

Sohrab's channeling

5th October 2017

MENTAL PURGING

EMOTIONAL PURGING

BUILDING BRIDGES

Greetings!

Today let us specifically address the mental and emotional purges that are likely to take place repeatedly over the course of the upcoming year.

Let's begin with the **Mental Purge**. Though this is going to be unique to each person, ***you are all going to find yourselves consciously reviewing the lives you have lived upto now.***

You may recall that, at an earlier session, we had said that during 2016, the entire human race had done just this at a higher-soul level; and had then made soul-guided course-corrections, starting 2017.

You are now being given the opportunity to do the same at the conscious level. You will therefore find yourselves repeatedly thinking about your lives, day-dreaming about the past, and possibly even dreaming at night about aspects of the self.

One person may re-visit his overall childhood. Another person may find herself fixating on a particular year in the past. A third person may find himself flitting from time to time, and event to event.

So no matter what comes up, please examine it closely. There is something associated with that time period or event that you have not yet seen, understood or acknowledged. And it's surfacing because you are now

ready to assimilate it.

Do not assume that this mental purge is going to be painful. Some of it may be; but you may find yourself drawn to a very happy event. Replay it fully, enjoy it, and still ask self, "What is in this event that I now am ready to face, acknowledge and assimilate?" It could well be your own beingness urging you to simply acknowledge and embrace your own magnificence.

So, you are all likely to experience a surge of daydreams, nightly dreams, thinking back on your life and replaying episodes from the past. Don't dismiss this as the 'idle wanderings of the mind'. It's necessary.

All of this is going to lead you to, once again, question your belief systems, thought-patterns, modes of behaviour, moral coding, 'I should' and 'I shouldn't', and so on. All of this will help you move from a 3-D vibration to a 5-D one.

This Mental Body purge is an exciting one; we ask you to embrace it, enjoy it, play with it and enjoy the challenge. You are moving into a very introspective time; one which offers you the opportunity of tremendous growth and self-awareness.

You will also find external stimuli provoking this process. You may, for example, find yourself caught in a situation where you are faced with a group of people who are constricted and closed-minded. If you find yourself reacting to this, instantly ask the self, "Why have I created this? What constrictions in my own thought-processes have I not yet acknowledged?" The answer may have nothing to do with what the group is currently discussing; think out of the box.

This is truly ***a year of mirrors***. Virtually everything that 'happens' is going to be a mirror for self-learning. Perhaps not the most minor of incidents; but anything that causes a disturbance in your energetic structure most certainly is one. The quicker you identify it, play with it and shift it; the quicker you will evolve.

The beautiful part of this mental works is that it is 'all in the now'. You don't

have to work at it for a month. As situations arise, review them, examine your own perspective, ask the self what you wish to change or amend, and then make an internal shift in the very next moment. And it's done. It's all about 'the now'.

The **Emotional Purge** is going to hit most of you quite strongly: you are being forewarned. The human race has accumulated so much emotional debris, which must now be purged if you are to move into higher-vibrational bodies.

Expect to feel emotional at times. Urge yourself to express how you feel. If an uncomfortable situation arises with another person, find a way to speak up and speak out as soon as possible. If you repeatedly allow the self to 'swallow your pain' and leave it unexpressed, it will magnify and fester very rapidly.

So find ways to speak up and speak out, preferably in balance; don't leave the issue unaddressed. Even if you are convinced that the other person will not hear you, **you have a duty to the self** to declare your truth. You need to do it for you.

This is dangerous time to allow emotional wounds to fester. If you repeat your old patterns of allowing painful emotions to remain unacknowledged and unexpressed, you will cause physical damage to the body. Yes, the physical body is going to be very attuned to the state of the mental and emotional bodies, and will respond virtually instantly.

So let us say that you are upset with something a friend has said to you. Try and find a way, *preferably within the same day*, to communicate with her and say something like, "I'd like to discuss this with you, as it's bothering me." If you revert to old patterns and either ignore it or suppress it, you will find the situation escalating so rapidly (in your own mind) that your body will go into disarray. Why create that?

Learn to speak up and speak out. Share of yourself and your feelings. Do this with openness and balance; not finger-pointing. Do this with love,

rather than pain. *Do this because you owe it to yourself.* And, of course, introspect at the same time. Ask the self why you have created the situation, and what you need to learn from it.

This is ***also a year in which to attempt to build bridges*** between the self and other people (or situations) in which there has been a divide, over years. Yes, in some cases you simply have to learn to 'let go'; but most of the time it's about learning to build a bridge.

We ask you, as self-aware Lightworkers, to swallow your pride and make the first move. This will demonstrate your strength; not your weakness.

Children, this year, are going to experience all that we have just shared, even more intensely than you will. They will need your nurture, understanding and acceptance. Yes, it is your duty as parents to guide them, nurture them, counsel them, advise them and correct them; but ***this year we urge you to really listen to them.*** Listen to the subtext.

And ***all of this also applies to your own inner child.*** Listen, listen, listen.

Questions?

Some people need to purge past life curses and vows. As therapists, how can we help them do so?

Yes, these can be extremely strong energetic bonds. The fact that this has come to light means that they are ready to work on them and release them. As you well know, there are many techniques, like hypno-therapy, that can help them do so; but the most important is their choice to do so. It requires inner strength and determination. Help them find this, so that they can help themselves as well.

Let's move further.

Because of the mental and emotional volatility that you are going to experience within the self and in others around you, it is imperative that you train yourselves to view situations from the wider, 5-D perspective. This is

no longer an option; it's a necessity.

This is so because your inner urge to expand is now very strong, particularly amongst self-seekers and Lightworkers. If you stubbornly choose to continue to view situations from a constricted perspective, you will now cause tremendous upheavals in the self; both physical and emotional.

2017 and 2018 are years in which the Universe is offering you 'energetic manure', so that you can grow very rapidly. Make use of this opportunity.

This growth- spurt is likely to be the most intense you will ever experience in this lifetime.

Take advantage of it. Question the self. Think out of the box. Push your boundaries. And above all...have fun! Spirit learning is always fun. Play spiritual games. Learn and grow through joy and laughter. And ***share...share...share your knowledge and wisdom with other.***

You must now acknowledge that you are Masters and Teachers. Lead the way for others to follow suit. So no matter where you are, at a spiritual meeting or at a party, on the street with friends or talking to strangers...be open and share of yourself and your wisdom. Please don't coerce, bombard or force your viewpoint on others; but share with openness and joy.

BLESSINGS, LOVE AND LIGHT FROM THE ENERGIES OF THE MAHA AVATAAR BABAJI.

(Sohrab shifts energies)

THE ENERGIES OF THE MOTHER MARY BLESS YOU.

She reminds you to call upon her, each and every one of you, to help you with your feminine empowerment. Even though, during 2017, she is focusing upon women; she joyously offers her energies to all men who also wish to work upon their feminine, creative sides.

Her energies have been called upon so strongly, worldwide, that ***she now offers her services, for the next three years, to women who wish to learn to touch their power, stand up, speak out and be the most magnificent that they can be.***

She will work with poor and rich alike, with the most uneducated and the most educated; with all who have a lack of self-esteem. ***She is going to urge all of you to love, honour, obey and respect THE SELF.***

2017 and 2018 are years of extreme transition. They will give rise to a new "Age of Aquarius"; one which will usher in true feminine empowerment. Yes, the feminine influence will then lead the way.

You have all chosen to incarnate and experience this vital time-period, so claim your power. Stand up. Speak out. Be the best you can be. Never perceive yourselves as lesser beings. Know your worth. Live your magnificence.

Call on the Mother when you are feeling low, constricted, insignificant, unheard, unseen and unacknowledged. She will help you. Also call on the Mother when you are feeling glorious and empowered. She will celebrate with you.

Do not view her as a meek, gentle Master; she is one of intense power. ***She comes in the form of the Warrior Goddess; a Warrior of the Light.*** She is vibrant, magnificent and powerful. She, of course, retains her core qualities of love, compassion, gentleness and nurture; but she brings to the forefront her qualities of power and dynamism.

THE MARY BLESSES YOU.
