

Sohrab's Channeling

16th November 2017

THE ENERGIES OF 11/11: TRANSFORMATION

UPGRADES OF THE PHYSICAL, MENTAL AND EMOTIONAL BODIES

THE IMPORTANCE OF COMMUNICATION

THE EFFECT OF THESE ENERGIES ON INDIA

THE BIRTHING OF NEW MASTERS IN INDIA

Greetings!

Many of you have wondered about the energies of 11/11; but in fact 11/11/11 is the accurate number this year. On the 11th of November, starting 11am your time, a tremendous new flow has been initiated. These energies are exclusively for TRANSFORMATION.

This energy of transformation is going to be accessed by every single human being, animal, bird, insect, plant, mineral and so on; but each one is going to affect transformation as is perfect for the self.

It's going to be a very individual process. One person may use these energies to transform their relationships, another may to focus upon business and finance, and a third may zero in on the physical body. **Yes, all of you will be working on multiple areas of transformation; but you will, in general, target two to three areas of prime importance to the self.**

Now take a moment and tune into these frequencies. Visualize them in any colours that you wish. Feel their effect on your structure. They are all around you. If you relax the body, you will absorb them at a speedier rate. So relax and open to them. (Pause)

Those of you who were present last week will recall that we spoke of death from a different perspective; one that outlined the joyous homecoming in the spirit realm. This is transformation.

Today, ***let us speak of death of the 'old you', triggered by these transformative energies; death that is taking place right here, right now.*** Let us now discuss the 'death' of the mental, physical and emotional bodies over the course of this year. Here, we refer to the 12-month period following 11/11.

Many people will now choose to upgrade the **physical body** at a very rapid rate. Areas where there are extreme blockages are now coming to the attention of individuals, so that they can be cured, either through medication and surgery, or through holistic means.

In the past, the body has allowed you to ignore it, defer necessary treatment and play games with it; this year that will not be tolerated. The body, as an entity of its own, now desires transformation. So, though some people will need medical help and even surgery; for the most part it will be work you can do with your own bodies.

If the body 'speaks to you' and demands your attention, don't waste time. Turn your attention to the body part in discomfort, communicate with it, ask it what it needs from you, ask it to reveal to you the issue trapped here, and work with it. Don't allow it to go into utter disrepair. If you simply ignore it, it will intensify the symptoms very rapidly, and then you will be forced to get external help.

At a higher level, your cells are dying very rapidly, allowing new ones to take their place; new cells which have a completely different energetic quotient. This process is taking place 24-hours a day, and will give you a new sense of vitality. You will, in general, feel urged to do a lot for the self.

We urge you to listen to these urges and work with them. The body may demand a change in your food habits, or exercise, or a massage. Align with these requirements.

Food and dietary needs are of prime importance this year. This may even seem erratic to you. You may get sugar cravings for a few hours, after which you suddenly get salt cravings. Then you may need an extra dose of carbohydrates. You have to learn to tune into the bodily needs and keep pace with it.

Learn also to distinguish between pure greed and actual need. Please listen to the body and give it what it genuinely needs. All of you have pre-conceived notions about what is 'good and bad' to eat: this year, nothing is 'good or bad' unless you go against the genuine needs of the body. Nutritionists and doctors may still be able to give you broad guidelines, but they cannot be true arbiters of your needs...only you can.

While this rapid cellular upgrade takes place, ***the body is also going to experience periods of sluggishness as well as periods of a surge in energy.*** Try and work with this, no matter your daily routine.

The cells, for example, are rejuvenating at a very rapid rate during your sluggish periods. They require bodily rest for this to take place. If you continually push the body during these periods, you hamper the process. Yet, when the body urges you to 'get up and go'; please do so.

Physical appearances are also going to change over the course of this year. In some cases, body size and shape will change; whereas in other cases, ***peoples' features may change. This upgrade is just what you need; as your personality will really shine through your face.***

Those who perennially wear masks...be warned: these are going to crumble. This works both ways. If you are plain-looking but are joyous inside, people will look at you and only see beauty. But however physically beautiful you are, if you are feeling vicious and vindictive inside, you will no longer be able to cover this up with make-up, jewelry and a smile; people will look at you and label you cold and evil. Yes, people are going to be able to read you like a book. You can't hide any longer.

Now let us move further, and discuss the effects of these energies on the

Mental and Emotional bodies. You will have noticed in the media that many famous people have recently been brought to book for their sexual acts and unacceptable behaviour. All of this is part of the transformative process. It must: the debris has to come to the surface and people have to learn to question (and upgrade) their thought processes, behavioural patterns and emotional needs.

As the physical body transforms, it works in perfect sync with the mental and emotional bodies. You are all, therefore, going to be working with the emotional body to shed certain aspects and enhance others.

Let us say that a certain person has been repeatedly repressing her emotions. She may have a tyrant husband, but has repeatedly played victim to his oppression and has tried to play the role of a dutiful wife and mother. This year, these suppressed emotions are going to start boiling up and bursting out of her. If she does not acknowledge this, channel it in a healthy manner and learn to express herself, she will find herself having repeated bouts of uncontrollable anger, fury and tears.

This will shock and terrify her, as she herself is not accustomed to this kind of behaviour. Ideally, she needs to learn to speak up and express her suppressed rage in a healthy and balanced manner, so that the 'volcano of pain' does not consume her.

However, whether or not she does so in a healthy manner, she is still creating a new emotional quotient for herself. After the release, she will gain a new and upgraded perspective of how to deal with this in the future.

This release will naturally work in harmony with the mental body. Her thoughts, which will be scrambled when she is releasing, will eventually clear up and she will be able to better understand herself and her situation.

Full and free-flowing communication is of vital importance this year. Most of the human race does not speak up and speak out in a healthy and balanced manner, doesn't address an issue when it arises, and doesn't send the necessary letter or email. If you, this year, repeatedly suppress the

natural flow of communication, then you will find the lines of communication getting utterly garbled. People will repeatedly misunderstand you, your words, your actions and your motives.

We therefore urge you to find the strength and courage to stand up for the self, speak up and speak out. Address issues when they arise. Tell the other person (in a healthy and balanced manner) what you feel, and why something has upset you. And also learn to listen: that is a very important part of communication.

This year, a lack of healthy communication could destroy marriages, friendships and business partnerships. There is no need for this: simply keep the lines of communication wide open.

Naturally, ***the most important aspect of communication is with the self.*** Now learn to listen, tune in and work as one unified Self. Allow the energies of transformation to unite the self and the Higher-self; making you ONE.

Any questions?

Could you elaborate on the union between the incarnated aspect and the higher soul?

Most of you still visualize the higher soul as a separate superior being, floating 'somewhere up there' in the ether. The higher soul is an energy field that you already inhabit; it extends all around you. It radiates outwards, in all directions, from you; rather like a starburst. You are the nucleus of its structure.

So start by first changing to the mental concept of 'reaching somewhere up there' to tune into the higher soul; go inwards instead.

Then understand that the higher is not a separate entity from you. It's *not* a spiritual coat you wear; *it's you*. It is simply the densest at the physical level, and gets more and more rarified as it radiates out of you.

Then learn to communicate with every part of your energies equally fluidly, *acknowledging that every aspect is valid*. You actually *need* both dense and

rarified energies to grow and evolve. Your quest is to be able to move between all these levels by choice, at will.

In becoming one with the self, you become one with the Universe.

What if there are some people in our lives with whom we now choose not to communicate with? Is this acceptable?

Indeed it is, as long as you truly do not wish to interact with them. But you must first sit down in balance and check with the self, "Am I doing this out of fear and cowardice, or is this someone whom I genuinely wish to release from my life."

If it is the former, then find way to say what you must, using some form of communication. But if it is the latter, then find a way to move away with dignity and grace; honoring the self for having communicated with, and listened to, the inner voice.

What of the transformation of patterns and belief systems?

These are, indeed, going to be reviewed and modified by you on a daily basis. You are all going to repeatedly create interactions with people and events that urge you to examine, question and modify these aspects of the self.

Dear friends, you are all explorers at heart. And this transformation is going to take place through exploration. Each of you, individually, will have to discover new structures, new belief systems and new modes of behaviour; ones which now suit your expanded energies. You will continually widen your horizons.

Is wider always better?

Yes, it is. A universal law states that "Everything in the Universe wants to grow and evolve; nothing wants to regress". To do so, you have to continually expand your horizons.

Now let us speak of the practical effects of the process of transformation

from a world-perspective. ***Different countries are working to transform themselves in accordance with the desire of their higher-consciousness.***

Today, let us speak of this country.

India desires three major upgrades: transformation of the political arena, the business and financial structure and the educational system. We had spoken of this earlier; these areas are now been further stimulated by the energies of 11/11. Over the course of the next 12 months, expect a lot of shake-ups in these three areas.

The ***political arena*** may get so constricted and terrifying that it will urge people to rise up collectively, speak out and work towards shattering those bonds.

In the same manner, ***business houses*** that work with integrity of purpose will rise up and shine. Those that are filled with corruption, greed and constriction will self-create major upheavals.

The ***educational system*** is going to be the most affected of these three areas. Students, teachers and parents alike are going to challenge it, every step of the way.

Many in this room are directly involved with children. Please note that they will, this year, appear to be extremely rebellious. They will fight for their rights, and demand new, upgraded structures.

Interestingly enough, this energetic vibration will emanated from the youngest students, many of whom will be in kindergarten. Though they will not be able to verbalize this or actively participate in the process, they will energetically provoke the older students to do so, so as to benefit all.

These processes are very needed for this country; work with them. When you are called upon to stand up and speak out; please do so. If you feel urged to guide and advice your husband about his business; please do so. Add your spiritual awareness to his business knowledge.

Now, some wonderful news: ***many, many new Masters will be 'birthed' by***

India this year. Some will physically be born during 2017 and 2018; others are already alive but will now be triggered into initiating their missions.

These will be **Masters of the modern era: maverick scientists and mathematicians, invaluable doctor and healers, artists that re-define creativity**, and so on. These Masters will enlighten the world through every possible field.

Of course, Masters will be activated in other parts of the world as well; but the birthing epicenter will be right here, in this country. This is because of magnificent energetic vortexes that now exist under the surface of India. Some of these are brand new ones; others have lain dormant for eons and are now being re-activated.

Use this new surge of energy for your personal benefit as well. Tune into it. Who knows: you may well be one such Master-in-the-making.

What of the Indian Legal system? This really needs over-hauling!

Many other areas, and systems (including this one), will be targeted by the new energetic surge. We simply outlined the three primary areas of upgrade. These three will lead to the re-structuring of many other areas.

Are any of the new Masters sitting in this room today? (General laughter)

You are all Masters in your own right. Yes, you are. **Lightworkers like you have the added responsibility of now totally and completely claiming your Mastery.** Whether your mission is to influence the world, or to influence a small group of people, is immaterial. Both are equally important.

Now embrace your Mastery or fall by the wayside. This may sound harsh, but it is now a period of 'tough love'. It is a period in which the Masters are not going to waste their time with those who repeatedly refuse to acknowledge their own magnificence.

You have all been hand-held and coaxed along for far too long. The spirit Masters will now focus on those who joyously embrace growth and evolution. The others will certainly not be 'abandoned'; but they will be given all the time they want to wallow in their self-perceived smallness. They can now drift aimlessly for as long as they desire, till they choose to awaken. At that moment, a Master will be at hand to help them along.

YOU ARE IN THE DIVINE EMBRACE OF A COLLECTIVE.

THE MASTER KHOOT HUMI BLESSES YOU.

THE MASTER JWHAL KHUL BLESSES YOU.

THE MEHER (BABA) BLESSES YOU.

YOU ARE IN THE EMBRACE OF THE LORD JESUS CHRIST.

A SPECIAL BLESSING FROM THE MAHA AVATAAR BABAJI.

(The group now offers light and healing to several people. Sohrab then begins channeling again)

THE SAI offers his energies to anyone, worldwide, who is currently in physical pain, mental confusion or emotional trauma. Please call upon the energies of the Sai, during the course of then next 48 hours, to help you with this.

These energies may also be directed by you, to another, who is also suffering.

This is an energy thrust, in the form of Solar Flares, being offered to you. Use it in joy.

SAI KA PRANAAM.
