# Sohrab's Channeling

8<sup>th</sup> December 2016

### VARIOUS MASTER OFFER US 'TIPS'ON TO PREPARE THE SELF FOR 2017

# Greetings!

A series of Master energies will speak today, sharing with you energetic tips to help you accomplish that which you desire during the month of December. This will prepare you to fully embrace the dynamic energies of 2017.

# (Sohrab shifts energies)

## Greetings!

We would like to give you a little homework. Whether you choose to do it at home or not is your choice; but it would benefit you tremendously if you did.

Spend the remainder of this month *writing down a list of at least 100 points, detailing all the things you appreciate in yourselves.* These could be qualities, aspects you have overcome, behavioural patterns or thought processes. These could be general statements or specific ones, relating to a particular person or to an incident.

In addition to this, we also urge you to *write down another list of at least* 100 points, detailing all the things you are grateful for in this life.

Yes, this may sound infantile, but nothing we say is without a purpose. By taking the trouble to actually do this with pen and paper, you are energizing each point and amplifying its frequencies in your 2017 self.

So, for example, if one of your points is "I am a caring and loving mother", the degree to which you will amplify that in your future self will be at least

## 10-fold.

# In the same way, expressing an attitude of gratitude for all the wonderful things you have in your lives draws a greater intensity of these aspects to you during the following year. Try it, and see the results over the course of 2017.

Please ensure that your statements are always framed in a positive manner. Use words like "I am..." Do not use words like "I want to...", because you will then perpetuate the energy of wanting.

Have fun. Multiply these aspects in your future selves.

Surely finding 100 points will be difficult?

(Smiling) We said, "A minimum of 100 points". We would welcome many more. The first 30 or 40 will be obvious ones. Then you will start to run dry. It's only then that you will begin to dig beneath the surface and acknowledge aspects that need to be brought to your consciousness and

# energized.

Let's give you an example. You will probably begin with statements like "I am a true and loyal friend", "I am a caring wife", and so on. But when you start to run dry, you may then find yourselves remembering aspects from the past, such as "When I was 7, this situation occurred, and how maturely and wonderfully I dealt with it!" Those are the kinds of deep aspects we now want you to dredge up.

BLESSINGS FROM THE MEHER (BABA)!



## THE ARCHANGEL MICHAEL GREETS YOU!

# The Michael suggests that you use the remainder of this month to really

focus upon what which you wish to create during the upcoming year. (Smiling) No, you don't have to list 100 points here, but you may wish to actually write down some of these for personal reference.

Some of these could be general aspects, such as "I choose abundance"; or specific ones such as, "I choose perfect health" or "I choose to create the perfect body shape for myself". Some could be esoteric, such as "I choose

to increase my connectivity with the divine and my universal frequencies." Others could be extremely practical, such as "I choose to focus upon increasing my business and productivity", or "I choose to heal my relationship with..."

Why not list several of these for yourselves? Then energize them after they have been created.

We suggest that you do not try to fully initiate them this particular month. You may conceptualize them, play with them and think about how you are going to achieve them. Make plans. Work towards them. Research them. Energize them. But begin LIVING them from the 1<sup>st</sup> of January, 2017.

We say this for a reason. Earth is going to be flooded with very powerful energies, starting the first moment of 2017. These are going to act like giant amplifiers. So if you have made a statement about the self and energize it, you have created a three-way energetic grid between your current frequencies, your statement and your 2017 self. In short, you have sealed it with the holy trinity, thereby creating an energetic contract. This, then, has to manifest.

A footnote here: 2017 will be a magnificent year in which to cure the self of physical ailments and diseases. But for this to happen, you must choose

this and also be certain that you can shift around your structure. Know this, and practice this for the self.

Can we intend this for others as well, when we are sending them healing?

No, each person must do this for the self. But you can aid and inspire them

#### to do so.

We remind you, even if a person has contracted to grow and evolve through the experience of cancer, and has been dealing with this for several years, he can now choose to end this contract. If he commits to this and is certain, his cancer will go into remission starting 2017. All he needs is certainty.

Imagine: if you can change cancer, what can't you change? Use this information for the self, share it with others, and let 2017 be one of health and vigor.

If a person is in a coma or mentally incapacitated, how can we convey this to them?

You can energetically inform them of this. Ideally do so while placing your hands upon them. But if this is not possible, link with them long-distance, tell them mentally about this shift and urge them to help themselves.

However, we remind you that the state of coma is one of intensive reviewal. In all likelihood, the person will finish his reviewal in his own time and then choose whether to recover or to exit.

THE MICHAEL BLESSES YOU.

(Sohrab shifts energies)

During the course of this month, you are all being offered **a hotline to those** who are in spirit and have been a part of your family, friend circle or acquaintances on Planet Earth.

In some cases, use this hotline to meet, greet and celebrate your

relationship. Get to know who they are now.

In other cases, use this as an opportunity to connect with them and finish unresolved issues before the start of 2017.

If this is the case, it doesn't matter how long ago they passed over. Use the hotline, call upon the spirit and say, "I would like to resolve all that is still

## unresolved between the two of us."

Then courageously bring up issues. If you still have anger or hatred towards the person, say all of this, out aloud. Tell them why you feel this way. Acknowledge you pain and frustration.

If you choose to do this during the course of this month, resolution can be extremely speedy. There is only one clause here: *you must want to achieve resolution. If you still want to hold onto your anger or hatred, then you will sabotage your own efforts.* 

But we urge you to do so, as you want to enter 2017 with far less baggage than you are carrying right now.

Many will, during this month, now *start sensing presences, particularly at night*. Don't be scared: open to these friends and visitors. These are your hotline friends, offering themselves to you for resolution. And in many cases, they are simply loved ones coming to offer you love and guidance. Either way, don't hold back. Your fear will repel them and cut off the

#### connection.

I have been experiencing this for several years now. I even had an instance where I felt I was going to be possessed. How do I continue to work, then? Should I use some form of protection?

You are an exception, dear friend. You have laid yourself wide open, and have sometimes entertained uncomfortable presences. We suggest that, instead of protecting the self, you instead work at raising your own vibrations on a daily basis. This takes only a few minutes. Do this morning and night. And continue to remain open to visitors during this month.

# What of a person who is still alive?

If you have the courage, open up a dialogue with this person. If this is not possible, then you most certainly can open up a hotline to his higher soul.

How exactly do we open up this hotline?

Sit quietly, center the self, and call upon that soul. Then just trust that the soul is instantly present.

Friends, we do not suggest that you do group conferencing, unless there are specifically two or more souls who have some energetic connection with each other. This could get confusing for you.

In general, call upon a singular soul and just talk.

Can we do this with animals too?

Yes, indeed you can! You can call upon the soul of a beloved pet who is now in spirit, or with an animal you may have harmed in the past, or even with animal collectives, if you so desire. Just for fun, why not open a hotline connection to the dolphin collective, for example? Again, this is permitted as long as you do not have particular resolution with a group of dolphins.

What of the collective consciousness?

Yes, this is a group you have our full permission to work with, through the hotline.

Is there any time in the day that one should avoid, when attempting a connection?

Not at all. Those are outmoded energetic practices. In the past, many were taught not to connect between midnight and 4 am, because 'dark forces' might interfere with the process. This doesn't hold good anymore. But if you still fear this, you will then attract negativity to the self.

What of resolution with the self?

The next energy will speak of just that.

A very gentle form of the MAHA AVATAAR BABAJI blesses you.

(Sohrab shifts energies)

# THE HANUMAAN FREQUENCIES GREET YOU!

Yes, it is the Hanumaan that urges you to now **forge resolution with the self**, **to befriend the self**, **to acknowledge and appreciate the self and to begin to** 

# really like yourself.

(Pointing to group member S.) Do you recall a point you made years ago? You had said, "It is easier to love yourself than to like yourself." And that is true. Think about this statement.

A lot of what you will now do will help you in this process: writing down points about the self, living in an attitude of gratitude, and connecting with your loved ones in spirit.

A lot of resolution needs to take place with the self during this month and *the first step towards this is to forgive the self. Forgive the self. Forgive the* 

#### self.

Most of you in this room are very understanding and tolerant of others, but you are so harsh on the self. Your punishing Inner Critic keeps chiding you with statements like, "You have failed again!", "What kind of person are you?", "You have no will-power!", "You're so stupid!", "What a loser you are!" and so on.

Forgive the self and start to silence the Inner Critic. It only punishes you and feeds off the energy of your pain, becoming stronger and stronger over time. It is a pernicious parasite. So choose now to forgive the self for all

## the things you have condemned in the past.

The Hanumaan frequencies are purely Universal and Inter-dimensional. They forge connections between different Universal societies and different realms of the Universe. They are also Inter-Universal.

Your brain is a reflection of the Universe, and therefore our frequencies are

working to upgrade your brain pathways, neurons and synapses. We are re-aligning the brain and helping it assimilate the new energies of 2017. (Smiling) The Hanumaan really sits in here (indicating the third-eye area) this month, working far beyond the speed of light.

**BLESSINGS!** 

(Sohrab shifts energies)

Greetings!

We ask you to *list for the self 5 primary qualities you would really like to fully experience and exercise during 2017.* These need to be abstract, such as "Love", "Compassion", "Forgiveness", "Magnificence", "Self-empowerment" and the like.

You may go beyond 5, but a minimum of 5 is necessary. This figure of 5 will set up in you a complex sacred-geometrical form, which will start spinning and moving through your structure, activating these qualities in you, during the course of the year.

Let us assume that you have chosen love and compassion as two of your qualities. You will then find this increasing tremendously during 2017. And every time you move away from them (which you naturally will), you will feel urged, the very next moment, to come back on track and deal with the person or situation with love and compassion, instead of anger and hatred.

You can choose to enhance a quality you already have, or to open up an area in which you are severely blocked. This is a supreme Universal gift. Use it well; use it wisely.

Could we choose a quality like 'fun' or 'confidence'?

Indeed you could. 'Fun', 'playfulness' and 'confidence' could be vital aspects that you deem necessary to activate in the self. But remember

that they are abstract qualities that must permeate every area of your lives. You cannot choose to only 'love' one person, for example.

Does this have anything to do with sacred geometry? I have been seeing forms and shapes for a while now in my meditation, and they seem to make no sense to me.

Yes it does. Everything we have offered you today is going to form complex sacred-geometrical patterns in your structure. You have been energetically pre-empting this.

We choose to remain nameless. Just experience our energies. (Pause)

BLESSINGS.

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