

Sohrab's Channeling

28th December 2017

PLANNING YOUR OWN DEATH

DEATH OF THE 'OLD YOU'

A NEW, DESIRED ENERGETIC PROTOTYPE OF THE SELF

A BRIEF INTRODUCTION TO 2018

(Note: Prior to the meeting, Sohrab reminded the group that the Masters had said, the previous week, that sudden exits were likely to occur till April 2018. This led to an intense and lengthy Q&A session. It later transpired that many in the room had, very recently, lost loved ones.)

Greetings!

This discussion was not random. You will have noticed the amount of humour and laughter you generated while discussing 'a serious topic'.

Today, we are going to help you plan your own death, in two different ways: the death of the 'old you', giving rise to your re-birth in 2018 and your actual death, when the time is right.

Let us begin with the latter. Please close your eyes and choose a 'retrieval team'; one which will be present when, in the future, you are ready to shed the body. This could include loved ones in the spirit realm, Masters and Guides, and even 'famous, inspirational people' you would like present at that time. And we can already hear someone mentally saying "Elvis"!

(Laughter)

It's actually not a joke. You could indeed invite his soul to be present. This is a fun, but genuine, exercise. So go ahead and invite the various souls you

would like to accompany you when you leave the body and enter the spirit realm. (Pause)

You may consciously add to this team any time you want, inviting as large a group as you desire.

Now visualize the team you have just selected lifting you out of your physical body, accompanying you through the tunnel of light and emerging in the spirit realm, along with you, into a space that pleases you. This could be, for example, a beautiful meadow, a mountain-top or even a grand party room. Create it. (Pause)

Now visualize the kind of music you would like in that space. And indeed, if there are certain musicians you would like to be energetically present, invite them to be there to entertain you. (Pause)

Lastly, command the self to be open... joyous... accepting... embracing... understanding... and in sheer, expanded bliss. Create this now. (Pause)

And so it is, and so it is, and so it is.

(Beaming) Your Master-travel-agent has now made all the reservations and bookings you desire. All the arrangements are in place. What you have just created WILL BE.

THE MEHER (BABA) BLESSES YOU.

(Sohrab shifts energies)

Dear friends, there is truly going to be a magnificent death of the 'old self' over the next few days. Let the 'old self' go. New facets, new energies and new opportunities are already being created by you for the New Year. Simultaneously, you want to leave behind old patterns, old belief structures and old thought-processes; ones that no longer suit you.

Let us now take you through a very specific energetic exercise that will help prepare you for the 1st of January, 2018. Enjoy it and work with it: ***you are creating a desired energetic outline, a new prototype of the self; one which you want to step into and inhabit, starting the New Year.***

This prototype will take hold and strengthen over the ensuing months; it's not an instant shift. But it is a shift and it *must* manifest over time.

Visualize an outline of your physical body. Just the outline. (Pause)

Now start to fill in this outline with a desired body shape. Don't be unrealistic; instead, be inspired. Create a shape and form that is perfect for you. (Pause)

Look into the body shape. Visualize all the organs, muscles and bones glowing with health and vitality. Start from the head. Create a brain that is open, expanded and receptive. Visualize the pituitary and pineal glands opening up to facilitate higher-level connections. Visualize your physical eyes sparkling with a new glow, with new vision, with new sight.

Open up the inner ears, so that you listen to the sub-text and hear the truth. Upgrade the nose and mouth, to enable you to 'smell out' and 'taste' situations that occur in your life.

Move into the chest now and focus on the heart. Open this up and instruct it, using your own words, to open up to giving and receiving love. Make it a silent, yet emphatic command. (Pause)

Fill your lungs with air and command that you 'breathe easy' next year. Intend that, with every in-breath, you take in new, vital energies; and with every out-breath, you expel old, stale ones. (Pause)

Now focus on the stomach, small and large intestines, rectum and anus. Visualize these areas absorbing and processing beautiful, new energies from all the food you ingest. Many in this room have disruptions in this area. Now calm it and bless it. Command it to work with expansion and ease during the coming year. (Pause)

Now move down to the sexual area: fill it with light. Fill it with creativity and awareness. Enlighten it, so that it smoothly and easily gives birth to the 'new you'. Rebirth, rebirth, rebirth. (Pause)

Now fill the two arms and the two legs with strength, courage, wisdom, nurture, compassion and tenderness. (Pause) Give them purposefulness, direction and magnificence. (Pause)

Visualize your new prototype containing all that you have just worked on. It is now in a perfect form, with perfect health, vitality and energy.

Now bless your emotional body. Bring it into balance and alignment. Demand...command...that it be loving, expanded, balanced, embracing and nurturing. Place it in your prototype. (Pause)

Now give your prototype any individual commands of your choice. Here are a few examples: "I choose, during 2018, to be pro-active in my life", "I choose to open to the energies of technology", "I choose to fill the self with focus and direction", and so on. Create as many statements as you desire, and place them energetically in your prototype. (Pause)

Now energize this beautiful prototype with any colour or colours that please you. See it shining and standing a few feet in front of you. (Pause)

Make this internal command: "I joyous choose to step into you...on the first second of 2018."

And so it is, and so it is, and so it is.

This is the NEW YOU. Enjoy it...live it...embrace it. Accept it.

BLESSINGS FROM THE ENERGIES OF THE LORD JESUS CHRIST.

(Sohrab shifts energies)

Dear friends, let us offer you a few pointers about 2018. You already know

it is an era of claiming your Mastery...owning it...living it.

It's going to be ***an action-packed year, with a lot of activity around you and within you.*** It's not a quiet year. Yes, there will be moments in which you will need to be private, silent and regenerate the self; but that is only to ready you for the next 'roller-coaster ride'.

Learn on-the-job as much as possible. There may be times when you study a new course or absorb new information from books and discourses; but on-the-job training is going to be the most productive style of learning.

Everything is going to be in-the-moment. You will rarely be offered long-term spiritual 'homework'; everything has to be acknowledged and accepted, or changed and amended, virtually instantly.

It's ***a year of tremendous personal interaction.*** Each one of you will find the need, desire and opportunity to constantly interact with other people; family members, friends and strangers alike. Don't hold back and try and be reclusive. You are all Lightworkers and spirit-seekers. Share freely of your knowledge, wisdom, awareness and experience. Share your touch, word and embrace. Offer others a shoulder to cry on and a silent ear.

There are going to be two predominant groups of people that emerge during 2018: those who tenaciously cling to their smallness, victimhood and the 'poor me' syndrome; and those who touch their Mastery and sky-rocket.

This is going to cause a split in the human race. All of you, quite obviously, are of the latter group. You will find it more and more difficult to be around people of the former group. They are going to irritate you and annoy you intensely. *That's a good sign.* There are two reasons for this.

The first: It's a reminder of who you have been and who you still can be, if you allow the self to slip.

The second: it's going to provoke you to administer verbal or energetic slaps and shake-ups; ones necessary to jolt those people into awareness.

Many of you are going to create ***new, unusual and rather exciting***

opportunities in your lives. When they arise, you will have to make a very quick decision, or they will simply pass you by. Don't hold back out of fear. Plunge into them joyously and fearlessly. Thank the self, and the Universe, for having created these; they are exactly what you need for your growth and development.

Many of you are going to be urged to do things you have never before done. Trust; not in the Universe, but in yourselves.

All Lightworkers will be repeatedly called upon, this coming year, to serve in many ways. You will have to work with known and unknown individuals. You will be called upon to serve Planet Earth. You will be called upon to facilitate certain worldwide 'situations' or to calm them down.

You now have no option but to work from a wider perspective. You cannot allow the self to get trapped in old patterns. **You cannot allow the self to get sucked into sensational media hype or the trauma of worldwide events.**

Work in balance. Offer your services fully and freely. At times you may have to give physical assistance; at other times, energetic support.

Lastly, it's truly a year in which to discover just how powerful you are, and to be thrilled by this. You have to acknowledge and embrace the potency, power and magnificence that is going to repeatedly burst out of you.

BLESSINGS FROM THE ENERGIES OF THE AHURA MAZDA
