. Use this surge to help yourselves think, feel and act more creatively, from this moment onward.

So the next time you want an extra dose of creativity, instead of reaching ‘up into the Universe’, turn your attention to the etheric womb and draw upon the energies that you have commanded the Maha Avataar Babaji to place in your etheric womb.

Everyone sitting here today also needed energetic work done on the **heart chakra**. Everyone here has differing levels of physical and/or emotional heart damage. ***Six people in this room, had they not brought themselves here today, would have had a heart-attack within the next year. This has now been averted.***

Take care of this area, friends. Open to giving and receiving love. Work every single day at loving yourselves one degree more than you did the day before.

This information (about the heart) is for you, and not for the extended group. However, if others who read this later feel a strong resonance with our words, they are then advised to walk themselves through this meditation. If they summon our energies, we will be present.

The **crown chakra** was worked on as all of you wanted to increase your levels of knowledge, wisdom, awareness and expansion. You will now be able to connect much more speedily and clearly than you did when you walked into this meeting.

The **palms** were activated for several reasons. Each person sitting here will find, over the course of the next year, the need to use the palms physically, to heal and nurture the self and other. Don't hold back. ***If you find an inner urge arising to hug someone, touch them, heal them or bless them, don't allow societal or personal conditioning to hold you back.*** Do so freely and openly.

You will be intuitively guided in this area. You will just 'know' when you have to reach out and touch someone. If the person whom you need to touch is extremely blocked and does not give credence to the work you do; do it subtly. You can disguise the gesture by giving him a pat on the back or an instinctive hug. With strong intent, the energy transference can be done in just a few seconds.

Don't hold back. Use the palms, fully and freely.

For all those who ***interact with children***, your palms will be the most magnificent and effective tools to hold them, nurture them, soothe them, guide them and to reach them.

If, for example, you are trying to communicate with a stubborn or resistant child, try and place your hand upon the child while you talk to her.

**BLESSINGS FROM THE MAHA AVATAAR BABAJI.**

(Sohrab shifts energies)

## BLESSINGS FROM THE MOTHER MARY.

The Mother Mary's presence is going to be felt by Planet Earth very strongly over the next few months. She has come to instill a new sense of *love, caring, understanding, embrace, non-judgmentalism* and other such qualities. Though she will not be ignoring men, *she will be focusing very strongly on women worldwide.*

She will be urging them to use her energies to activate those attributes and qualities that they individually need. Most women will require a strong dose of feminine empowerment. Others may require healing, energetic education, the ability to speak out, and the ability to focus on their goals, and so on. Those who are open will sense and feel her presence in their lives.

Do not pre-suppose that her energies will be gentle. Certain women may need very powerful doses of her frequencies.

When working with men, she will enter their structures through their feminine, creative aspects. If men access their creativity, she will most certainly be present.

You have the divine right to consciously call upon her energies, to aid the self or others around you. Just summon them, and they will be with you.

*Could we call upon her to help us stop procrastinating, so that we can make more accurate and speedy decisions?*

Indeed you could.

BLESSINGS.

(Sohrab shifts energies)

## GREETINGS FROM ARCHANGEL MICHAEL!

*A new energetic Stargate has now been activated. Yes, yet another one! This particular Stargate is exclusively for the use of Lightworkers worldwide. It is one you have earned. You have earned the right to use it, experience it and benefit from it.*

Let us give you a simply way to visualize it and connect with it. Imagine a magnificent circle in the sky, filled with energetic flames. Then throw your energies through it.

You will not vanish from Planet Earth! (Laughter) You will not disappear into another dimension. But energetically you will visit another one, that of the 5<sup>th</sup> dimension. You have now earned the right to visit the 5<sup>th</sup> dimension whenever you desire, yet still retaining your 3<sup>rd</sup> dimensional form.

If you practice meditation, first enter the Stargate and then proceed with your meditation. If you don't enjoy meditation, just throw your energies through the Stargate, enjoy the 'trip', and return whenever you desire.

Each person will have a unique experience, so you won't easily be able to compare notes. Have fun! This one is for you.

*Can we do this more than once a day?*

You can do this as frequently as you desire, for as long or short a period as you desire. You can do this anywhere: even sitting in a car. But be responsible. We do not suggest you attempt this while driving a car!

We suggest you play with this in private, see how you respond to it, and then decide when and where to continue the practice. Some, for example, may find that the 'trip' makes them slightly dizzy or disoriented at first.

No one but a lightworker will be able to use this particular Stargate. When others earn this privilege, they too will find themselves able to use it as well.

It is an experiment. It was not a planned part of Earth's evolution, or that of Lightworkers. So play with it, and discover if you can truly stride two dimensions at the same time.

*Wouldn't some of us have difficulty returning?*

Not in this case. Your own higher soul will be your guide, and will ensure that you safely return each time. We would have forewarned you, had conscious care been necessary.

The only suggestion we make is this: don't attempt to carry another person's energies with you. This is for you and you alone. Each journey is individual.

*Haven't some of us been doing this already? It feels so familiar.*

Yes, many of you have been playing with this for a while now. But now, the Stargate is 'officially open' to all Lightworkers.

*Can we heal another through this process?*

Yes, you may. While in the 5<sup>th</sup>, you may joyously offer another healing and guidance. But don't call on them to accompany you to this dimension.

*How can we learn to love ourselves more each day?*

How about making a list of qualities that you appreciate in the self, and adding to it every day? How about acknowledging your growth? How about appreciating who you are 'in the now', as compared to who you were in the past? How about liking yourself a bit more on a daily basis? How about getting more and more comfortable with who you are? How about accepting the self, without beating yourself up? Find ways to love yourself more!

*If someone else who is not present today were to read this transcript, or listen to this recording, would they receive Maha Avataar Babaji's blessing?*

Yes, indeed they would. It will only be read, or listened to, by someone who is ready to receive the blessing. The others will not bother.

Friends, the Archangel Michael is also very present with the peoples of Earth during this time period. Unlike the Mother Mary, who will be with you moment-to-moment, the Michael may be called upon any time you wish.

(Indicating two group members whose birthdays were being celebrated) A special Birthday blessing! The Michael, the Behram Yezad Blesses you.

(Sohrab shifts energies)

**YES, THE FOOD TODAY IS BLESSED!** *(Laughter from the group, who recognizes the presence of Meher Baba)*

Yes, it is laden with energy calories. The more you consume, the more energy you will receive. Eat till you are sick! (Laughter)

Dear friends, eat joyously today. Throw out all food plans, dietary restrictions and all fear of diabetic imbalances. We truly ask you to do this today, at this meal. Celebrate every single mouthful. The food is blessed.

And keep a place for Baba! One bite for you, and one for Baba!

**BLESSINGS FROM THE MEHER.**

*(Note from S: on this particular day, the tea-table was laden with food and with 6 birthday cakes)*

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