

Sohrab's Channeling

30th November 2017

UPGRADE OF THE HIGHER SENSES AND THE HEART

SPIRIT VISITORS

SPIRIT COACHING

WORKING WITH TOUGH-LOVE

Greetings!

We had mentioned, a few sessions ago, that the brain, pituitary and pineal glands were being specifically worked on. During the month of December, ***the focus of the new energies is now shifting to two predominant areas: the higher senses (sight, sound, taste, touch and smell) and the heart.***

This is in perfect accordance with what is taking place right now: the veils between earth and the spirit realm are extremely rarified, and will continue to be wide open during the months of December 2017 and January 2018.

This will facilitate open and fluid communication between self and the higher self, self and loved ones in spirit, self and Master energies and self and the Universe itself. All your higher senses are activating, the veils are thinning, and a lot of communication will now take place.

You are also going to receive a lot of 'spirit visitors' during this time period.

We urge you to consciously open up your senses. Trust that when you sense the presence of a loved one, or even randomly think of them, that they are actually visiting you at that very moment.

This open flow naturally permits a smooth and easy flow between you and your higher self. Really choose to tune in at all times. Listen to urgings of

the higher soul. Follow your own intuitive guidance.

All of you, during the course of the next two months, will be guided to do a series of things; some small, some big. We urge you to listen. A small urge could be, for example, to pick up the phone and connect with an old friend, for no apparent reason. A larger urge could be to make a major change in a relationship or in a business partnership.

These urges are going to arise several times a day. Be alert or else they will pass you by. You will then lose out on the wonderful opportunities that your own higher soul is creating for you.

Take a moment right now, and think of anyone in spirit: a loved one, a Master or even a famous historical figure with whom you sense a connection. Choose one, and welcome him/her into your energy field. Invite him/her to be with you and within you. (Pause)

Try and sense the person's warmth, vibration and energetic signature. If you relax your body, you will feel it. (Pause)

Sense an emotion that this being is now offering you. (Pause)

See if you can receive a brief message from this person. (Pause)

Speak to the soul mentally, saying anything you want to. (Pause)

Two people in the room are, right now, wondering if they can connect with a pet. Yes; indeed you may. (Pause)

Bless your visitor, bless yourselves, and come back to full consciousness.

We alert you to the fact that ***you are now likely to sense presences around you during this upcoming month.*** Not necessarily just one; sometimes you may sense a group with you.

Don't be scared: even if you cannot identify who they are, simply trust that they are loving visitors; ones whom you can *now* sense because your higher senses are being activated and also because the veils are so refined. ***This is a part of your training program: you now must learn to use the higher***

senses at all times.

Your friends and loved ones in spirit are going to take advantage of this; they will now repeatedly try to communicate with you. These messages may come as thought-forms, words, impressions, pictures or gut feelings. How they come is immaterial: just receive them.

Many will now sense the presence of a loved one and simply get a sense of a singular emotion being radiated outward from them: love, peace or gratitude, for example. Bask in it. Enjoy it. Acknowledge it. Accept it.

Many of you will now feel urged to communicate with them directly. Some will feel urged to sit down and receive a written message. It is immaterial whether or not you have ever attempted this in the past: just sit down and write. Trust...trust...trust.

You are also going to receive expert 'coaching' from the spirit realm in areas that interest you. If you are a practicing healer, for example, you just need to open to some expert spirit guidance in this field.

We suggest that you don't consciously ask for a particular Master; simply open to the Master or the collective that you have already chosen, at a higher-soul level, to guide you in this area. Your conscious mind may not even be able to identify them, but they are the perfect coaches for you at this moment in time.

If you are a teacher, welcome this coaching before you enter the classroom. If you are a businessperson, do the same before you go to office in the morning. A sportsperson may do the same.

You have the right to demand coaching in several areas of your life. A woman may privately ask for superior coaching in the area of being a better wife, mother or human being. You think you lack self-empowerment? Demand spirit coaching in this area. And so on.

It's an extremely active month. However, the word 'active' does not refer to scurrying around. It means that you open to the energies, and function as

you are guided by the higher soul. Yes, the energies swirling around planet earth are extremely vibrant and active. Open to them, flow with them, internalize them, and play with them.

Questions?

Many nights, as I am falling asleep, I see unknown faces. Some are pleasant; others are not. What is that?

You are indeed connecting to the spirit realm. You sometimes encounter joyous friends who are simply visiting you, but at other times you sense the presence of disturbed souls who are in trouble. We suggest you welcome them and bless them all with light. Then ask your higher self, "What do I need to do for the disturbed ones?" Then work accordingly. But don't run away from the process.

I have recently been seeing lights from the corner of my eyes. I know this is not a physical problem.

This is generally a symptom of an increase in your frame-per-second ability. You are developing your higher sight.

(A group member begins weeping copiously) Just now, when I closed my eyes, I saw some dogs being hit by people and some trees being cut down. Can we please send...

(The Master energy speaks loudly and firmly through S.) **Are you a spirit worker, or are you enjoying being caught up in the trauma of the situation? STOP IT NOW. Send light NOW. You are of no use if you get swept up in your pain. Stop it; and send light NOW!** (Long pause)

The heart: tremendous upgrades are taking place here. Cells are being upgraded, new energetic pathways are being created, blood-flow patterns are changing, and dormant DNA is being activated in the cellular structure

here.

The heart is also forging a new and upgraded connection with the Universal Higher-Heart. This is an energy source of pure love. You are now being infused with new energies of love.

These are unlike your earthly concept of 'soft love'. They are, instead, powerful, vibrant, no-nonsense, potent and focused: they are the energies that just spoke to her. Some of you perceived the words and voice-tone to be harsh. It was not. She needed to be shaken up firmly, but with love, and brought back on-track.

'No-nonsense love' is now going to kick in for many of you. This will urge you to practice tough-love; something that most of you shy away from.

More and more situations will arise in your lives during the upcoming year; ones which require you to work with the force of love, instead of the caress of love.

This may include calling someone's bluff, moving away from a toxic relationship, standing up for your rights, speaking your truth even when you know it may cause a rift between you and the other person, and so on.

Please don't do any of this harshly or meanly; attempt to work in balance. But you will have to learn to exercise tough-love. If you resist, you will harm yourself. The heart may then experience physical and emotional palpitations. Why create that?

As the heart continues to upgrade, you will repeatedly find yourselves questioning your earthly concept of love: "Do I really love myself?" "Do I actually love the people I *think* I love?" "Am I open to giving and receiving love?" and so on. This is part of the upgrade process: a beautiful, and very necessary, self-examination.

What may scare many of you is acknowledging the fact that you don't necessarily love the people 'you are supposed to love'. Be kind to the self. Learn that you can love in different degrees, and in different ways.

Play with love. Let yourself love. Let yourself be loved. Learn to love yourself. Commit to love. Yes; this is in keeping with the Christmas energies, as the Christ Office is based on Love. The energy flow has already begun.

Practicing tough-love and speaking the truth will alienate a lot of people. I guess we have to be prepared for that.

Yes, you do. The upcoming year, as you now know, is one in which you have to acknowledge your Mastery. It is also a year of great transformation. This will lead to a lot of shifts and changes in your personal lives, circle of friends, business acquaintances, the way you function in life, and so on. This goes beyond 'rebirth and recreation of the self'.

So we have to move beyond being judgmental?

This has been discussed in the past. Yes, you are being trained to observe; not judge. For example: you have the divine right to observe another's behaviour and say to yourself, "I don't choose to function that way". You also have the right to choose not to associate with that person. But you *do not have the right* to condemn the person for behaving in that way. His coding and training is simply different to yours.

Do these new energies affect one's sleep patterns?

Many will experience this; but not all. As these energies intensify during the month of December, some will experience disturbed sleep, and others will sleep very soundly. An individual could also find both these things happening to him on different nights.

Are these energies going to facilitate wordless communication between people as well?

Absolutely. As we earlier said to you, your habitual masks are crumbling.

You are now going to regularly sense what other people are thinking and feeling, no matter their words or appearance.

Have fun, dear friends! Have a wonderfully connected December!

(Now the Master speaks to three ladies in the room, all of whom have, in the past, lost their children)

All three are present here in the room today!

(Addressing N. It was the anniversary of her son's passage into spirit) As you well know, he is a grand Master. He is in celebration today. He respects and honours you for choosing to celebrate with him, instead of mourning his passing. He is indeed with you, and will be with you every moment during the month of December. Now open to him afresh.

(Addressing a newcomer) Your beloved is in a space of both rest and evolution. Part of him is still in a healing process; part of him is hungry to grow and evolve. On earth, you can either rest or study. In spirit, you can do both simultaneously. Communication with him will happen at a later date.

(Addressing K.) Your beloved is in full celebration of his Masterhood. He acknowledges, honours and respects himself. He blesses you and urges you to do the same.

THE ARCHANGEL GABRIEL BLESS YOU TODAY.
