

Sohrab's channeling

23rd March 2017

LIGHT BODY ACTIVATION

BLACK HOLES AND WHITE HOLES

(Sohrab begins the session with a discourse on the Light Body)

Dear Friends, I would like to speak to you today about the Light Body. This has been a recent reoccurring theme, both in my recent Poona workshop and in a few personal sessions. Many people are confused about the meaning of the Light Body. Let me share with you what I got.

There is a portion of us that initially separated from the Source. This is the highest aspect of who we are...***the Highest Soul of the Higher soul.***

Our most refined self.

Exactly. This even goes beyond our Monadic self, which is considered our highest form. It is, in fact, the light that fuels the Monad. ***It has no shape, form, definition or 'personality'; it's pure, unadulterated light.*** And yet, it is still an aspect of each individual person or Universal entity in existence.

This Light Body is naturally not bound by time, space or dimension. It therefore continues to fuel every aspect of us, in every incarnation.

So, for discussion sake, let us assume that each one of us has 100,000 incarnated aspects of ourselves in concurrent and simultaneous realities. This light body puts down tendrils of light into each one of these. The flow of light will depend upon the energetic evolution of that aspect of the self: less evolved aspects will have a dimmer flow of light and the more evolved aspects will have brighter ones.

The Light Body flows down from the highest aspect of you, fuels you,

accesses your current growth, evolution, understanding, knowledge and wisdom, spiritual progress, awareness and magnificence, and loops it back into the Universe...**to recreate the Universe.**

This is not a singular process. Remember, there are numerous aspects of you doing the same thing, along with all other beings in existence, Universe-wide. All these Light Bodies unite in this process of re-creating creation.

This is what the Masters mean, when they say to us "You are God."

We are constantly uniting to re-create the Creator.

This process of looping that I have just described takes place moment-to-moment. It is this flow of light that keeps our cells in a constant state of regeneration. It is this light that keeps our heart pumping from birth to death. It is this light that helps the body self-heal. It is this light that urges our mind and consciousness to push boundaries and perpetually expand.

Even in our other Universal incarnations, where we perhaps don't have a physical form at all, our light bodies still facilitate that aspect's existence, growth and expansion.

This does not belittle the magnificence of the Creator/the Source/the Universe/God. This, in fact, celebrates The Source's magnificence; as we are constantly upgrading, refining and re-defining the Source itself. We are co-creators. In celebrating the Source, we are celebrating ourselves. And in celebrating ourselves, we are celebrating the Source. We are the Source and the Source is us.

Now, tie this together with what I have channeled earlier about ***Black Holes and White Holes.*** To refresh your memories, when someone in a meeting once asked about a Black Hole, the Masters said that this was an incomplete structure, and that our Earth scientists had not yet discovered the whole.

A Black Hole, as we already know, absorbs matter and energy and compresses it to a pin-head. But each Black Hole is surrounded with a

corresponding White Hole, which behaves in the opposite way: it processes, upgrades and then releases this matter and energy back into the Universe.

As a matter of interest, I remember reading an article in the newspapers a few months ago in which it said that our scientists have just begun to discover a phenomenon called a White Hole. But they have not fully understood it yet.

Do you now see how this is exactly the same process as I just described, in relation to the Light Body? ***We absorb Universal Light, process it and loop it back into the Universe, in an upgraded and expanded form, to re-create the Creator.***

Do you have questions or comments?

*This is exactly what is described in "Conversation with God", where God says "I am experiencing myself **as you and through you**".*

Yes; so simply and effectively put.

You spoke of the loop of energies fuelling us: is this what is called the soul?

This is beyond the soul. This is pure light. This fuels the soul as well. The soul has a greater degree of individuation. It has aspirations and it wants to evolve. The Light Body just IS.

So when we die, does this loop disappear?

It never disappears. Our spirit bodies continue the same looping process. This process is eternal.

Does this also happen with the plant, animal and mineral kingdoms?

(Group member P. responds to this question) *This happens with everything in creation. Eventually, we are all one. And we all loop together. Even the Masters work from their Light Bodies. If they merge fully with Source, then even they will have no 'existence' as we know it, because all individuality then vanishes.*

Thank you for that explanation.

Could the Northern and the Southern Lights (the Aurora Borealis) be physical and energetic manifestations of the Light Body?

I honestly don't know; you will have to ask this when I am channeling.

(Group member S. responds to this question) *Maybe this is the Light Body of Planet Earth herself in physical and energetic manifestation; as she would be looping exactly the same way as we are.*

That sounds good to me, S.!

Another analogy could be the ocean. You could take a cup of water, which would cause separation. Water also transmutes itself into other forms like ice, rain, snow and vapour; but it eventually all comes back together again.

Thank you; I like that analogy. Now let's move on to the channeling.

(Sohrab proceeds with the meeting)

Greetings!

You are here today for group activation. A few in this room have already been activated. Please participate again, as this will take you to new levels of connection.

First, let us clearly state that, though we use the term **Light Body Activation** for your comprehension, this is a misnomer. We are not actually activating it at all; it already is fully active. All we are doing is **helping you align your conscious mind with the light body that already exists within you**. Once you have fully acknowledged it consciously, you can blaze with this light every moment of your existence.

Let's illustrate this with a simple analogy. Imagine if you had lived your entire lives with your hands held behind your back. Now we are helping you acknowledge that they exist, and that you can use them to your benefit.

Let us now take you through an exercise.

Go within the self. Float inside your body. Visualize organs, muscles, tissues and bones. Let them reveal themselves to you in any form that pleases you. (Pause)

Go now within a singular cell in any organ of your choice. Visualize yourself floating inside its vastness. It may reveal itself to you in its natural form, or in colours and energy. (Pause)

Now go deep into the same cell; so deep into its core that you enter the Universe. You may now see stars, planets and deep space. Enjoy the Universe. (Pause)

Now go so deep into the Universe that you find yourself in a space of pure creation of energy. Visualize this like a sunrise: bright, white light; with tinges of yellow and orange. Energies swirling, and being created: observe this. (Pause)

Now draw these brand new, fresh energies down through time and space, and bring them back into the cell in the body that you first entered. Allow this cell to burst into light, and set off a chain reaction; so that all the cells of your body now begin to vibrate with brand new, creative energies. (Pause)

Now allow this light to burst out of your body in all directions. The black hole of the body is now becoming the white hole. Let your energies now extend beyond this room... this city... this country... beyond planet Earth. Allow it to go to the far reaches of the Universe. Just know...K-N-O-W... that you are blazing with this light. You don't need to feel it or sense it; you just have to KNOW it. (Pause)

Now very gently return to full consciousness, and slowly open your eyes. (Pause)

Even with eyes open, KNOW that you are blazing with this light. Look around and KNOW the same for everyone else in this room. You don't need physical, energetic or verbal confirmation of the same: just KNOW it. IT IS SO. And it MUST BE SO, or you would not be here. (Pause)

Take a moment now, and acknowledge your LIGHT BODY. You have not created it; you have just brought your consciousness into alignment with what IS. (Pause)

Enjoy it. It's the most magnificent part of You, which you could possibly experience. There is nothing grander than this...nothing.

Now KNOW that this light body never dims. It never needs cleaning or refreshing. It just IS at full strength, for eternity.

However, you will need, from time to time, to bring your consciousness in alignment with this light body, till it becomes an obvious part of the self. You do not necessarily have to walk yourself through this exercise; you could do so walking on the street or sitting in a car. Just turn your attention to the existing blaze, and say to the self, "I acknowledge the magnificence of my Light Body."

With this aspect, what can't you do? You don't need anything else. ***If you want to heal a single person or a group of people, simply embrace them with your light body. If you want to resolve a situation, bathe the entire situation and all those involved with your Light Body. If you are watching the news and witness a war, bathe all those concerned with your Light Body. If you want to bring about peace and harmony on Planet Earth, embrace her with your Light Body.***

Do not think that you are 'interfering' with another's karma or destiny; you are just energizing each person or aspect, urging it to do the same for itself. When working with the Light Body, there is no need for a qualifying command or instruction: just blaze and embrace.

Each one in this room was brought here today, quite specifically, for this united activation. Consider yourselves honored...by you. Not everyone on Planet Earth is ready for this activation/alignment. Yes, everyone has a light body; but not everyone is ready for this conscious acknowledgment. This activation could be lethal to a person who is not energetically ready for it.

But now, it is yours to command.

(Addressing K.) Dear friend, please explain this to her in detail at your convenience. (*Note: K. had brought her maid along, as she had wanted to attend the meeting*) She has fully merged with it, but she needs conscious information that you can later supply in her language.

Dear Friends and Lightworkers: you now have the right to activate others as well; but do so only if you are certain that they are ready for it. Check within the self. If the urge comes to you strongly, then offer to activate another. If you are unsure; don't do it. You may follow his procedure, or create your own. Do not feel bound by the process you just experienced.

Dear Friends, this is your moment of Satori. Of Nirvana. The Rise of the Kundalini. This is it.

We take no questions today. You may ask them at the following session, but today, you just need to settle with these frequencies.

Now invite all the people to whom you wish to offer healing and blessings into this beautiful arena of light. Just embrace them with your Light Bodies. (Pause)

Now embrace Planet Earth herself, and every possible aspect of Her. (Pause)

Many, many souls are in attendance today: Thousands of Masters, Guides and Spirit friends surround you. Acknowledge their presence and their blessings. (Pause)

(*Addressing J., whose Mother had recently returned to Spirit*) Yes, she is at peace. She is in blazing light. She is at peace and is being nurtured and embraced by the Meher (Baba) and by many other loved ones. There is no pain, trauma, regret or confusion. She is at peace; in blazing, golden light. Communication will happen at a future date; not yet.

(*Addressing newcomer H., and referring to her spirit parents*) You know they are present here today. They both bless you.

UNIVERSAL CONSCIOUSNESS BLESSES YOU.
