

Sohrab's channeling

14th September 2017

WORLDWIDE PHYSICAL CLEANSING OF THE BODY

ENERGIZATION OF WATER

NEW LUNAR FLARES AND THEIR EFFECTS ON THE BODY

Prior to the meeting, Sohrab mentioned that this appeared to be a time-period in which many people were falling sick. He further stated that a group member (Dr. U) had said that several of her patients were exhibiting classic symptoms of various diseases, and yet they turned out to have something quite different.

He further reminded the group that, prior to the recent festivities, the Ganesh Collective had stated that worldwide cleansing would take place, through water and fire, with "merciless wisdom". The group then discussed how recent worldwide events had so proven this.

The meeting then commenced.

Yes, indeed, the merciless cleansing has begun. We tell you outright: **expect this to continue intermittently during the entire year, even in your own structure.** This doesn't mean that you are going to be plagued with diseases; but there will be repeated bouts of cleansing and release. This will be governed by your own energies, and will depend on the degree of toxicity that may repeatedly build up in the body.

At times you may have to release physical toxins, at other times mental and emotional toxins, or a combination of all three. But the moment there is even the slightest build-up of toxins, the body is now going to demand

instant release.

This release is going to hit you in your weak area. If, for example, you are prone to coughs and colds, then this is the most likely mode of release that you will repeatedly choose.

Your 'area of weakness' does not only refer to the physical. If, for example, you are extremely vain about your appearance, you might develop skin rashes or eruptions on the face.

Dear friends, we are not trying to alarm you. We are simply drawing to your attention what is taking place, so that you learn to work with it. Here are some pointers.

When you experience this, ***we suggest that you try to eschew allopathy for the first 12 hours, unless it is essential.*** Yes; if it is essential, of course take it. But if you can weather the first 12 hours, using any natural remedies of your choice, it would be beneficial to you. After this time period, go ahead with allopathy if necessary.

You may recall that, in the past, we had suggested you wait 24 hours. This time, we have halved the time period.

Why do we need to do this?

If you take allopathy instantly, it will only block the release. Then it will happen all over again; perhaps a few days later. Why not, instead, allow the essential 12-hour release to take place?

But don't sit idle. Use your own knowledge of natural herbs and cures. Ask friends for help. Read up about it on the Net. Go ahead and help yourselves instantly...but naturally.

Do 'natural cures' include homeopathy?

Yes, indeed. Homeopathy, Bach flower remedies, Ayurveda, home remedies and so on: anything in its natural, pure form.

We also suggest that, during this time period, you revive an old practice; one

you were taught many years ago. Please ***energize the water and liquids that you drink.***

This takes less than a minute to do, and is such a simple process. Place your palms on either side of your bottle or glass, and simply infuse it with light. We suggest you use either silver or golden light, depending on what urge you get at that time. However, if other colours 'appear' before you, use them as well. But in general, gold or silver light will be the most beneficial during this time period.

We urge you to do this. ***Many of you spend a half hour at the make-up table, beautifying your appearance. Can't you spare less than a minute to beautify your physical and energetic bodies?*** If you commit to this for 10 days, you will feel a tangible difference. Do this even if you are in perfect health. You will feel charged, energized and vibrant.

Some may prefer to use a crystal or sacred object to energize their water. You may indeed do so, by infusing the object with the same light and then placing it in your water storage unit. And this energization will last for a good 24 hours.

Ideally, if you are using your palms for this process, make sure the water is in glass, metal or any natural substance; but not plastic. If you happen to be drinking from a plastic glass, then place your palms above the water surface instead of the sides of the container.

I tend to fill up glass bottles for the household every day. So I simply need to energize each one on a daily basis?

Yes. This 24-hour period is an approximation. After that time period, the energies will slowly dissipate. So you are just re-charging the water for maximum benefit.

May we just energize the household water-purifier?

Indeed you may. But many of these containers are made of plastic. In that case, open up the lid and energize the water directly.

(Smiling) Now your questions will be, “Surely every material is sacred? Surely our energies are not limited by plastic? ” Yes, every material is sacred; and you are not limited by plastic. But in this case, the very specific vibrations that you are now passing into the water are of a very high frequency, and they do not react very well to plastic. The plastic may distort the energies.

Many of us store water in large ‘madkas’ (clay pots). So if we energize the madka, everyone who drinks from it will benefit from this process!

Yes, this is ideal. ***And if you wish, you can even energize your shower-head for about 15 seconds before you bathe, and then let the purified water truly cleanse the body. How long is 15 seconds? Give yourselves this gift!***

Please be aware that now, when the body is in disease or disarray, you have to self-search and go beyond what you have been taught. The information you have been offered, in the past, by Masters like Louise Hay may still hold good. But many times it is simply a diving board; a starting point. So ‘take the plunge’ and explore the self even further.

In the current energetic era, 50% of the time or more, the issue may be something quite different to what has been outlined in these kinds of guide books. This is because energies are now moving around in the body quite rapidly, rather than staying fixed in one place.

So now, you have to ask the self, “What am I blocking or refusing to acknowledge right now?” A heart-related issue may not have anything to do with ‘giving and receiving love’; one which would have, in the past, been your obvious point of examination. Since this may be a little confusing at first, we will step in and help you; but only if you take the trouble to sit down, self-search, and ask the question.

Dear friends, even if you have a minor ache or pain, don’t ignore it. Self-search immediately. Ask the self, “Why have I created this? What am I blocking or resisting? What issue could this be?” Work on it *in the now*, and it will dissipate. This way, you will ‘cure it’ before it takes root in the body.

Sometimes, the answers will be very simple, such as “I need to speak kindly to others today” or “Let me sit down and listen to the problems of my maid; she needs a sympathetic ear”. Yes; that simple. Don’t expect the answers to necessarily be momentous ones. And then follow your gut.

You are now being fine-tuned. No more ‘broad strokes of the brush’. You are being taught to examine the details in the tapestry of your lives. And it’s all about moment-to-moment, instantaneous work.

The water content in your bodies is also being upgraded right now. You are well aware that over 70% of your physical structure is made up of water. Add to this process by energizing it yourselves. Do this, from time to time, by mentally infusing it with golden or silver light. You do not need to be in meditation to do so; you could make this intent while walking on the street.

While your water content is being upgraded (and this will continue for the next few months) you will find yourselves extremely sensitive to the effects of lunar energies. First of all, identify how you generally respond to the effects of the Moon.

People are, in general, of two types: those who feel very energized by the full moon and depleted with the new moon; and those who react in exactly the opposite way.

Some people, however, are adversely affected by the full moon. They may get excessively aggressive or mentally disturbed. So find out how you generally react to the effects of the moon. Then choose to enhance the positive effects and reduce out the negative ones.

Let us say that you get energized by the effects of the full moon and feel low when the moon is new. Enjoy the former, and use the golden light to balance yourself out when the moon is on the decline. This will compensate for the low that you would otherwise experience. You must now be ***Masters of your own energies.***

Lunar frequencies are now very different to those of the past. You are all aware of solar flares: ***you are now experiencing lunar flares. These are***

pulsations that predominantly affect the emotional body.

Because of the new lunar flares, you may find yourselves rather hyper-emotional right now. Some may experience releases in the form of crying fits; ones which occur for no apparent reason. Some may find themselves very sensitive to the comments of others. Others may find themselves unusually buoyant and happy. And so on. Just open and enjoy the process. If you open fully, the emotional body will come into balance.

The advantage of the upgrade being offered to you by these lunar flares is multi-fold. You will slowly increase your emotional intelligence. You will better understand the self. But the most important effect is this: ***you are teaching the self to give and receive love fully and freely.*** What a beautiful outcome!

I often feel giddy, disoriented and nauseous during the full moon. Am I getting over-energized?

Yes, you are unconsciously overdosing on the energies. Now we suggest you simply work with the water content in the body during that period, fill it with light, and demand that it come into balance.

I cannot sleep during the full moon.

This is a very commonly experienced by those who are energetically connected and psychic. The occult energies of the moon stimulate the pituitary and pineal glands. Energetic passageways open up, information begins to flood in, and this tends to keep you awake and alert. You can now talk to this area and ask it to physical relax while the necessary downloads take place.

Before we reveal ourself, we ask you to describe our energies...

(Various group members respond)

Vibrant

Gentle

Sleepy

Sleepy? That is your body's response to our energies! (Laughter)

Silvery

Fresh

We are an unknown energy to you and to Planet Earth. We are comprised of strands of lunar frequencies. You could call us a form of a **Lunar Goddess**.

We generally work with very high-vibrational Universal societies. It is our privilege to be with you today.

(Sohrab shifts energies)

BLESSINGS, JOY , LOVE AND LIGHT FROM THE SHIV COLLECTIVE. THE SHIV FREQUENCIES BLESS ALL OF YOU.

(Sohrab shifts energies)

A special blessing to all of you; who have worked so hard at evolving, expanding and improving the self.

THE GURU GOBIND SINGH BLESSES YOU.

(Sohrab shifts energies)

Dear friends, we are here to guide you through the healing process. There is tremendous silver light in this room right now. Tune into it. Take it into your own bodies and simultaneously bless all the names mentioned at the onset of the meeting. (Long Pause)

And it is so.

BLESSINGS FROM THE ENERGIES OF MOTHER MARY.
