

Sohrab's Channeling

4th August 2016

PERSONAL DETOXIFICATION

DETOXIFICATION OF THE HOME

Greetings!

Last week we had spoken of the process of *detoxification* that your city is currently undergoing. You are also following suit. And though this process will continue intermittently for the rest of the year, the *next three weeks* are particularly potent.

The human race will experience detoxification of all its four bodies. At the *physical level*, you are ridding yourselves of trapped toxins: those which were initially energetic, but have now solidified and become physical.

Many of you have emotional baggage that you have carried around for years, and some of this has turned into matter. In most cases, it has not yet manifested into major diseases, but is floating in the bloodstream and in the cellular structure as unwanted energetic feces, which, if allowed to remain, would poison your systems.

Those who have an excess of such toxins will start to release at the physical level. This could manifest in the form of coughs and colds, flu, diarrhoea, skin eruptions and so on. Be aware that this may occur repeatedly over the next 5 to 6 months.

We suggest that when this happens, you refrain from using allopathy for the first 24 hours. You may, however, use natural cures and homemade recipes.

The *Mental body* is also detoxifying, starting now. This could manifest in the form of temporary confusion, feelings of being overwhelmed by situations in life, the inability to make decisions, and uncomfortable thoughts which could alarm you.

We suggest that when this happens, you do not resist the process. Allow these confusing thoughts to arise; acknowledge them and release them.

Let us say, for example, that one evening you are alarmed by the thoughts of hatred that you have for a particular person. Do not play a spiritual game and try to suppress them. Instead, allow them to arise, think them out fully, and then choose to replace them with more pleasing thoughts. These may not be thoughts about the same person; that does not matter. Just pleasing thoughts in general.

The *emotional body*, over this 3 week period, is likely to be the one that releases the most. So there will be moments in which you feel extremely sensitive, hurt, victimized, unstable and filled with self-pity. Once again, acknowledge these feelings, experience them fully, and only then choose to replace them with Divine light and love.

Even the *Spirit body*, which you would assume is ‘always perfect’, is going to be re-adjusting certain trends and patterns that have existed over lifetimes. It may, for example, decide to work with many of its incarnated aspects, urging them to move rapidly from self-doubt to self-acceptance. You may then suddenly experience several moments of self-doubt, so that you can overcome them and move in the direction that your higher soul desires.

So, though the most intense period will be the next three weeks, please be aware that this process will keep repeating itself over the next 5 to 6 months.

Hadn't this process started earlier?

Yes, many were forerunners of this process. In general, many who are energetically sensitive do pick up a future energetic trend, and often decide to work at it ‘in advance’, so that they have a head-start. This could be likened to a person who is going to join an advanced college course, and decides to read up on the subject even before he officially starts studying it.

This process of detoxification is going to extend beyond what has just been described. Your *homes* have also started the process. You may, therefore, experience some of the following: *unusual leakages, walls that appear to crack, objects that fall and shatter, items that miraculously vanish and cannot be located, clothes and upholstery that suddenly tear*, and so on. Should it happen, instead of grumbling, bless the situation for having cleared trapped debris from your homes.

Pay particular attention to your *crystals* over the next few months. ***Many will change colour, form, shape and even size.*** Some will develop cracks or other energetic formations within them. Tune into them even more intensely that you have in the past.

And though we have spoken of this before, it bears repetition. ***You must tune into the home.*** You may suddenly feel urged to move objects around, or to add a colour to a particular room, or to re-arrange furniture. Please listen and follow your gut. Make all the necessary changes, within your budget. If your walls need painting and you cannot afford to do so, then buy soap and water and just wash the walls. You instantly change the energy.

And the most important of all: **DE-CLUTTER THE HOME.** ***This must be done on an urgent basis. Clutter will adversely affect the brain, causing you to get even more confused, mentally unstable, unable to make decisions and unable to 'think straight'.*** And remember, once the brain is affected, that, in turn, affects the rest of the body.

Please be aware that over the next few months, you may also get unusual (and sometimes startling) food urges. ***Dietary patterns may change.*** In certain cases, hard-core non-vegetarians may suddenly feel urged to become vegetarian. Those who love their alcohol may feel urged to abstain. None of this is likely to be permanent, so we do urge you to tune into your own body and listen very carefully.

The energetic upgrades you will receive over the next 6 months are extremely rarified; they require your active support with nutrition and exercise.

Now let's move beyond the home environment. You are likely, during the rest of this year, to feel urged to take up a new course of study or a new hobby. ***You will feel like exploring the unknown, the untried and the untested.*** Put aside your doubts and fears, and follow through on these impulses.

Friends, the world is changing very, very rapidly. If you think the last 7 months have flown by (and they have), ***the ensuing months are going to move at break-neck speed. You have to learn to keep pace with the energies surrounding you.***

Events are going to arise out of the blue, with no forewarning. You have to be able to think on your feet, and make very speedy decisions in life. Speedy, not hasty.

Or else you will just miss opportunity after opportunity, and you will be left behind. It is the era it is.

Are things changing for the better or the worse? Why do corruption and injustice seem to be on the rise?

For the wound to heal, the pus has to first erupt and come to the surface. Only then can true healing take place. You have to be slapped in the face with dirt, filth, corruption and garbage, so that you awaken, both as individuals and as a collective, and start to change the world yourselves.

The Masters are not permitted to step in and intercede on your behalf anymore. It may interest you to know that we have, in the past, stepped in and averted some disastrous events. ***Had we not interceded on your behalf, the original atomic bomb that exploded would have had catastrophic consequences.***

Here, we actually superseded the collective consciousness of the human race. ***Had we not done so, you would today be completely shattered beings, with horrific physical deformities and mental aberrations.*** We therefore allowed it to take place with the minimum of fall-out, so that it would awaken you without destroying you.

Now, with the new energies of the Human race, we are no longer permitted to step in and interfere anymore. ***We continue to guide and advise, to counsel, to suggest and even to urge you in the right direction; but you must make your own decisions and you must live with the consequences.*** Should you, in the future, choose to blow yourselves up, we will have to stand by and simply watch you do so.

The truly courageous warrior is NOT the one who goes out and faces the dragon with no fear in his heart. That is the ignorant fool. The real hero is the one who knows the odds, who acknowledges his fear, and still goes out and faces the dragon.

Beat the odds. Make a change.

BLESSINGS FROM THE GERMAIN.

Many other Masters are present in this room today. Over 100 Master frequencies are present here today. Open to them and enjoy them. (Pause)

Now connect with any loved one in the spirit realm with whom you would like to interact today. This could be a friend, a relative or a Master frequency. But choose just one. (Pause)

BLESSINGS.
