

Sohrab's Channeling

1st December 2016

THE ENERGIES OF DECEMBER 2016

Greetings!

Today, let us speak of the energies of December 2016, from both a spiritual and a practical perspective.

You are running the final lap of the race towards December 31. Time is speeding up. Earth is vibrating with new Earthsong. Solar flares are pounding the planet. Universal frequencies are forming a new, gigantic energetic vortex around Planet Earth.

We had told you that this was ***the final thrust of the cleansing process***. If any of you find yourselves purging very rapidly this month... physically, mentally or emotionally; don't stop the process. Let it all out.

If you find yourself emotional and weepy, experience this fully. If you find nasty, vicious thoughts arising, think them through fully. If you find physical releases happening, do not take any allopathy for the first 24 hours. Let it all out.

If you observe others going through these experiences, be the catalyst and help them express what is arising. If you sense they are receptive; talk openly about all of this. If you sense they are blocked and resistant; be smart. Find a way to trick them into talking to you. Help them express themselves.

Many people during this month will find themselves experiencing mental disorientation of varying forms. Some will experience vertigo and bouts of dizziness. This is simply the brain purging rapidly, making space for new thought-processes in 2017. Do not fear it. But be physically cautious.

Breathe, relax and make sure you drink some water. Steady yourself, and then proceed with life.

Many will find that their **thought processes going askew** this month. Therefore, on a practical basis, we do suggest that you try not to initiate any major project this month, such as a new business venture or a new relationship. If you do, it may go awry during the course of the next year.

We are not suggesting that you sit at home and do nothing. Please carry on with all your usual activities. But understand that you are not likely to be able to function, this month, with full clarity and perception. Simply ride it through.

However, certain thoughts and concepts are now going to arise, which are definitive promptings for your 2017 self. Some, for example, are going to feel urged to do something about their weight and state of health. Others may feel urged to start a new business or enterprise. Yet others may feel the need to work on their relationships.

Pay attention to these thoughts. Write them down. **These are promptings from your higher soul; aspects that have been programmed by you, into your 2017 self.** If you start going with the flow, you will then find it easier to manifest these aspects during the New Year.

You are unlikely to start any of these right now, but use the time to plan for them. Conceptualize how you are going to go about them in the near future. Get excited about them, so that you can initiate them early in the next year.

Some people will also feel urged to make character modifications and changes in the self. Why not sit with the self and consciously choose some of these? Discover these and play with them during this month, so that you can take them into wonderful expansion during 2017.

Take heart now: you are nearing Christmas. As you well know, the Christ Office energies are always based on love. **Pay particular attention, during December, to how you give and receive love.** Are you blocked? Are you flowing free? Are you able to give, but not receive? Are you able to receive,

but not give? And, most importantly, are you able to love yourself?

The love energies have already begun to flow strongly around Planet Earth, and they will affect the heart chakra. Those who are particularly blocked in this area may experience heart issues: palpitations, chest pains and more.

Truly ask yourselves, “Am I able to give and receive love?” We are not suggesting you play a spiritual game and pretend to love everyone and everything. We are just asking you to be honest with yourselves. Have you been able to access the inner teenager, who loves so fully and freely, with abandon; or are you trapped in a jaded aspect of the adult self?

Because the love energy is so potent right now, many this month will undergo **emotional breakdowns and releases**. Some may have them for a few hours; others for a few days. A person may feel extremely unloved; or full of love. Either way, flow with it.

During this month, the Christ energies are going to work on you mercilessly. Yes, mercilessly. If a person is particularly blocked in the heart chakra, these energies, this year, will act like a dentist’s drill. They will pound the heart chakra and the physical heart, urging it to open...open...open. The more a person resists, the more pain and trauma they will experience. And the key is in their hands.

The Christmas energies wish to give you a powerful gift of love, perhaps to a degree that has not been experienced by you before.

This is also a month in which to celebrate the self. Go ahead and be as self-ish as you desire, naturally without hurting another. Give yourselves all the love and attention that you feel that you have not received from others in the past.

Pamper yourselves. Have fun. Go shopping. Give yourselves treats. Eat delicious foods in joy. Celebrate who you are.

Even though this sounds superficial and frivolous; it is not. We cannot begin to express how important this is. Because ***if you truly learn to love***

and celebrate the self this month, in a manner you have never before done, you will then enter 2017 with the healthiest and most expanded ego possible. You will truly begin to love, honour, respect, acknowledge and appreciate WHO YOU REALLY ARE.

ST. GERMAIN BLESSES YOU.

(Sohrab shifts energies)

THE ENERGIES OF THE JESUS CHRIST ARE WITH YOU.

We beg you...yes, we beg you...this year, to ***truly celebrate who you are.*** The whole concept of Christianity, as it is still practiced on earth, now needs to be shattered and upgraded.

Those restrictive and man-imposed concepts of punishment, confession, suffering for your sins and atonement now need to be erased from the minds of people. None of this is part of the Jesus' structure. These were parables used to teach humanity in its unevolved state. At that time, concepts of good and evil, right and wrong had to be simplistically spelled out.

You are so beyond those today. If there is one single tenet that the current Jesus frequencies would like the people of earth to practice, it is: **Learn to love the self and all others; and choose to grow through joy, not pain.**

That would be the basis of the Bible, if it was written today. And yet, so many still continue to remain trapped in inaccurate wording. If you make the change and choose to interact with the current Jesus frequencies, you will set off a chain reaction, and others will follow suit. No more pain and suffering, no more redemption...celebrate the self with love.

The Jesus does not see sex, caste or religion. He only sees light. Light. Light. Light.

THE JESUS BLESSES EVERY SINGLE ONE IN THIS ROOM.

(Sohrab shifts energies)

THE MEHER (BABA) BLESSES YOU.

No message today. Just blessings! (He proceeds to bless the group silently)

BLESSINGS.
